

Washtenaw Community College Comprehensive Report

DAN 223 Dance Exercise II Effective Term: Winter 2021

Course Cover

Division: Humanities, Social and Behavioral Sciences

Department: Humanities, Languages & the Arts

Discipline: Dance (new)

Course Number: 223

Org Number: 11400

Full Course Title: Dance Exercise II

Transcript Title: Dance Exercise II

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Three Year Review / Assessment Report

Change Information:

Pre-requisite, co-requisite, or enrollment restrictions

Outcomes/Assessment

Objectives/Evaluation

Other:

Rationale: Required three-year syllabus review

Proposed Start Semester: Fall 2020

Course Description: In this course, students participate in advanced dance-related exercises, with an emphasis on physical fitness. Based on individual skill levels, students will learn correct techniques to increase flexibility, mobility and strength. Students will also explore the relationship between exercise and health as they pursue their individual fitness goals. This course may be completed for credit up to a maximum of two times.

Course Credit Hours

Variable hours: No

Credits: 1

Lecture Hours: Instructor: 0 Student: 0

Lab: Instructor: 0 Student: 0

Clinical: Instructor: 0 Student: 0

Other: Instructor: 30 Student: 30

Total Contact Hours: Instructor: 30 Student: 30

Repeatable for Credit: YES

Number of times the course can be repeated for credit: 1

Maximum Hours: 2

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

No Basic Skills Prerequisite

College-Level Math

Requisites

Prerequisite

DAN 123 minimum grade "C"

General Education

Degree Attributes

Below College Level Pre-Reqs

Request Course Transfer

Proposed For:

Eastern Michigan University
Ferris State University
Grand Valley State University
Jackson Community College
Lawrence Tech
Michigan State University
Oakland University
University of Detroit - Mercy
University of Michigan
Wayne State University
Western Michigan University

Student Learning Outcomes

1. Describe the exercises presented and how they relate to their own health.

Assessment 1

Assessment Tool: Individual journal entry

Assessment Date: Fall 2022

Assessment Cycle: Every Three Years

Course section(s)/other population: All sections

Number students to be assessed: All students

How the assessment will be scored: Departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score 70% or above

Who will score and analyze the data: Departmental faculty

2. Demonstrate safe and correct exercises and techniques presented in the course.

Assessment 1

Assessment Tool: Videotape or digital recording

Assessment Date: Fall 2022

Assessment Cycle: Every Three Years

Course section(s)/other population: All sections

Number students to be assessed: All students

How the assessment will be scored: Departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score 70% or above

Who will score and analyze the data: Departmental faculty

3. Evaluate personal exercise needs and create personal exercise goals.

Assessment 1

Assessment Tool: Student notebook

Assessment Date: Fall 2022

Assessment Cycle: Every Three Years

Course section(s)/other population: All sections

Number students to be assessed: All students

How the assessment will be scored: Departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score 70% or above

Who will score and analyze the data: Departmental faculty

Course Objectives

1. Describe the proper procedure to reduce injuries for twelve exercises.
2. Describe how the twelve exercises above relate to personal health.
3. Demonstrate correct procedures for twelve specific exercises.
4. Apply complex dance exercise movement phrases in sequence to music.
5. Identify personal exercise goals to increase strength, endurance, flexibility and mobility.
6. Identify personal health goals.
7. Develop individual exercise program.
8. Apply the course content to individual dance exercises.
9. Develop and utilize body placement techniques during routines for maximum benefits.

New Resources for Course

Course Textbooks/Resources

Textbooks
Manuals
Periodicals
Software

Equipment/Facilities

Level II classroom
TV/VCR
Other: dance studio

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Jill Jepsen</i>	<i>Faculty Preparer</i>	<i>Nov 21, 2019</i>
Department Chair/Area Director: <i>Jill Jepsen</i>	<i>Recommend Approval</i>	<i>Nov 27, 2019</i>
Dean: <i>Scott Britten</i>	<i>Recommend Approval</i>	<i>Dec 05, 2019</i>
Curriculum Committee Chair: <i>Lisa Veasey</i>	<i>Recommend Approval</i>	<i>Nov 11, 2020</i>
Assessment Committee Chair: <i>Shawn Deron</i>	<i>Recommend Approval</i>	<i>Nov 18, 2020</i>
Vice President for Instruction: <i>Kimberly Hurns</i>	<i>Approve</i>	<i>Nov 20, 2020</i>