

**Common Course Outline**  
**DANC 110/PELF 110**  
**Folk and Social Dance**  
**1 Semester Hour**

**The Community College of Baltimore County**

**Description**

**Folk and Social Dance**

Introduces the dance forms of different cultures; covers international and American folk dances, social forms, and ballroom.

NOTE: Credit may be earned for DANC 110 or PELF 110 but not for both

**Overall Course Objectives**

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

1. apply effective alignment and body mechanics to the performance of folk and social dance;
2. perform proficiently the movement skills of folk and social dance;
3. demonstrate dance steps in the appropriate sequence and spatial form;
4. demonstrate accuracy in rhythm and timing when performing dance steps;
5. demonstrate self awareness and sensitivity to others when engaging in partner and group activities;
6. discuss the value of movement to wellness and life opportunities;
7. discuss the relationship between fitness and the capacity to be a skillful folk and social dancer;
8. demonstrate appropriate discipline, assertiveness, social responsibility and emotional control while dancing;
9. discuss the similarities and differences of movement styles and aesthetics of various cultures;
10. communicate about folk and social dance orally and in writing.

**Major Topics**

1. Dance Forms: International Folk Dances, Social Dances, Square Dances
2. Historical Evolution of Dance
3. Function of Dance in Society
4. Relationship of movement forms to culture
5. Competencies related to the performance of folk and social dances: alignment, basic steps as adaptation of motor skills, rhythmic perception and accuracy, musical accompaniment and phrasing, social mores, techniques for dancing with partners and groups, spatial awareness, and styling
6. Techniques for learning folk and social dances

## **Course Requirements**

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Attendance and active participation in class activities and discussions
2. A minimum of two written exams
3. A minimum of two movement evaluations

## **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.