

San José State University
Kinesiology
Fall 2015, KIN 46a, Beginning Social Dance

Instructor:	Dr. Bethany Shifflett
Office Location:	SPX 173C
Telephone:	408-924-3016
Email:	bethany.shifflett@sjsu.edu
Office Hours:	Mondays 10:45-11:45; Tuesdays 2:30-3:30
Class Meetings	Tuesday & Thursday: 1:30-2:20; SPX 178

Course Description

Designed to enhance students' understanding of social/ballroom dancing and to improve fundamental dance skills in dances such as the Waltz and Cha Cha.

Web Resource

Course materials, including the course calendar, may be found on the e-campus Canvas learning management system: <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through dance and written exams,

- Knowledge of fundamental dance steps, principles of leading and following, rhythmic patterns and technique related to social/ballroom dancing.
- Proficiency in dancing the fundamental steps and variations of each dance covered.
- Ability to move rhythmically and with appropriate style.
- An understanding of the applicable history, competitive structure, safety and etiquette appropriate to ballroom dancing.
- An understanding of the mental and physical health benefits to be derived from ballroom dancing.

Activity Program Learning Outcomes.

Students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health

Required Text/Readings

Course supplement required. Available at Maple Press (on San Carlos - east of campus)

Class Notes

- Places to practice: SPX courtyard (keep noise level down as classes and offices are nearby); SJSU event center; Ballroom Dance Club - Fridays 7:00-8pm.
 - Link to BDC schedule: <http://studentorgs.sjsu.edu/sjsubdc/#/schedule>
- Partners will change throughout each class period. In addition, each test will be done with a different person.
- Course grades will be posted on Canvas by the end of finals week.
- Web site (Canvas) includes practice questions for review before written exam.
- Written exam will be taken online (via Canvas).
- Students may make up one dance test with instructor (grade with instructor substituted for original).
- Ballroom dance video tapes can be checked out - see course supplement.
- Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.
- For dance exams student are expected to dress their best and to the extent possible coordinate with their test partner.
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Good hygiene is important as well as respectful interactions with the instructor and all dance partners.
- Recording class: Instruction may not be recorded. If classmates ask you to record their dancing for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.

Course Requirements and Grading Policy

Course Component	Points
Dance Exam 1	24 points
Dance Exam 2	24 points
Dance Project	24 points
Written Exam	28 points
Dance Outings	10 bonus points maximum

Grading Scale used to determine final grade for the course (out of 100 points total)

Percentage Earned	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Dance tests: For the dance tests, students with a partner (assigned) will choose one dance for the 1st test (Waltz, Samba, or Cha Cha) and one dance for the 2nd test (Tango, Two Step, or East coast Swing). For the dance selected, you and your partner will dance the steps covered in class to a one-minute selection of music (provided by Dr. Shifflett) for that dance.

Dance Project: Perform/Compete: 3 Options are available. *Select one:*

- With a partner enter and compete at the SJSU Ballroom Classic Competition (Saturday, November 21st).
 - Any 3 events in the Night Club, American Smooth, or American Rhythm categories (partner needed).
- Join, practice (Fridays 8-9:30pm) and compete with the Fall Formation Group at the SJSU Ballroom Classic Competition (November 21st). Dance is Samba.
- Performance: With other students in this class, choreograph a group (formation) or partner piece and perform in class.

Outings (2 bonus points each) Maximum 10 points: 1 hour lesson at a ballroom studio, club, or SJSU Ballroom Dance Club. Use the form in your course supplement to record outings and attach receipts from club/studio to the form.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

Campus Resources

Technology Resources

Computer labs for student use are available in the [Academic Success Center](http://www.at.sjsu.edu/asc/) at <http://www.at.sjsu.edu/asc/> located on the 1st floor of Clark Hall and the CASA lab in MH 332 <http://www.casa.sjsu.edu/labs.htm>. Computers are also available in the Martin Luther King Library.

Peer Connections

The Learning Assistance Resource Center (LARC) and the Peer Mentor Program have merged to become [Peer Connections](http://peerconnections.sjsu.edu), <http://peerconnections.sjsu.edu>. Peer Connections is the new campus-wide resource for mentoring and tutoring. Services include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. Computer lab and study spaces are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B.

Writing Center

The SJSU [Writing Center](http://www.sjsu.edu/writingcenter/), <http://www.sjsu.edu/writingcenter/> is located in Suite 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Writing specialists are available to assist all students at all levels within all disciplines to become better writers.

Counseling Services

The SJSU [Counseling Services](http://www.sjsu.edu/counseling), <http://www.sjsu.edu/counseling> is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

News and information about the latest changes are available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Activities/Assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays **before the add deadline** at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student

request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Course Calendar (subject to change with fair notice by announcement on Canvas discussion board)

Tuesday		Tuesday	Thursday
	8/20 Welcome; Introduction; Samba : Basic; UA Turn	8/25 Samba: Wisk; Box turn	8/27 Samba: Compasso
9/1 Review Samba Waltz Basic; Box	9/3 Waltz: 3 step turn; Box Turn	9/8 Waltz: Weave	9/10 Practice
9/15 Review: Waltz Cha Cha : Basic; UA Turn	9/17 Review Samba Cha Cha: Cross Over Break; Cross Body Lead	9/22 Cha Cha: Butterfly Assign Test Partners	9/24 Practice For Exam
9/29 Dance Exam	10/1 Tango : Basic, Promenade	10/6 Tango: Corte, Fan	10/8 NO CLASS
10/13 Tango: Double Cross	10/15 Review: Waltz, Samba; Cha Cha; Tango	10/20 Review: Tango Two Step : Basic; UA Turn	10/22 Two Step: Left Traveling Basic; Shoulder Check
10/27 Review: CC; Tango Two Step: Alternating Underarm Turns	10/29 Practice	11/3 Review: Tango, Walz; ECSwing : Basic; UA Turns	11/5 ECSwing: Am. spin; Tuck & Turn, exchange
11/10 Review Samba; ECSwing: exchange	11/12 Practice for Projects	11/17 Dance Presentations Review ECSwing; select final dance	11/19 Open - dance class selected Assign Test partners
11/24 Written Exam (online - Canvas)	11/26 THANKSGIVING	12/1 Practice for Dance Exam	12/3 Dance Exam
12/8 Dance Make ups			