

Washtenaw Community College Comprehensive Report

DAN 123 Dance Exercise I Effective Term: Winter 2021

Course Cover

Division: Humanities, Social and Behavioral Sciences

Department: Humanities, Languages & the Arts

Discipline: Dance (new)

Course Number: 123

Org Number: 11400

Full Course Title: Dance Exercise I

Transcript Title: Dance Exercise I

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:

Course description

Outcomes/Assessment

Objectives/Evaluation

Other:

Rationale: Required three-year syllabus review.

Proposed Start Semester: Fall 2020

Course Description: In this course, students participate in dance-related exercise 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

No Basic Skills

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
Michigan State University
Oakland University
University of Detroit - Mercy
University of Michigan
Wayne State University
Western Michigan University

Student Learning Outcomes

1. Identify the main exercises and articulate how they relate to personal health and fitness.

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 all students score 70% or above

Who will score and analyze the data: Departmental faculty

2. Demonstrate and articulate safe and correct exercise procedures presented in the course.

Assessment 1

Assessment Tool: Video of class work

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 all students will score 70% or above

Who will score and analyze the data: Departmental faculty

Assessment 2

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 all students will score 70% or above

Who will score and analyze the data: Departmental faculty

- Record personal exercise goals at the beginning of the term and assess progress at the end of the term.

Assessment 1

Assessment Tool: Personal exercise 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 all students will score 70% or above

Who will score and analyze the data: Departmental faculty

Course Objectives

- Articulate understanding of proper exercise procedure in order to reduce injuries.
- Demonstrate the required warm-up exercises needed to prevent injury.
- Demonstrate knowledge of correct methods for six specific exercises.
- Apply dance exercise movement phrases in sequence to music.
- Identify personal health goals in notebook (for example, weight loss).
- Create personal exercise goals to increase strength and endurance.
- Create personal exercise goals to increase flexibility and mobility.
- Develop an individual exercise program.
- Apply the information learned in the course to the exercises on a regular basis.

New Resources for Course

Course Textbooks/Resources

Textbooks

Manuals

Periodicals

Software

Equipment/Facilities

Level II classroom

Computer workstations/lab

TV/VCR

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Jill Jepsen</i>	<i>Faculty Preparer</i>	<i>Nov 20, 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>