

Health and Exercise Studies
HESD 240 - 017,117 Social Dance
Fall 2019

INSTRUCTOR: Marsha Lester
OFFICE: 1309 Carmichael Gym
EMAIL: mrlester@ncsu.edu
OFFICE HOURS: By Appointment Only
CREDIT HOURS: One
COURSE TIME: 3:00PM – 4:15PM TH
COURSE DATES: August 22 – October 15
COURSE PREREQUISITES: None

Required Text: Course packet: Social Dance HESD 240, (2019). The course pack is available at the NC State bookstore. \$5.00

Course Description: Development of beginning-level skills in social dance, including vocabulary, technique, history, performance, with emphasis on leading and following in the: Cha-Cha, Foxtrot, Waltz, Rumba and Shag.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health & Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the physical education category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes

By the end of this course, students will be able to:

1. explain and demonstrate the fitness requirements necessary for a beginning level of social dance including

cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.

2. discuss and explain how participating in a beginning level social dance classes can develop, maintain and sustain an active and healthy lifestyle.
3. accurately perform locomotor skills and skill combinations while traveling in different directions on various pathways at different tempos in time to music.
4. demonstrate the correct posture, dance position, style and footwork specific to each dance while performing that dance.
5. demonstrate the ability to hear various musical pieces and apply the correct dance form.
6. identify and explain social dance terminology, philosophy, etiquette and historical context.
7. demonstrate and safely perform beginning level social dance movements.

Proper attire:

1. Regular street clothes.
2. Shoes are required. Lack of appropriate footwear will result in an unexcused absence. Heavy boots, athletic shoes, flip-flops and sandals are not permitted. Shoes that are unstable and non-supportive are inadvisable and will be worn at your own risk.

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy.

<http://policies.ncsu.edu/regulation/reg-02-20-03>

Absences	Points
1-3	-0
4	Failure

FOUR EXCUSED or UNEXCUSED absences will result in a failing grade for the course.

****DO NOT EMAIL INSTRUCTOR WHEN YOU MISS CLASS**

****DO NOT BRING WRITTEN EXCUSE FOR ABSENCES.**

Grading:

Cognitive 20%

- Final Exam (20%) - Students will be expected to demonstrate their knowledge of the material in the course readings and class lectures by taking a final exam.

Physical 75%

- Practical dance exams on style, technique, correct posture, leading, following, variety of dance steps and rhythmic skills for. (75%) - Students will be expected to demonstrate their mastery of basic

skills taught in class by completing the practical dance skills test for each social dance included in course instruction.

CLASS DANCE (5%): Friday *December 6th*, at *6:00 PM*.
Dance Studio-2307 Carmichael Gym

Grading Criteria (80%)

CRITERIA	POINTS				Comments
Style of Dance	1	2	3	4	
Step Technique	1	2	3	4	
Correct Posture	1	2	3	4	
Leading and Following	1	2	3	4	
Rhythmic Skill	1	2	3	4	
Variety of Dance Steps	1	2	3	4	

1=rarely 2=sometimes 3=often 4=always

Grading Scale:

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
	0 - 59.99 = F	

****DO NOT EMAIL INSTRUCTOR WHEN YOU MISS CLASS**
****DO NOT BRING WRITTEN EXCUSE FOR ABSENCES.**

Participation: This is a participation based class. Failure to participate results in an absence.

Tardy: Please be on time. *Two times being tardy = one absence. Tardy begins 10 minutes after posted class time.*

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading.

<https://policies.ncsu.edu/regulation/reg-02-20-15/>

NOTE: The student is responsible for requesting credit only grading on My Pack Portal by September 16th.

Requirements for Audit: Students must attend all classes except written exams and will be allowed four

absences before NR will be recorded as a final grade. <https://policies.ncsu.edu/regulation/reg-02-20-04/>

Incomplete Grades: Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

<https://policies.ncsu.edu/regulation/reg-02-50-03>

<http://catalog.ncsu.edu/undergraduate/academicpoliciesandprocedures/courses/grading/>

Late Assignments: Five points will be deducted from each assignment's final grade for first day the assignment is late. An additional two points per day will be deducted off each assignment's final grade for every day thereafter.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Communicating technical problems:

If you experience technical problems with Moodle, please contact the Help Desk at 919-513-7094, email the help desk, or visit the Help Desk website at learntech@ncsu.edu.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential: instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Class eval: <https://oirp.ncsu.edu/classeval/>

Class eval for students: <https://oirp.ncsu.edu/classeval/for-students/>

General Information

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. <https://policies.ncsu.edu/policy/pol-11-35-01>
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with the Disability Resource Office (<https://dro.dasa.ncsu.edu/>) at Holmes Hall, Suite 304, Campus Box 7509, 919-515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.01) <https://policies.ncsu.edu/regulation/reg-02-20-01/>

3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
<http://policies.ncsu.edu/policy/pol-04-25-05>
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phone and all other electronic devices during class time.

Additional Links

Credit By Exam - <http://policies.ncsu.edu/regulation/reg-02-50-01>

Registration and Records—<http://www.ncsu.edu/registrar/>

Moodle for this course- <http://wolfware.ncsu.edu>

Student Ombuds - <https://ombuds.dasa.ncsu.edu/>

Academic Calendar: <https://studentservices.ncsu.edu/calendars/academic/>

OIED: <https://oied.ncsu.edu/divweb/equity/>

Tentative HESD 240 Schedule

Week	Dance	Activity	Readings
1-2		Syllabus, introduction, safety	Pages 1-2
	Cha Cha	Techniques, leading, following	
	Cha Cha	Basic-forward and back, underarm turn	Pages 21, 22, 24
	Cha Cha	Chase spin, challenge spin	Pages 23, 25
	Cha Cha	Front cross, back cross, combo	Pages 22, 24
	Cha Cha	Practice	
	Cha Cha	Skills Test	
3-4	Fox Trot	Promenade, underarm turn, hesitation	Pages 4-7
	FoxTrot	Rock step, box step, box underarm turn	Pages 3, 6
	Fox Trot	Progressive step, box turn	Pages 5, 7
	Fox Trot	Cross step magic step	
	Fox Trot	Practice	
	Fox Trot	Skills Test	
5-6	Waltz	Promenade, underarm turn, hesitation	Pages 8-13
	Waltz	Rock step, box, progressive, box u.t.	Pages 10-13
	Waltz	Cross step, weave, box turn	
	Waltz	Twinkle, vine	
	Waltz	Practice	
	Waltz	Skills Test	
7-8	Shag	Basic, pass by, single, double	Pages 26, 27
	Shag	Trail, single u.t. break, hesitation	Pages 29
	Shag	Wraps, sugar push	
	Shag	Sling shot, roll, pretzel	
	Shag	Practice	
	Final Exam	http://moodle.wolfware.ncsu.edu	October 15th
	Shag	Skills Test	
	Class Dance	December 6	6:00 PM