



YORK UNIVERSITY

FACULTY OF HEALTH

SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

Course:	PKIN 0570 0.0 Ballroom Dance I		
Term:	Winter 2024		
Prerequisite/Co-requisite:	none		
Course Instructor:	Samara L. Thompson samara@yorku.ca		
Time:	Section M	Tuesday, Thursday	12:30 pm
	Section N	Tuesday, Thursday	1:30 pm
Course Website:	eClass		
Office Hours:	by request		

EXPANDED COURSE DESCRIPTION

Organization of the Course

This studio course is an introduction to ballroom dance. No previous dance experience is necessary. The course is designed to give students a practical and theoretical understanding of the different forms of ballroom dance, with an emphasis placed on the use of basic ballroom dance steps, combinations, and dances, and how they relate to music. Basic ballroom dancing etiquette will be addressed, as will the techniques of leading and following. As this course is practical in nature, the majority of class time is spent learning ballroom dance technique. By the end of term the students should be able to execute dance routines in the dance styles covered in the course. In addition, a brief history of ballroom dance is covered.

Dance Attire

In order to dance and move freely, appropriate clothing is required. Please wear comfortable, form fitting athletic clothing (nothing too loose). Hats and heavy shoes are unacceptable. Indoor non-marking dress shoes are preferred, though students may wear bare feet. Hair must be securely fastened away from the face and neck. For your safety, please refrain from wearing jewelry (unless for medical or religious purposes) and chewing gum.

COURSE LEARNING OBJECTIVES

Statement of Purpose and Learning Objectives

The purpose of this course is to teach students basic ballroom dance technique. For a further breadth of understanding, an overview of ballroom dance history is presented. The specific learning objectives of the course are that students will:

- understand and be able to execute the basic principles involved with American style ballroom dance and be able to apply them in social dance settings;
- demonstrate several different American style ballroom dances, as taught in class and online;
- understand and be able to use the basic principles of leading or following;
- be able to integrate music and dance;
- understand the historical context in which these dances were created;
- demonstrate knowledge of the terminology involved in dance styles presented;
- understand how these movement techniques can be used throughout the life span for pleasure and health;
- with an understanding of the history of the dance forms, reflect on how that relates to current global affairs and current issues;
- present a breadth and depth of knowledge about the types of dance forms presented in this course;
- be able to easily navigate eClass;
- obtain an understanding on how dance can be part of one's daily physical activities;
- understand the complexities of learning new motor skills and be able to apply this concept to undertaking new forms of physical activity;
- be able to think independently, problems solve, and set tasks in order to learn in a sequential manner;
- develop peer relationships through eClass and classes for the purposes of mentoring and networking.

COURSE TEXT / READINGS / RESOURCES

Selected Readings From:

BallroomDancers.com. www.ballroomdancers.com. Accessed May 8, 2020.

Harris, Jane A. Social Dance: from Dance A While. San Francisco: B. Cummings, 2003.

Kraines, Minda G., Esther Pryor. Jump Into Jazz. Mountain View: Mayfield, 1996.

Rushing, Shirely, Patrick McMillan. Ballroom Dance: American Style. Dubuque: Eddie Bowers P, 1997.

EVALUATION

Test **20%**
Students will write a text covering technical and historical aspects of Ballroom Dance. The test will be given through eClass.

Practical Exams **60%**
Students are evaluated on their retention and execution of ballroom dance technique, dances, and combinations. There will be two Practical Exams, the first based on material from the first half of the term and the second based on material from the second half of the term. Details of the exam will be given in class and available on eClass.

Participation **20%**
Students are expected to participate fully. This portion of the grade also reflects attitude, effort, progress, attendance, and improvement. As dance training is cumulative in nature, regular attendance and punctuality are necessary for the learning process and as such are expected of the students in this class. Students must attend 80% of the course or a failing grade will result.

GRADING, ASSIGNMENT SUBMISSION

Attendance

Students are expected to attend classes. Students are to mark their attendance at the start of every class through eClass, unless requested otherwise. If students arrive late, they should mark themselves as late.

Students are expected to participate in every class. After one absence, a student's participation mark may be penalized. Early departures are treated as a late and can result in a grade deduction. If a student attends a class for less than 20% of that class, it is considered an absence. Students will not receive a grade deduction for University approved reasons for absences (religious accommodations, compassionate grounds, etc.). Students must attend 80% of the course or a failing grade will result.

Grading Scheme

The grading scheme for the course is A, B, C, Pass, and Fail (e.g. A = 80 to 100%, B = 70 to 79%, C = 60 to 69%, F = below 59%). Assignments and tests will bear either a letter grade designation or a corresponding number grade. For a full description of York grading system see the York University Undergraduate Calendar.

<http://calendars.students.yorku.ca>

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the Faculty of Health section of the Undergraduate Calendar.

<https://calendars.students.yorku.ca/2020-2021/programs/HH/kinesiology-and-health-science>

Physical Demands

This course will include elements that are physically demanding. Prior injuries can be aggravated by strenuous exercise so check with your physician and inform the Course Director before beginning the course if this is an issue for you. Be sure to share with the Course Director any changes in your injury or health that may impact your participation. Students are strongly encouraged to work within their own physical limits and to modify exercises so they can perform them without pain or undue strain. The instructor nor York University is responsible for any injuries or accidents incurred by students or anyone else resulting from doing the exercises taught in this course.

Assignment Submission

Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. All assignments must be handed in through eClass. Google Drive links will not be accepted. Alternate arrangements may be considered on an individual basis and must be agreed upon by the Course Instructor in advance of the due date.

Lateness Penalty

Assignments received later than the due date will be penalized. The penalty is 5% per day that the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's letter).

Missed Tests

Students with a reason for missing a course test, such as illness, compassionate grounds, etc. may request accommodation from the Course Instructor. In such cases, tests may be rescheduled and/or alternate arrangements may be made on an individual basis. If a student misses a test without such a reason, a grade of zero may result.

eClass AND AUDIO-VISUAL RECORDINGS**eClass**

Our course eClass page will have links to the readings, videos, and resources affiliated with this course. All assignments are to be turned in through eClass. No email submissions will be accepted, nor will Google Drive links.

HEALTH AND SAFETY INFORMATION**COVID-19 Safety**

In this course, all university community members must comply with York's health and safety protocols, found on the Better Together website. All are strongly encouraged to:

- self-screen using the Province of Ontario's self-assessment tool prior to coming to campus for any in-person activities if you have any symptoms of COVID-19 or have tested positive;
- NOT attend in-person activities at any of York's campuses/locations if feeling unwell or if you answer yes to any of the screening questions.

York University is a mask-friendly environment. All members of the York community share in the responsibility of keeping others safe on campuses and ensuring respectful interactions with one another.

Mental Health

We all face stressors and anxiety in our lives, both academic and otherwise. Please be kind and gentle with yourselves and others. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

- <https://good2talk.ca/>
- <https://counselling.students.yorku.ca/>
- <https://yubettertogether.info.yorku.ca>
- <https://yorkinternational.yorku.ca/>

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents):

- [Senate Policy on Academic Honesty](#) and the [Academic Integrity Website](#)
- [Research Involving Human Participants](#)
- [Academic Accommodation for Students with Disabilities \(Policy\)](#)
- [Academic Accommodation for Students with Disabilities Guidelines procedures and Definitions](#)
- [Code of Student Rights and Responsibilities](#)
- [Religious Observance Accommodation](#)

York University seeks to provide for equal rights and opportunities without discrimination for all students. The overall aim is a climate of understanding and mutual respect for the dignity and worth of each community member so that each person feels a part of York University and is able to fully participate in university life.

The following information describes some of your important rights and responsibilities as students, along with the supports, accommodations and services made available to you by York.

Academic Honesty and Integrity

York students are required to maintain the highest standards of academic honesty and they are subject to the Senate Policy on Academic Honesty (secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/). The Policy affirms the responsibility of faculty members to foster acceptable standards of academic conduct and of the student to abide by such standards. Comprehensive information about academic honesty, along with information about how to find resources at York to help improve your research and writing skills and cope with University life, can be found at: www.yorku.ca/academicintegrity/

Conduct in Academic Situations

Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect. It is the responsibility of the instructor to maintain an appropriate academic atmosphere in the classroom and other academic settings, and the responsibility of the student to cooperate in that endeavour. Further, the instructor is the best person to decide, in the first instance, whether such an atmosphere is present in the class in keeping with the Senate Policy and Procedures on Disruptive and/or Harassing Behaviour in Academic Situations (secretariat-policies.info.yorku.ca/policies/disruptive-andor-harassing-behaviour-in-academic-situations-senate-policy/).

Ethics Review Process

York students are subject to the York University Policy for the Ethics Review Process for Research Involving Human Participants (secretariat-policies.info.yorku.ca/policies/ethics-review-process-for-research-involving-human-participants-policy/). Ethics approval must be obtained prior to the starting any research activities involving human participants, including research conducted by students in a graduate or undergraduate course, for an undergraduate thesis or project, or for a Major Research Paper, Thesis or Dissertation. If you are in doubt as to whether this requirement applies to you, contact your Course Director immediately. More information can be found at: www.yorku.ca/research/human-participants/

Religious Accommodation

York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special significance to adherents. Should any of the dates specified in your course syllabus pose such a conflict for you, contact the Course Director within 14 days of the date for which accommodation is sought. Other procedures are outlined in the York University policy, guidelines and procedures on Academic Accommodation for Students' Religious Observances (secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/).

Please note that to arrange an alternative date or time for an examination scheduled in the formal examination periods (December and April/May), students must complete a Religious Accommodation Agreement, which can be found at: registrar.yorku.ca/pdf/exam-accommodation.pdf

Accessibility Services

Student Accessibility Services (accessibility.students.yorku.ca/) provides academic accommodations and supports for students with temporary and permanent disability including physical, sensory, medial, learning, and mental health disabilities. Students who had an Individualized Education Plan (IEP) in high school are eligible for support. Please note that registering with disabilities services and discussing your needs with your professors is necessary to avoid any impediment to receiving the necessary academic accommodations to meet your needs.

Academic Skills Support

York University Libraries (www.library.yorku.ca) and the Learning Commons (learningcommons.yorku.ca/) provide students with academic support for their course assignments and research requirements. The Libraries offer an array of supports, services, workshops, resources and people available to help ensure continued success during a student's academic career.

Centre for Human Rights, Equity, and Inclusion

The Centre for Human Rights, Equity and Inclusion (rights.info.yorku.ca/) facilitates confidential processes to discuss allegations of discrimination and harassment by York Community members. There are also robust training opportunities and workshops available to the community year round.

Counselling, Health and Well Being

Student Counselling, Health & Well Being (counselling.students.yorku.ca) supports students in realizing and developing their personal potential in order to maximally benefit from their university experience and manage the challenges of university life. Services include: peer-led workshops, certificate training programs, support groups, same-day and appointment-based counselling, short-term therapy, and more.

Sexual Violence Response and Support

The Centre for Sexual Violence Response, Support and Education (thecentre.yorku.ca) facilitates support, services and accommodations for those who have experienced sexual violence. The support offered is based on the needs and wishes of the person disclosing/reporting.

Student Community Relations

The Office of Student Community Relations (oscr.students.yorku.ca/) supports students impacted by critical incidents, facing personal crises or multiple complex issues, such as, but not limited to, critical illness or injury of a student, student death, attempted suicide and sexual assault. OSCR provides advice, referrals, alternate dispute resolution methods and judicial processes (local adjudication, tribunals).