



Sculpt and Tone Belly Dance– CED2046
Sculpt and tone Belly Dance

INSTRUCTIONAL HOURS:10

RECOMMENDED PRE-REQUISITE(S): n/a

CO-REQUISITES: n/a

APPROVED FOR USE IN ACADEMIC SEMESTER(S): 2010

COURSE DESCRIPTION:

This course is for those who would rather learn Belly Dance moves without the dance routines. There is virtually no impact and no cardio. You will burn up to 400 calories every half hour. You will learn moves that will tone and strengthen your entire body while you gain flexibility. This course is suitable for everyone. No prior knowledge of belly dancing is required.

COURSE DELIVERY:

The course content will be presented through a blend of instructional methods which may include: verbal, written, and physical demonstration.

LEARNING OBJECTIVES/OUTCOMES:

Upon successful completion of this course, the student will be able to: perform basic belly dance movements in time with music, while using proper posture and alignment of the body. The student will also gain greater control of muscle groups not commonly used in other forms of dance and exercise. The student will increase their physical activity level and improve their physical fitness. Exercise is also known to induce the release of endorphins, creating a sense of calm and happiness.

TOPICS :

The course outline will include: hip lifts, hip drops, hip circles, horizontal figure 8s, vertical figure 8s, hip shimmies, shoulder shimmies, shoulder rolls, snake arms, hip drops with twist, hip twists, hip slides, rib slides, chest lifts, rib cage circles, camels, ummis, undulations, body waves, wrist circles, head slides, and head circles. The student will also be taught variations of several of these movements, such as: travel, and level changes, as well as adding arm gestures to traveling movements.

STUDENT EVALUATION

Students will complete an evaluation form for instructor of this course.

At the end of the semester, the student will receive a final grade which will be recorded using the following:

S - Satisfactory achievement in field /clinical placement or non-graded subject area.

U - Unsatisfactory achievement in field/clinical placement or non-graded subject area

This grade may be found on the student portal at my.saultcollege.ca. Your username is your student number; your password is welcome and your postal code (i.e. welcomep6a5l3).

Teaching Contact

Katie Campbell

**Academic Manager
Signature**

"Laurie Poirier"

NOTICE TO ALL
STUDENTS:

We urge you to retain this course outline for future reference. There is a charge for additional copies.