

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

*UNDERGRADUATE PROGRAM*

**COURSE TITLE:**

Methodology of traditional dance
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**COURSE CODE:**

N572
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**E.C.T.S. CREDITS**

8
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**RESPONSIBLE FOR THE COURSE:**

NAME	Dimitris Goulmaris	
POSITION	Assistant Professor	
SECTOR	Sports Management, School Physical Education & recreation	
OFFICE	B2 - 12	
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CO-INSTRUCTORS		

**SEMESTER:**      1<sup>st</sup>    [ ]    2<sup>nd</sup>    [ ]    3<sup>rd</sup>    [ ]    4<sup>th</sup>    [ ]  
                         5<sup>th</sup>    [ ]    6<sup>th</sup>    [X]    7<sup>th</sup>    [ ]    8<sup>th</sup>    [ ]

**COURSE TYPE:**    Obligatory                            [ ]  
                            Direction                              [ ]  
                            Specialization                        [X]  
                            Prerequisite for specialization    [ ]  
                            Elective (*open*)                        [ ]

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

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

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

Greek Folk Dances
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**LANGUAGE OF TEACHING:**                  GREEK [X]                  ENGLISH [ ]

**AIM OF THE COURSE (*acquired skills & learning outcome*):**

The purpose of this class is to provide students with knowledge regarding the kinetic alphabet, the teaching of traditional dances and the ability to design daily plans for traditional dance lessons.
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**COURSE CONTENTS** (*outline – titles of lectures*):

1. Initiation in traditional dance - The most appropriate age.
2. Kinetic alphabet of traditional dance.
3. The technique of order.
4. Method and teaching of dance - The application of the partial method.
5. The proper distribution of time.
6. Structural analysis and synthesis part.
7. The systematic teaching of traditional dance in primary education - Design daily plan for teaching dance in primary schools.
8. Teaching of traditional dance in secondary education.
9. Design a daily plan for the teaching of dance in secondary education.
10. Method and teaching of dances of Eastern and Western Thrace.
11. Method and teaching of dances of Eastern Rumelia.
12. Method and teaching of dances of Eastern Macedonia.
13. Method and teaching of dances of Central Macedonia.
14. Method and teaching of dance of Western Macedonia.
15. Method and teaching of dances of Epirus.
16. Method and teaching of dances of Thessaly.
17. Method and teaching of dance of Vlachs & Sarakatsani.
18. Method and teaching of dances of Central Greece.
19. Method and teaching of dances of the Peloponnese.
20. Method and teaching of dances of the Ionian Islands.
21. Method and teaching of dances of the Aegean and Cyclades.
22. Method and teaching of dances of the Dodecanese.
23. Method and teaching of dances of Crete.
24. Method and teaching of dances of Cyprus.
25. Method and teaching of dances of Pontus.
26. Method and teaching of dances of Asia Minor.

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

1. Lectures with the support of audiovisual media.
2. Practical training.

**ASSESSMENT METHOD(S):**

1. Individual work.
2. Progress tests.
3. Final exams.

**LEARNING OUTCOMES:**

Upon completion of this course students will be able to:

1. Understand the principles of teaching Greek folk dances.
2. Know the method for teaching dances of mainland Greece.
3. Know the method for teaching dances of Greek islands.
4. Know the method for teaching dances from Pontos, Asia Minor and Cyprus.

**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
Understanding of the principles of teaching Greek folk dances.	Lectures, demonstrations and commentary of digital material, study, practice exercises.	Intermediate checks with tests of cognitive evaluation.	40
Knowledge of the method for the teaching of Central Greece dances.	Lectures, practical exercises, home study.	Intermediate checks with appropriate practical evaluation tests.	80
Knowledge of the method for the teaching of Greek islands dances.	Lectures, practical exercises, home study.	Intermediate checks with appropriate practical evaluation tests.	60
Know of the method for the teaching of Pontos, Asia Minor and Cyprus dances.	Lectures, practical exercises, home study.	Intermediate checks with appropriate practical tests, final exams.	60
		<b>TOTAL</b>	<b>240</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Karfis, B. & Ziakas, M. (2009). The Greek traditional dance in education. Athens: Vivliodiaplous.
2. Hatzimihali, A. (1983). The Greek folk costume: the costume with the kavadi. Athens: Melissa.
3. Venetsanou, F. & Leventis, C. (2010). The Greek traditional dance for preschoolers. Athens: Athlotypo.
4. Tyrovolia, B. (1992). Traditional Greek dance rhythms. Athens: Gutenberg.
5. Bazianas, N. (1997). For the folk music tradition. Athens: Typothito.