

## COURSE SYLLABUS

DEPARTMENT: Physical & Health Education  
COURSE TITLE: HIP HOP  
SECTION NAME: PHED 2102 12  
START DATE: 01/18/2011  
END DATE: 05/07/2011  
MODALITY: Face-to-Face  
CREDITS: 1

### INSTRUCTOR INFORMATION

NAME: Roland Latson  
OC EMAIL: [rlatson@odessa.edu](mailto:rlatson@odessa.edu)  
OC PHONE #: 432-335-6573  
OFFICE: Sports Center 203  
OFFICE HOURS: Monday-Friday

### COURSE DESCRIPTION:

This is an introductory course geared towards those with little or no jazz/hip hop dance experience. Students can expect to learn the fundamentals of dance technique through warm ups, center and across the floor combinations. Students will also learn anatomical terms, jazz and hip hop dance history and dance vocabulary.

SCANS: (2, 3, 6, 7, 8, 9, 10, 11) 1 hour

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LEARNING OUTCOMES (competencies) and methods of Evaluation used to determine the students achieved the outcome (competencies):

The ability to understand and put into practice the techniques of the Hip Hop dance:

Evaluation: Participation and written assignments and tests.

The student will maintain and improve flexibility, endurance and strength.

Evaluation: Participation and assessments.

Students will learn how hip hop dance can enhance general well-being and health.

Evaluation: Participation and written assignments and tests.

Students will keep track of physical activity in a daily journal.

LEARNING OUTCOMES (competencies) and methods of Evaluation used to determine the students achieved the outcome (competencies):

To demonstrate competency in the ability to ability to understand and put into practice the techniques of hip hop dance, the student must be able to:

- Recognize the basic principles of hip hop dance exercise.
- Demonstrate knowledge of precaution that should be taken while performing hip hop dance exercises.
- Development of dance technique, alignment, flexibility, strength, stamina, centering and transference of body weight.

To demonstrate competency in the ability to maintain and improve flexibility, endurance and strength, the student must be able to:

- Improvement of movement memory: ability to pick up movements faster and remember them longer.
- Improvement of musicality/timing in dance: learning about rhythm, tempo, meter, and phrasing to develop rhythmic skills in dance.
- Improvement of neuromuscular coordination: precise control and placement of body parts.

To demonstrate competency in knowledge of how hip hop dance can enhance general well-being and health, the student must be able to:

- Development of dynamic qualities of movement required for clarity, focus, and expressiveness.
- Integration of critical thinking skills through reading and written assignments that will enhance experiential concepts.

**ATTENDANCE POLICY:**

Your attendance is the greatest predicator of your success. It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that will be accepted are college-sponsored activities, anticipated absences and medical emergencies. It is your responsibility to contact the instructor before class begins. Anyone leaving class early without the instructor’s permission will be counted absent for the entire class.

DAYS/WEEK <u>CLASS MEETS</u>	# IF UNEXCUSED <u>ABSENCES ALLOWED</u>	10 POINT <u>DEDUCTION FOR EVERY</u>
2	2	3rd absence

**ACADEMIC ETHICS:**

All work is to be your own. If unethical behavior is detected, *all parties involved* will be denied points for that class assignment or exam. The questioned material or situation and a report of the violation will be submitted to the department chair for further action as deemed necessary by the department chair.

Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Board policies. Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion. Academic policies on Student Disciplinary Procedures and Complaint/Grievance Policy are found in the OC Student Handbook at <http://www.odessa.edu/dept/studenthandbook/handbook.pdf>

**REQUIRED READING TEXT:** None

**COURSE UPDATES:**

The student is responsible for checking the syllabus and calendars for changes frequently may be updated often as needed.

**COURSE REQUIREMENTS:**

There is no text required for the class therefore attendance and participation in the activity is very important. However, appropriate exercise clothing and tennis shoes, towel and water.

**TOPIC/OVERVIEW:** This semester focuses on:

The ability to understand and put into practice the techniques of various hip-hop styles:

Evaluation: Based on attendance & participation. The student will maintain and improve flexibility, endurance and strength.

Item (Name)	Type	Description	Due*
<b>Week 1</b>	Introduction Assignment	Course Information Pre-Assessments	1/22/2011
<b>Week 2</b>	Activity Assignment	Demonstration/Teaching proper techniques Stretching/Warm Up/Cool Down/Water Project Due	1/29/2011
<b>Week 3</b>	Activity	Demonstration/Teaching proper techniques Stretching/Warm Up/Cool Down/Nutrition Project Due	2/5/2011

		Focus on across the floor combinations	
<b>Week 4</b>	Activity	Warm Up Focus on across the floor combinations/Isolations of the Human Body/Footwork Movements Hip/Hop Dance Choreography Cool Down	2/12/2011
<b>Week 5</b>	Activity	Warm Up Isolations of the Human Body/Footwork Movements Hip/Hop Dance Choreography Teach creative ways to incorporate Solo Choreography Cool Down	2/19/2011
<b>Week 6</b>	Activity  Homework Assignment	Warm Up Hip/Hop Dance Choreography Improving Muscular Strength & Endurance Conditioning Basketball Games Attendance (Bonus Points) Work on Solo Dance Choreography Cool Down	2/26/2011
<b>Week 7</b>	Activity	Warm Up Improving Muscular Strength & Endurance Conditioning/Solo Dance Choreography Due Cool Down	3/5/2011
<b>Week 8</b>	Homework Assignment	Warm Up Hip/Hop Dance Choreography Demonstrate/Discuss Floorwork Discuss/ Midterm Project Cool Down	3/12/2011
<b>Week 9</b>	<b>No Classes</b>	SPRING BREAK	3/19/2011
<b>Week 10</b>	Assignment	Midterm Paper Due (1-pg typed: Muscular Endurance/Activity) Warm Up	3/26/2011

		Hip/Hop Dance Choreography Demonstrate/Discuss Floorwork Cool Down	
<b>Week 11</b>	Activity	Warm Up Hip/Hop Dance Choreography Demonstrate/Discuss Floorwork/Floor Stalls Discuss Duet/Group Hip Hop Choreography Cool Down	4/2/2011
<b>Week 12</b>	Activity	Warm Up Hip/Hop Dance Choreography Demonstrate/Discuss Floorwork/Floor Stalls Discuss Duet/Group Hip Hop Choreography Cool Down	4/9/2011
<b>Week 13</b>	Activity	Warm Up Duet/Group Hip Hop Choreography Due Cool Down	4/16/2011
<b>Week 14</b>	Activity Quiz	Warm Up Discuss/Teach Hip-Hop Dance Final Cool Down	4/23/2011
<b>Week 15</b>	Review Activity	Warm Up Review for Final Exam/Post Assessment/Review Hip Hop Dance Final	4/30/2011
<b>Week 16</b>	Review Activity	Final Exam Due (1-page typed assignment)/Hip Hop Dance Final	5/7/2011

**INSTRUCTIONAL MATERIALS:**

- A. Visual presentation of techniques by the instructor
- B. Videos / DVDs may be used to facilitate instruction

**SUMMARY OF ASSIGNMENTS & ACTIVITIES:**

\*Note: The due dates are subject to change.

Physical Assessments: 20 Points (10-Pre; 10-Post)

Pre: Thursday, January 20  
Post: Tuesday, May 3

Attendance: 10 points

Water Project: 10 Points

Due: Tuesday, January 25

Nutrition Project: 10 Points

Due: Tuesday, February 1

Midterm (1-Page written paper): 10 Points

Due: Tuesday, March 22

Class Assignments (3):

(1) Solo Dance (10-points each)

Due: Thursday, March 4

(2) Duet/Group Dance (10-points each)

Due: Thursday, April 14

(3) Basketball Game Attendance (10 Bonus Points)

Due: Thursday, February 24

Final Exam (1-Page written paper): 10 Points

Due: Thursday, May 12

### **GRADING POLICY:**

Each week, I will provide grades or scores and comments on assignments within 6 days of when they were submitted. After I send feedback each week, I will post a notification in the **Main** forum.

Late assignments receive a 10% deduction for each day they are late if assignments are not posted by 11:59p.m., central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.

### **METHOD OF EVALUATION: TOTAL POINTS 100**

Throughout a combination of physical activity, physical assessments, and written assignments your ability to meet the course objectives will be evaluated.

A = 100-90

B = 89-80

C = 79-70

D = 69-60

F = 59-0

\*As far as the attendance at an Odessa College Basketball Game, the student must locate instructor and sign in for the Bonus Points to be accounted for.

### **IMPORTANT COURSE DATES:**

### **SPRING 2011**

First Class Day	Tuesday, January 18
Last Day to Add a class	Friday, January 21
Last Day to Drop or Withdraw with a 'W'	Thursday, April 14
Spring Break (No Classes)	March 14-20
Last Class Day	May 7
Final Exams	May 9-12

### **PROCEDURE FOR REQUESTING SPECIAL ACCOMMODATIONS:**

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If the student has any special needs or issues pertaining to access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

### **STUDENT E-MAIL:**

Please access your Odessa College Student E-mail, by following the link to either set up or update your account:

<http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

### **STUDENT PORTAL:**

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### **TECHNICAL SUPPORT:**

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

**IMPORTANT SCHOOL POLICIES:**

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or students and instructors' right to academic freedom can be found in the Odessa College Student Handbook.