

**Beginning Break Dance**  
**RECR F193P**  
**1 Credit (pass/fail)**  
**Fall 2011**

**Instructor:** JJ Laserna  
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**Course Meeting Information:**

Dates of instruction: Spring Semester 2010  
Location: Student Recreation Center  
Days and Times: TR 7:30-9:00pm

**Course Description**

Designed to introduce students to break dance, the course will be a combination of stretching, conditioning and dancing. Correct technique, fundamental footwork and freezes are emphasized. Students will be expected to demonstrate an understanding of these principles and gain an ability to execute the maneuvers presented in class upon completion.

**Course Goals**

Upon completion of this course students will:

- Learn the history of break dancing
- Learn appropriate stretches
- Learn fundamental foot work and freezes with correct technique
- Learn to “make a set” with one’s own originality
- Become more fit

**Instructional Methods**

- In-class activities may include warm-up, isolation drills, combination, choreography, and improvisation practice.

**Clothing Requirements and Materials:**

- An extra pair of clean shoes and your Polar Express card are required to get access to the SRC. Without them you will not be permitted to enter the building. These shoes should be lightweight, with non-marking soles, or dance shoes. All students must wear shoes that they can dance in that have non-marking soles. Students may NOT dance in socks or bare feet. Not being admitted to the SRC due to lack of shoes is NOT an excusable absence.
- A water bottle.
- All students must wear comfortable clothing for dancing (workout clothes, no jeans).

## Tentative Course Calendar

Week 1: Class orientation, basic information about Break Dancing

Week 2: Warm up drills, stretches, overview

Week 3: top rock

Week 4: down rock

Week 5: get downs

Week 6: ending

Week 7: learn about mini-battles

Week 8: begin mini-battles

Week 9: foot work concepts

Week 10: continue foot work concepts

Week 11: begin work on freezes

Week 12: continue work on freezes

Week 13: introduce final battle concept

Week 14: prepare for final battle

Week 15: final battle

Material is covered at a pace that comfortably challenges the majority of the students, so the course calendar above is subject to change as needed.

## Grading Criteria and Policies

This is a pass/fail class. A student needs to comply with the attendance policy, complete the final battle, and earn 75 out of a possible 100 points to pass this course.

### Breakdown of points

Attendance and Class Participation	80
Final battle	20

### **Attendance/Class Participation:**

In any dance class, attendance is essential for everyone's learning and for a cohesive group. Frequent absence, tardiness and non-participation in a partner dance class in particular are a major disruption that impedes the success of the class as a whole even if it does not affect you personally. As such a **maximum of 5 absences are allowed**. More than 5 absences is an automatic FAIL grade for the course.

Tardiness/Leaving early: If a student is more than 10 minutes late to class, it counts as an absence and the student will not be allowed to join class.

Make-Up For Absences: If you have a good excuse for being absent, talk to me. I will give you a make-up assignment.

Class participation: This means being on time, and being active during class. 50% of the participation grade will be determined by completion of a skills checklist, to show a working knowledge of all the steps and terminology covered throughout the semester.

**VERY IMPORTANT:** *since this class will be focusing mainly on dancing (footwork, simple freezes), any kind of “power move” is prohibited. That means attempting to do head spins or wind mills or flairs or anything that can lead to serious injury. Doing a “power move” during class will result in automatic failure of the course.*

### **Support Services**

Students who need support services can go to the Student Assistance Area at the TVC Center at 604 Barnett Street.

### **Disabilities Services**

UAF has a Disability Services office that operates in conjunction with the College of Rural and Community Development's (CRCDD) campuses and UAF's Center for Distance Education (CDE). Disability Services, a part of UAF's Center for Health and Counseling, provides academic accommodations to enrolled students who are identified as being eligible for these services.

If you believe you are eligible, please visit <http://www.uaf.edu/disability> on the web or contact a student affairs staff person at your nearest local campus. You can also contact Disability Services on the Fairbanks Campus at (907) 474-5655 or (907) 474-1827 TTY, [fydso@uaf.edu](mailto:fydso@uaf.edu), Whitaker Building rm. 208.