

## WORCESTER PUBLIC SCHOOLS – NEW COURSE REQUEST FORM

Date of Request: 06/12/2014 Requesting School/ Office: Burncoat High School

Proposed Course Name: Dance Conditioning Required Prerequisite Course/s: none

Proposed Course Level				
(check all that apply)				
A.P.	<input type="checkbox"/>	Honors	<input checked="" type="checkbox"/>	College
			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Proposed Course Credit				
(check all that apply)				
1.0	<input checked="" type="checkbox"/>	.5	<input type="checkbox"/>	.25

G.P.A.		Honor Roll	
Yes	No	Yes	No
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Proposed Course Department	Select one	
	Core Course	Core Elective
Arts	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Is proposed course a Career/Vocational Technical Course			
Yes	No	(If yes check one)	
		Chapter 74	Non-Chapter 74
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Proposed Course Description:** In this course, students will focus on the basics and fundamentals of Dance Conditioning. This course will help students maintain and enhance health related fitness through vigorous physical activity that aims to assist in the promotion of a healthy lifestyle. This course will focus on developing strength, endurance and flexibility through engaging in a wide variety of activities and dance steps. Students will develop agility, alertness, control, balance and coordination through movement and dance.

**Essential question/s for the course:**  
 What must a dancer do to prepare the mind and body for artistic expression?  
 How do dancers work with space, time and energy to communicate artistic expression?  
 What criteria are used to evaluate dance?

**Standards addressed in the course:**  
 This course adheres with following National Dance Standards  
 #1: Identifying and demonstrating movement elements and skills in performing dance.  
 #2: Understanding the choreographic principles, processes and structures.  
 #3: Understanding dance as a way to create and communicate meaning.  
 #4: Applying and demonstrating critical and creative thinking skills in dance.  
 #6: Making connections between dance and healthful living.  
 #7: Making connections between dance and other disciplines.

MassCore is a rigorous and comprehensive course study recommended by the Commonwealth as preparation for college and career. MassCore is also the vehicle through which high school students can gain competence in computational, scientific, visual, creative, and critical thinking and can engage opportunities for “hands-on” application and exploration of new areas of knowledge and experiences.

**How does this course support the readiness of students for college and career?**  
 This course has students explore and learn a new style of dance. It also teaches them organization, discipline and team-work. Participation in this course expands the students creative knowledge with actual “hands-on” course application and exploration of this athletic activity and prepares them for a life-time a health and fitness.

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