

Kalamazoo College Physical Education Dept.

“Club Dance”

Fall 2010 Syllabus

Instructors:

Karina Mirsky, MA & Carrie Brankiewicz

Off Campus Location:

The Fitness Spot

125 S. Kalamazoo Mall Suite 101

Cost:

\$100 (cash, debit, credit or checks paid to “The Fitness Spot”) - payment is due on week one.

What to Wear:

Comfortable clothes appropriate for working out, sneakers or jazz dance shoes if you have them

Class Meets:

Wednesdays: from 10am-11am

Weeks 1-10 (Sept 22nd-November 24th)

Schedule:

Week 1: 9/22	Into to this Course and the Philosophy Behind it
Week 2: 9/9	Basic Steps 1 (w/ Karina only)
Week 3: 10/6	Basic Steps 2
Week 4: 10/13	Basic Steps 3
Week 5: 10/20	Dance as Fitness (w/Carrie only)
Week 6: 10/27	Review of Basic Steps
Week 7: 11/3	Steps with Partners
Week 8: 11/10	Tempos & Levels
Week 9: 11/17	Integration of Steps, Tempos and Levels
Week 10: 11/24	Freestyle Dance Party

Attendance / Credit:

This class is a For Credit class. In order to receive credit, students must attend 8 out of 10 class sessions. It is strongly recommended to participate in all 10 weeks so that you don't fall behind in technique.