

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 195

Credits: 1

Course Title: Topics in Physical Education: Hip Hop Dance I

Course Description: Teaches the fundamental aspects of hip hop dance while promoting lifelong enjoyment of physical activity. Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition. Part I of II. Laboratory 2 hours per week.

General Course Purpose: This course serves as a general education wellness elective.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon completing the course, the student will be able to:

- a. Identify foundations of hip hop culture to include pioneers and dance legends;
- b. Discuss the history of street dance steps and styles;
- c. Define vocabulary within hip hop and funk style dance forms;
- d. Perform warm-up exercises necessary for successful movement (proper stretching and strengthening exercises);
- e. Recognize choreographic terminology;
- f. Demonstrate basic principles of body alignment;
- g. Distinguish difference between rhythmic breakdowns and street dance musicality;
- h. Demonstrate hip hop and funk style dance routines using a variety of styles, such as breaking, popping, locking (funk styles); and waves, glides, and commercial hip hop; and
- i. Develop and/or identify personal wellness/exercise goals using SMART planning method and focused on the improvement of hip hop dance skills.

Major Topics to Be Included:

- a. Foundations of hip hop, pioneers, and legends
- b. Historical perspective of street dance
- c. Dance formats and body mechanics/alignment
- d. Proper dance preparations to include warm-up, stretching, and cool-down
- e. Hip hop dance movement (breaking, popping, locking, waves, glides, and commercial hip hop)
- f. Cardiovascular strength and endurance
 1. Cardiovascular fitness activities
 2. Pre- and post-heart rate measure

Effective Date of Course Content Summary: September 2015