



**AIM OF THE COURSE** (*content and acquired skills*):

The aim of the course is the contact between the student and the art-science of dance and its effects as physical activity as regards different age groups and different areas of interest

**COURSE CONTENTS** (*outline – titles of lectures*):

1. Definition of the meaning “culture”.
2. Dance as a cultural good.
3. Dancing types - Motor - musical features.
4. Cultural tourism.
5. Dance and adults.
6. Dance and foreigners.
7. Dance as a recreational activity at the hotels and the summer camps.
8. Dance in cultural associations.
9. Dance as a means of therapy.
10. Psychological and biological benefits of dance.
11. Dance and motor development.
12. Overuse syndromes in dance.
13. Dance as a means of education.

**TEACHING METHOD** (*lectures – labs – practice etc.*):

Lectures

**ASSESSMENT METHOD(S)**:

1. Tests.
2. Written projects.
3. Final exams.

**LEARNING OUTCOMES:**

Upon the completion of this course the student will be able to understand dance as:

1. A part of the culture of a community.
2. An incentive for cultural tourism.
3. A physical activity suitable for adults.
4. A recreational activity.

**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Understanding dance as part of the culture of a community.	Lectures, homework.	Intermediate control with written test.	30
Understanding dance as an incentive for cultural tourism.	Lectures, homework.	Intermediate control with written test.	30
Understanding dance as a physical activity suitable for adults.	Lectures, homework.	Intermediate control with written test, written project.	60

Understanding dance as a recreational activity.	Lectures, homework.	Intermediate control with written test Written project	60
Understanding dance as a means of education.	Lectures, homework.	Final assessment	30
		<b>TOTAL</b>	<b>210</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Pangrazzi, P.R. (1999). Διδασκαλία της φυσικής αγωγής στην πρωτοβάθμια εκπαίδευση. Θεσσαλονίκη: University Studio Press.
2. Σερμπέζης, Β. (2004-2005). Η διδακτική του χορού. Σημειώσεις.