

NorthWest Arkansas Community College
Division of COMMUNICATIONS & ARTS

Course Number and Title—DANC 1811 LATIN AEROBIC DANCE

Catalog Description—(F,S) Latin aerobic dance uses various rhythms and styles of Latin dancing for an aerobic workout. Dances included are Salsa, Merengue, Rumba, Tango, Cumbia, Ragaeton, Samba and Cha-Cha. Built as an interval workout, students will burn calories while toning and sculpting.

Prerequisite--None

Credit hours/Contact hours/Load hours—1 CREDIT HOUR / 2 CONTACT HOURS / 1 LOAD HOURS

Target Audience and Transferability--This course is designed as a Dance Program activity course but generally transfers as a PE activity course as well.

Learning Outcomes—Students will:

- Apply balance, coordination, and basic rhythms to body movement.
- Demonstrate basic foot patterns and movements in correlation to the music.
- Apply basic foot patterns, turns, and body styling to dancing alone and with a partner.
- Recognize the music and instrumentation that defines the genre.

Topics— Aerobic dance techniques, Latin dance styles.

Forms of Assessment—Course will be assessed through instructor's grading system.