	I	RIAL COURSE	OR NEW C	OURSE PRO	POSAL		· · · · · · · · · · · · · · · · · · ·	
SUBMITTED BY:								
Department	RECR			College/School		CTC/CRCD		
Prepared by	K Wilson			Phone		455-2808		
Email Contact	Kawilson3@alaska.edu			Faculty Mahla Strohmai		strohmaier		
		fgov/faculty/ m & course ch		tml for a	complete	description	on of the	
_	-	**	anges.					
1. ACTION DESIRED (check one):		Trial	Course		New Co	ourse X		
2. COURSE 1	DENTIFICATION	: Dept	RECR	Course [F130R	No. of Credits	1.0	
division	pper/lower status & credits:	Course content re	presents "100"	level. Course v	vill have 3 cor	ntact hours per w	eek	
3. PROPOSED	COURSE TITLE	:	Beginning Break Dance					
4. CROSS LISTED?		Yes						
YES/NO (Requires signatu		th departments a	Dept: and deans i	nvolved. A	 dd lines a	at end of for	m for such	
5. STACKED? YES/NO		No	If yes, Dept.		Course	e #		
6. FREQUENC	Y OF OFFERING	: As Demand	i Warrants					
		(Every	or Alternat	e) Fall, S Warr		mer - or As	Demand	
7. SEMESTER	& YEAR OF FIL	RST OFFERING (if F	all 2011				
approved)				• • • • • • • • • • • • • • • • • • • •				
compressed in	hours may not not fewer than thermore, any committee. MAT:) AT	be compressed isix weeks must ore course comp	be approved ressed to 1	l by the colless than s	llege or s	chool's curr ust be appro	iculum	
(specify l field trip etc)								
9. CONTACT	HOURS PER WEE	K:	LECTURE hours/wee		AB ours /wee	1 1	ACTICUM	
of lab in a minutes of p	science course practicum=1 cre s. See <u>http://w</u>	ed on contact h =1 credit. 160 dit. 2400-8000 ww.uaf.edu/uafg	ours. 800 0 minutes i minutes of	minutes of in non-scientification	lecture=1 nce lab=1 p=1 credit	credit. 24 credit. 240 . This must	match with	
OTHER HOURS	(specify							
					•••	•••		
	CATALOG DESCRI possible):	IPTION includi	ng dept.,	number, t	ntie and	credits (5	ou words or	

RECR F130R Beginning Break Dance

1 Credit Offered As Demand Warrants
Introduction to basic movements and terminology of break dancing, and an understanding of associated

body movements. Students will gain an understanding of these principles and an ability to execute maneuvers presented in class. Graded Pass/Fail. (Cross-listed with THR F130R.) (0+3) 11. COURSE CLASSIFICATIONS: (undergraduate courses only. Use approved criteria found on Page 10 & 17 of the manual. If justification is needed, attach on separate sheet.) N = Natural S = Social Sciences H = Humanities Science Will this course be used to fulfill a requirement for the YES NO baccalaureate core? IF YES, check which core requirements it could be used to fulfill: W = Writing Intensive, Natural Science, 0 = Oral Intensive, Format 6 Format 7 Format 8 12. COURSE REPEATABILITY: Is this course repeatable for YES NO credit? Justification: Indicate why the course can be repeated (for example, the course follows a different theme each time). How many times may the course be repeated for credit? TIMES If the course can be repeated with variable credit, what is the maximum number of credit hours that may be earned for this course? CREDITS 13. GRADING SYSTEM: PASS/FAIL: X LETTER: RESTRICTIONS ON ENROLLMENT (if any) 14. PREREQUISITES These will be required before the student is allowed to enroll in the course. RECOMMENDED Classes, etc. that student is strongly encouraged to complete prior to this course. None 15. SPECIAL RESTRICTIONS, CONDITIONS 16. PROPOSED COURSE FEES \$0 Has a memo been submitted through your dean to the Provost & VCAS for fee approval? Yes/No 17. PREVIOUS HISTORY Has the course been offered as special topics or trial course Yes previously? Yes/No Spring 2010, Fall 2010, Spring 2011 F193P If yes, give semester, year, course #, etc.: 18. ESTIMATED IMPACT WHAT IMPACT, IF ANY, WILL THIS HAVE ON BUDGET, FACILITIES/SPACE, FACULTY, ETC. None 19. LIBRARY COLLECTIONS Have you contacted the library collection development officer (ffklj@uaf.edu, 474-6695) with regard to the adequacy of library/media collections, equipment, and services available for the proposed course? If so, give date of contact and resolution. If not, explain why not. No services needed x No Yes

20. IMPACTS ON PROGRAMS/DEPTS

What programs/departments will be affected by this proposed action? Include information on the Programs/Departments contacted (e.g., email, memo)

departments resulting from the pro	<u></u>					
There are no negative impacts on any other programs. The addition of the course will only strengthen the RECR program.						
The purpose of the department and conscrutinize course change and new conful UAF education is not lowered as this in your response. This section space as needed to fully justify the	ampus-wide curriculuurse applications to a result of the prop n needs to be self-c	make sur	e that the quality ge. Please address			
Break Dancing is a very popular form of dan Dancing in our Recreation Dance class offer courses offered to help with fitness, as it is quantum or the second of the second	ing. Break Dancing is als					
PPROVALS:						
Mahla Stohmaur		Date	10-13-16			
Signature, Chair, Program/Department of:	RECE					
		Date				
Signature, Division Chair CRCD of:						
To Knoted		Date	10-15-10			
Signature, Chair, College/School Council for:	Corriculu CTC	_				
Mille Salain		Date	10/15/10			
Signature, Dean, College/School of:	LCTC					
		Date				
Signature of Provost (if applica Offerings above the level of application of the Provost.		st be apr	proved in advance by			
ALL SIGNATURES MUST BE OBTAINED	PRIOR TO SUBMISSIO	N TO THE	GOVERNANCE OFFICE			
		Date				
Signature, Chair, UAF Faculty Review Committ						

No programs/departments will be affected by this course.

ADDITIONAL SIGNATURES: (If required)

IN MM	Date 10/19/10
Signature, Chair, Program/Department of:	ATRE
Gul T Ye	Date /// 1/0
Signature, Chair, College/School Curriculu Council for:	CLA
Clinik Harman	Date 11-16-10
Signature, Dean, College/School of:	4

Beginning Break Dance RECR F193P 1 Credit (pass/fail) Fall 2011

Instructor: JJ Laserna Email: jlaserna@alaska.edu

Phone: 347-7878

Course Meeting Information:

Dates of instruction: Spring Semester 2010

Location: Student Recreation Center Days and Times: TR 7:30-9:00pm

Course Description

Designed to introduce students to break dance, the course will be a combination of stretching, conditioning and dancing. Correct technique, fundamental footwork and freezes are emphasized. Students will be expected to demonstrate an understanding of these principles and gain an ability to execute the maneuvers presented in class upon completion.

Course Goals

Upon completion of this course students will:

- Learn the history of break dancing
- Learn appropriate stretches
- Learn fundamental foot work and freezes with correct technique
- Lear n to "make a set" with one's own originality
- Become more fit

Instructional Methods

- In-class activities may include warm-up, isolation drills, combination, choreography, and improvisation practice.

Clothing Requirements and Materials:

- An extra pair of clean shoes and your Polar Express card are required to get access to the SRC. Without them you will not be permitted to enter the building. These shoes should be lightweight, with non-marking soles, or dance shoes. All students must wear shoes that they can dance in that have non-marking soles. Students may NOT dance in socks or bare feet. Not being admitted to the SRC due to lack of shoes is NOT an excusable absence.
- A water bottle.
- All students must wear comfortable clothing for dancing (workout clothes, no jeans).

Tentative Course Calendar

Week 1: Class orientation, basic information about Break Dancing

Week 2: Warm up drills, stretches, overview

Week 3: top rock

Week 4: down rock

Week 5: get downs

Week 6: ending

Week 7: learn about mini-battles

Week 8: begin mini-battles

Week 9: foot work concepts

Week 10: continue foot work concepts

Week 11: begin work on freezes

Week 12: continue work on freezes

Week 13: introduce final battle concept

Week 14: prepare for final battle

Week 15: final battle

Material is covered at a pace that comfortably challenges the majority of the students, so the course calendar above is subject to change as needed.

Grading Criteria and Policies

This is a pass/fail class. A student needs to comply with the attendance policy, complete the final battle, and earn 75 out of a possible 100 points to pass this course.

Breakdown of points

Attendance and Class Participation 80 Final battle 20

Attendance/Class Participation:

In any dance class, attendance is essential for everyone's learning and for a cohesive group. Frequent absence, tardiness and non-participation in a partner dance class in particular are a major disruption that impedes the success of the class as a whole even if it does not affect you personally. As such a **maximum of 5 absences are allowed**. More than 5 absences is an automatic FAIL grade for the course.

<u>Tardiness/Leaving early</u>: If a student is more than 10 minutes late to class, it counts as an absence and the student will not be allowed to join class.

<u>Make-Up For Absences:</u> If you have a good excuse for being absent, talk to me. I will give you a make-up assignment.

<u>Class participation</u>: This means being on time, and being active during class.

VERY IMPORTANT: since this class will be focusing mainly on dancing (footwork, simple freezes), any kind of "power move" is prohibited. That means attempting to do head spins or wind mills or flairs or anything that can lead to serious injury. Doing a "power move" during class will result in automatic failure of the course.

Support Services

Students who need support services can go to the Student Assistance Area at the TVC Center at 604 Barnett Street.

Disabilities Services

UAF has a Disability Services office that operates in conjunction with the College of Rural and Community Development's (CRCD) campuses and UAF's Center for Distance Education (CDE). Disability Services, a part of UAF's Center for Health and Counseling, provides academic accommodations to enrolled students who are identified as being eligible for these services.

If you believe you are eligible, please visit http://www.uaf.edu/disability on the web or contact a student affairs staff person at your nearest local campus. You can also contact Disability Services on the Fairbanks Campus at (907) 474-5655 or (907) 474-1827 TTY, https://www.uaf.edu/disability on the web or contact Disability Services on the Fairbanks Campus at (907) 474-5655 or (907) 474-1827 TTY, https://www.uaf.edu/disability on the web or contact Disability Services on the Fairbanks Campus at (907) 474-5655 or (907) 474-1827 TTY, https://www.uaf.edu/disability on the web or contact Disability Services on the Fairbanks Campus at (907) 474-5655 or (907) 474-1827 TTY, https://www.uaf.edu/disability or (907) 474-1827 TTY,