



Course Code SPSC-350	Course Title Dance Teaching	ECTS Credits 6
Department Sports Science	Semester Fall	Prerequisites SPSC-140
Type of Course Required	Field Physical Education	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 3 rd	Lecturer Dr Koutsoulis Michalis
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course involves the student in a variety of social, modern and traditional dances. These dancing skills will be important for the pursuit of life-long cardiovascular fitness.

Learning Outcomes:

1. To assist students in the development of rhythm, balance, eye-hand and eye-foot coordination, agility and teamwork.
2. To develop body awareness and control.
3. To provide an opportunity for students to develop skills for the pursuit of life-long cardiovascular fitness.
4. To assist the development of social skills- acceptance of other people with their present skills and personality; portrayal of a positive attitude; control of frustrations and emotions while working with others; acceptance of personal responsibility for personal and group success.
5. To assist the student in the development of safety concepts for dance-clothing; personal interaction.

Course Contents:

1. Introduction, meaning, and a historical approach of dancing.
2. The various physiological, psychological and sociological benefits of dancing.
3. Traditional Greek and Cypriot dances.
4. Various International dances (e.g. Polka, waltz, tango, fox trot, two-step, twist, cha-cha, and Charleston).

Learning Activities and Teaching Methods:

Lectures and practical application from the students

Assessment Methods:

1. Students are evaluated by their ability to perform the necessary skills of the dance accompanied by music.

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| <ol style="list-style-type: none"> 2. Attendance and participation are essential aspects in the development of physical skills and are part of the grade. 3. The student's social skills are evaluated as he/she interacts with others in a social situation. 4. The student takes a written test on the written material he/she receives which discusses history/origin, skills and rhythms. |
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Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Gayle Kassing, Danielle M. Jay	Dance Teaching Methods and Curriculum Design	Human Kinetics	2003	0736002405
Cone and Cone	Teaching children dance	Human Kinetics	2005	0736050906

Relevant also course manual will be prepared by the instructor and provided to the students.