

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Introduction to European & Latin dances
---

**COURSE CODE:**

N066
------

**E.C.T.S. CREDITS**

2
---

**RESPONSIBLE FOR THE COURSE:**

Name	Dimitris Goulmaris
Position	Assistant Professor
Sector	Sports Management, School Physical Education & Recreation
Office	B2 - 12
Tel. / E-MAIL	25310 - 39672 <span style="float: right;">dgoulima@phyed.duth.gr</span>
Co-instructors	Olga Kouli, Lecturer to be appointed

**SEMESTER:**

1 <sup>st</sup>	<input type="checkbox"/>	2 <sup>nd</sup>	<input type="checkbox"/>	3 <sup>rd</sup>	<input type="checkbox"/>	4 <sup>th</sup>	<input type="checkbox"/>
5 <sup>th</sup>	<input type="checkbox"/>	6 <sup>th</sup>	<input checked="" type="checkbox"/>	7 <sup>th</sup>	<input type="checkbox"/>	8 <sup>th</sup>	<input checked="" type="checkbox"/>

**COURSE TYPE:**

Obligatory	<input type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective ( <i>open</i> )	<input checked="" type="checkbox"/>

**HOURS (*per week*):**

2
---

**DIRECTION (*only for 3<sup>rd</sup> & 4<sup>th</sup> year courses*):**

Sports Recreation & Dance	
---------------------------	--

**SPECIALIZATION (*only for 3<sup>rd</sup> & 4<sup>th</sup> year courses*):**

--

**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

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

The aim of the course is to: a) teach students the basic skills of international and Latin (ballroom) dances and b) develop their ability to teach these skills.

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

1. General theory for international & Latin dances - Body position & Directions / Bachatta.
2. Merengue / El-Tiburón.
3. Rumba.
4. Cha-cha.
5. Mambo.
6. Salsa.
7. Jive.
8. Fox-Trot.
9. Waltz.
10. Tango.
11. Disco.
12. Tango Argentina.
13. Repetition in above and examination materials.

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

1. Lectures.
2. Practice.

**ASSESSMENT METHOD(S):**

1. Classroom participation 10%
2. Theory exams at the end of the semester 20%
3. Practice exams at the end of the semester 70%

**LEARNING OUTCOMES:**

- Upon the completion of this course the students will be able to:
1. Know and understand the basic principles and skills required for European and Latin American dances.
  2. Perform at a satisfactory level of 10 - 15 European and Latin dances with the accompaniment of music.
  3. Know the basic principles of teaching basic European and Latin American dances.
  4. Construct a plan for teaching European and Latin dances to beginners.

**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Knowledge and understanding of the basic principles and skills required for European and Latin American dances.	Lectures, demonstrations and commentary of digital material, study at home.	Intermediate checks with theoretical (written or verbal) cognitive evaluation progress.	10

Ability to perform at a satisfactory level 10 - 15 European and Latin American dances to the accompaniment of music.	Practical exercises, homework, tutorials.	Intermediate checks with proper practices (individual & group) progress evaluation.	20
Knowledge of basic principles of teaching basic European and Latin American dances.	Lectures, homework, teamwork.	Intermediate checks by evaluating: a) intermediate practical teachings, b) a written plan of instruction.	10
Ability to construct a plan for teaching European and Latin dances to beginners.	Lectures, practical exercises, drawing projects, 1 individual and 1 teamwork, study at home.	Interim projects and final exams.	20
		<b>TOTAL</b>	<b>60</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Braunmuller, K. (1998). Dance: expression of life. Thessaloniki: Salto.
2. Lectures notes (e-class).