

PHED 407: CREATIVE DANCE EXPRESSION FOR THE OLDER ADULT

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	0
Hours:	3 laboratory per week (36 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- A successful student will be able to identify and explain how the various components of the class contribute to their general health and wellness.
- The successful student will be able to demonstrate the proper technique and form of the exercises required for the class.

Description

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity while expressing their creativity through participation in various dance styles. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Understand the physical benefits that dance provides
2. Demonstrate proper performance of various dance styles
3. Appreciate the social aspects of dance
4. Understand the lifelong benefits of participating in various dance activities

Course Content

1. Understand the physical benefits that dance provides
 - a. Muscular strength and endurance
 - b. Cardiovascular endurance
 - c. Flexibility
 - d. Balance and coordination
 - e. Motor skills
 - i. Walk, turn, run, sway, hop, spin, leap
 - f. Posture
 - g. Mobility
 - h. Fall prevention
2. Demonstrate the proper performance of various dance styles

- a. Modern dance
 - b. Ballroom dance
 - c. Contemporary dance
 - d. World dance
 - e. Line dance
 - f. Folk dance
 - g. Chair dance
3. Appreciate the social aspects of dance
 - a. Social interaction
 - b. Group performances/team building
 - c. Confidence building
 - d. Part of a community
 - e. Memory skills/memorization
 - f. Cultural influence of dance
 4. Understand the lifelong benefits of participating in dance activity
 - a. Improved functional movement and mobility
 - b. Decrease in depression, anxiety and stress
 - c. Increase in energy and stamina
 - d. Improved self image, body image and confidence
 - e. Improved mental acuity
 - f. Improved sense of well-being
 - g. Increase independence in daily living activities

Lab Content

During the periods of instruction the student will:

1. Demonstrate proper warm up activities.
2. Demonstrate skill by performing each exercise with awareness and the application of proper technique.

Special Facilities and/or Equipment

Activity room/dance studio.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Pre- and post-activity assessment
Self evaluation

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Instructor discussion, demonstration and interaction

Representative Text(s) and Other Materials

Instructor prepared materials

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education