

Recreational Activity – Latin Dance (Taught only in Mexico)

Department of Health and Physical Education at Augsburg College

WEL 119 – Fall, Spring, or Summer Session – 1 Credit

Meets the Health and Wellness Graduation Requirement at Augsburg College

The course will meet for a total of 21-22 hours: probably two hours/week for 11 weeks.

Schedule: 11 class sessions of two hours each; day and time to be announced

Each session will include warm-up, movement drills and cool down in addition to the specific instruction of the day.

Required Equipment

- Students must wear comfortable shoes such as trainers or tennis shoes (no flip-flops).
- The teacher will require a stereo or music machine which plays burned CDs or has entrance for iPod.

Optional Equipment

- Notebook and pen or pencil.
- Video camera for recording movements.

Catalogue Description

Designed to meet the general education graduation requirement for lifetime fitness.

Course Competencies

Students will be able to:

- Enjoy recreational exercise in the form of Latin Dance.
- Express themselves through the art of Latin Dance.
- Dance short sequences of movements up to 32 counts individually.
- Execute a variety of partner movements.
- Improvise a variety of Latin Dance movements to a song of 3-5 minutes' duration.
- Lead and/or follow in partner dancing to a song of 3-5 minutes' duration.

Course Requirements

- Attendance is required! Three absences equal no credit. Two tardies equal one absence.
- Grading is pass/no credit.

***Note:** Physical activity is mandatory! Individuals who may have a disability (permanent or temporary) that may affect their ability to participate in this class are encouraged to inform the instructor. Adaptation of methods, materials, etc. may be made to provide for equitable participation.

Schedule (11 class sessions of two hours each)

Each session will include warm-up, movement drills and cool down in addition to the specific instruction of the day.

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| Session I | Introductions, policies, discussion of previous experience, hip movements for men and women |
| Session II | Basic Latin rhythms, basic steps of the Cumbia, Salsa, and Merengue dance styles |
| Session III | Variations on basic steps: moving forward, back, side to side, in a circle |
| Session IV | Turns and fancy footwork |
| Session V | Freestyle dance practice (without a partner) |
| Session VI | Introduction to partner dancing: positions and basic footwork for leader and follower, etiquette |
| Session VII | Basic partner moves |
| Session VIII | Intermediate partner moves |
| Session IX | Advanced partner moves |
| Session X | Partner dance practice |
| Session XI | Combining partner and freestyle dancing |