

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

Course Prefix and Number: PED 295

Credits: 1

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

Course Description: Teaches the more advanced techniques 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 II of II. Prerequisite: PED 195 - Topics in Physical Education: Hip Hop Dance I. Laboratory 2 hours per week.

General Course Purpose: This course serves as a general education wellness elective. To avoid transfer problems, students should carefully select courses to fulfill elective requirements with the assistance of their advisors and upon an investigation of the transfer requirements of the institution to which transfer is contemplated.

Course Prerequisites and Co-requisites:

Prerequisite: PED 195 - Topics in Physical Education: Hip Hop Dance I

Course Objectives:

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

- a. Demonstrate principles of body alignment;
- b. Perform warm-up exercises necessary for successful movement, including proper stretching and strengthening exercises;
- c. Recognize choreographic terminology;
- d. Incorporate the difference between rhythmic breakdowns and street dance musicality into a movement routine;
- e. Compare a variety of styles of hip hop and funk style dance routines, such as breaking, popping, locking (funk styles); and waves, glides, and commercial hip hop to a movement routine;
- f. Demonstrate improvement in level of cardiorespiratory fitness; and
- g. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of hip hop dance skills.

Major Topics to Be Included:

- a. Body alignment and proper dance preparations to include warm-up, stretching, and cool-down
- b. Hip hop and dance choreographic terminology
- c. Hip hop dance movement (breaking, popping, locking, waves, glides, and commercial hip hop)
- d. Cardiovascular strength and endurance
 1. Cardiovascular fitness activities
 2. Pre- and post-heart rate measure

Effective Date of Course Content Summary: September 2015