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## HPER 026: Social Dance

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## COURSE SYLLABUS

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- I. **Course Title** - HPER 26 Social Dance
- II. **Course Description** The course teaches the basic Country Swing dance techniques necessary to enjoy country swing dancing.
- III. **Course Objective**
- A. The students will learn and practice country swing dance moves.
  - B. The students will appreciate the social value of country swing dances.
  - C. The students will increase cardiovascular fitness and flexibility through the practice of dance routines.
  - D. the students will learn to work with one another.
- IV. **Course Outline**
- A. Warm-up techniques
  - B. Basic Country swing moves
  - C. Develop a routine
  - D. Class Competition
- V. **Methods of Instruction**  
Team taught.
- VI. **Evaluation**  
Class participation and attendance.
- VI. **Textbook**  
None.