

Washtenaw Community College Comprehensive Report

DAN 123 Dance Exercise I Effective Term: Winter 2012

Course Cover

Division: Humanities, Social and Behavioral Sciences

Department: Performing Arts

Discipline: Dance

Course Number: 123

Org Number: 11610

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

Other:

Rationale: Identified a need to update the number of times this course can be repeated.

Proposed Start Semester: Winter 2012

Course Description: This is an activity class focusing on fitness skills in which students participate in dance-related exercise. Based on the students' individual skill levels, they will learn correct techniques that will increase flexibility, mobility and strength. Students will also learn the relationship of exercise to health as they pursue their individual fitness goals. This course may be repeated one time for credit.

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

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Students will have a working knowledge of the exercises presented and how they relate to their own personal health.

Assessment 1

Assessment Tool: Exercise notebook.

Assessment Date: Winter 2012

Assessment Cycle: Every Three Years

Course section(s)/other population: one

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 are able to explain the correct procedure for 10 exercises as well as what body area(s) benefit(s) from these exercises.

Who will score and analyze the data: Departmental faculty.

2. Demonstrate and articulate safe and correct exercises presented in the course.

Assessment 1

Assessment Tool: Video of class work.

Assessment Date: Winter 2012

Assessment Cycle: Every Three Years

Course section(s)/other population: one

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 students score at the level of adequate or above.

Who will score and analyze the data: Departmental faculty.

Assessment 2

Assessment Tool: Exercise notebook.

Assessment Date: Winter 2012

Assessment Cycle: Every Three Years

Course section(s)/other population: one

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 are able to explain the correct procedure for 10 exercises as well as what body area(s) benefit(s) from these exercises.

Who will score and analyze the data: Departmental faculty.

Course Objectives

1. Demonstrate understanding of proper exercise procedure in order to reduce injuries.

Matched Outcomes

2. Demonstrate correct methods of specific exercises.

Matched Outcomes

3. Discuss and interpret personal exercise needs and goals.

Matched Outcomes

1. Students will have a working knowledge of the exercises presented and how they relate to their own personal health.

4. Develop an individual exercise program.

Matched Outcomes

1. Students will have a working knowledge of the exercises presented and how they relate to their own personal health.

5. Apply the information learned in the course to the exercises on a regular basis.

Matched Outcomes**New Resources for Course****Course Textbooks/Resources**

Textbooks
Manuals
Periodicals
Software

Equipment/Facilities

TV/VCR

Reviewer**Action****Date****Faculty Preparer:**

Noonie Anderson

Faculty Preparer

Sep 27, 2011

Department Chair/Area Director:

Tracy Komarmy Jaffe

Recommend Approval

Oct 11, 2011

Dean:

Bill Abernethy

Recommend Approval

Oct 11, 2011

Vice President for Instruction:

Stuart Blacklaw

Approve

Nov 15, 2011