



Course Outline

2026-2027 Catalog

KIN 38 - Ballroom Dance I

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course introduces students to ballroom dance as a social and recreational activity, with the goals of building confidence and leading to an active lifestyle. Emphasis will be placed on basic skills and information such as partnering, alignment, safety, footwork, and technique. Additionally, students will learn the history, culture, and etiquette associated with various ballroom dances.

Objectives

Upon successful completion of this course, the student should be able to:

1. recognize rhythm appropriate to various dance styles.
2. demonstrate an understanding of partnering skills.
3. perform basic skills of ballroom dance including body positioning, posture, framing, footwork and etiquette.
4. explain the history and culture of a variety of dance styles.
5. apply social dance rules and etiquette both in class and during social settings.

Course Content

Topic Titles / Suggested Time Topic			
<u>Lecture/Activity</u>			
<u>Topics</u>		<u>Lec Hrs</u>	<u>Act Hrs</u>
Class orientation			3.00
Warm-up and safety methods			3.00
Alignment techniques and positioning			3.00
Etiquette, social skills and dance floor behavior			3.00
History of ballroom and dances			4.00
Framing and connection			6.00
Holds and balance			6.00
Footwork and handwork techniques			6.00
Music recognition			3.00
Rhythmic variations			6.00
Review dances			8.00
Total Hours:		0.00	51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Projects
- B. Demonstration
- C. Journal
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read three articles that describe ballroom dance etiquette, including proper social skills and dance floor behavior. Think of a potential social situation that may occur and be prepared to share with the class what actions you would take based on your readings.
2. Read an article that describes the various types of swing dancing. Outline four styles, listing one or two items for each dance that make it unique. Be prepared to present your findings in class.

Writing Assignments

1. Select two ballroom dances to research. Write a two page essay comparing and contrasting their origin and development. Be prepared to discuss in small groups.
2. In a one page paper, write detailed descriptions of five balance exercises for dance. Plan to practice and demonstrate for the class.

Out-of-Class Assignments

1. Research various warm up exercises specific to ballroom dance. Based on your findings and practice, design your own warm up regimen, including increased heart rate, body movements, and stretching. Plan to share your regimen with the class.
2. Visit a local dance studio or ballroom dance class and analyze techniques observed such as framing and connection, or footwork and handwork. Be prepared to discuss your observations and analysis in class.

Recommended Materials of Instruction

Other Learning Materials

Dance apparel (comfortable clothing that allows for movement)

Athletic or dance shoes

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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