

**10W – CED1969  
Ballroom and Beyond**

**INSTRUCTIONAL HOURS: 8**  
**RECOMMENDED PRE-REQUISITE(S): n/a**  
**CO-REQUISITES: n/a**  
**APPROVED FOR USE IN ACADEMIC SEMESTER(S): 2010**

**COURSE DESCRIPTION:**

Everything old is new again as people experience the resurgence in social ballroom dancing and take to the dance floor for both exercise and pleasure. Allow the instructor to lead you through introductory social ballroom dance skills development as you learn the proper hold, basic steps and patterns of several dances. Cost is per person, singles are welcome.

**RATIONALE:**

With an increased emphasis on personal wellness, this social ballroom dance course encourages and supports both cooperative physical activity through balance and low impact exercise as well as mental activity by challenging the individual to plan, lead/follow and execute learned steps and movements.

**COURSE DELIVERY:**

The course content will be presented through a blend of instructional methods which may include the distribution of print materials prepared by the instructor, but will include the demonstration of dance movements by the instructor followed by the execution and practice of these movements by the participants to music selected by the instructor. The course elements will be delivered at a pace that meets the needs of the majority of participants. Specific or individual attention for correction and reinforcement will be provided as time permits and need requires.

**LEARNING OBJECTIVES/OUTCOMES:**

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

1. Identify terms related to basic social ballroom dance patterns
2. Demonstrate observable progress/improvement in the execution of steps and basic patterns related to the studied social ballroom dances
3. Appreciate the effort, physicality, skills and pleasure related to social ballroom dance.

N.B. The extent to which the individual can demonstrate the above outcomes/objectives depends on the expressive physical and cognitive abilities of the participant.

**TOPICS**

1. Floorcraft and etiquette
2. Holds and positions enhancing the lead for both leaders and followers
3. Steps and basic patterns for several dances
4. Tempo, beat and rhythm

5. Foxtrot, Jive and Latin. No Salsa or Argentine Tango. If time permits or the group wishes, some slow Waltz. All are offered at the beginner or basic level.

### **REQUIRED COURSE MATERIAL:**

Comfortable clothing (dance specific attire is not required).

Appropriate INDOOR – only footwear, dance shoes would be the recommended footwear unless running shoes are required by the facility for floor maintenance.

### **STUDENT EVALUATION**

Students will:

1. Attend regularly
2. Participate actively during all phases of instruction
3. Demonstrate observable improvement during the course timeline
4. Demonstrate acquisition of the studied steps and patterns by execution of the same.  
(The competency in execution will vary according to the abilities of the students.)

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](http://my.saultcollege.ca). Your username is your student number; your password is welcome and your postal code (i.e. welcomep6a5l3).

**Teaching Contact**      Kari Lustig

**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.