



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> SPSC-350	<b>Course Title</b> Dance Teaching	<b>ECTS Credits</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Fall	<b>Prerequisites</b> SPSC-140
<b>Type of Course</b> Required	<b>Field</b> Physical Education	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 3 <sup>rd</sup>	<b>Lecturer</b> Dr Koutsoulis Michalis
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> 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"> <li>2. Attendance and participation are essential aspects in the development of physical skills and are part of the grade.</li> <li>3. The student's social skills are evaluated as he/she interacts with others in a social situation.</li> <li>4. The student takes a written test on the written material he/she receives which discusses history/origin, skills and rhythms.</li> </ol> |
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**Required Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
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.