DEMOCRITUS UNIVERSITY OF THRACE DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:								
Dance as physical activity								
COURSE CODE:	ECTS CREDITS				DITS			
N323						7	!	
RESPONSIBLE FOR TH	E COU	RSE:						
NAME		Vasilis Serbezis						
POSITION	Assoc	Associate Professor						
SECTOR	Sport	Sport Management, School Physical Education &						
		Recreation						
OFFICE	B2 - 1	B2 - 11						
TEL. / E-MAIL	25310	25310 - 39685 v			serbezi@phyed.duth.gr			
CO-INSTRUCTORS								
SEMESTER:	1 st 5 th	[]	2 nd 6 th	[] [X]	$\begin{matrix} 3^{rd} \\ 7^{th} \end{matrix}$	[]	4 th 8 th	[]
COURSE TYPE:	Direc Speci Prerec	Obligatory [] Direction [X] Specialization [] Prerequizite for specialization [] Elective (open) []						
HOURS (per week):				2				
DIRECTION (only for 3 rd		ar cou	rses):				_	
Sports Recreation and Dance	ce							
SPECIALIZATION (only	for 3 rd	& 4 th v	ear cour	ses):				
Greek folk dances	<i>jo.</i> c (~ · y		220).				
CITTI TOTA GALLOUS								

LANGUAGE OF TEACHING: GREEK [X] ENGLISH []

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:

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

Understanding dance as	Lectures, homework.	Intermediate con	60
a recreational activity.		trol with written	
		test Written	
		project	
Understanding dance as a means of education.	Lectures, homework.	Final assessment	30
		TOTAL	210

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.