

Course Description and Outline

Course Title	African Dance - Beginners		
Level of Course	Beginners	Course Code	A3191
Duration in Weeks	10		
Brief Description of Course What will the course cover?	<p>In this course you will learn basic African dance skills and techniques as well as specific African dances. You will also learn about the history and the relationship of music to dance in the African society.</p> <p>You will learn the technical vocabulary used in this dance style. You will also develop musicality and spatial awareness by following different step patterns, dance sequences and group formations set to music with different time signatures and speed.</p> <p>References to the historical development of the style and its connection with other dance genres from different parts of the world, will be shared with you to support your understanding of the style and technique.</p>		
Entry Requirements	<p>None, but people with previous experience are very welcome.</p> <p>All students are expected to be dedicated, self-disciplined; attend regularly have enthusiasm and willingness to work hard.</p>		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Learn and understand appropriate African dancing skills and techniques.		
2	Learn 3 of the main dances with related drum music and songs.		
3	Demonstrate understanding of the various disciplines and some of technical areas in African dancing, i.e. time-keeping, co-ordination, drum-linguistics etc.		
4	Understand the historical background of music and dances and. the roles they play in the African societies.		
5	Prepare for a performance in the End of Term show.		
Equipment Required What will I need to bring to class?	<p>The recommended outfit for African dance is loose comfortable clothing (e.g. T-shirt and tracksuit / stretch trousers).</p> <p>Please note trainers cannot be used in the dance studio.</p> <p>A notebook and a pen. A bottle of water – no other drinks are allowed in the dance studio.</p>		
What courses can I go on to?	<p>Your tutor can be approached for additional information and advice during the course. You can progress to: Develop African Dance Repertoire courses and or other dance styles beginners' courses.</p>		

What examination or assessment will there be and what will it involve?

There will be an initial assessment followed by on-going assessment of progress and achievement. This course will also include:

- Structured opportunities for self evaluation;
- Use of video as a reflective tool;
- Peer observation;
- End of course feedback, evaluation and review.

How will I know I am making progress?

- Your tutor will give you on-going verbal feedback.
- You will have an individual learning plan to monitor your own progress.
- Continuous feedback will be given throughout each class. Feedback is both general and specific, with corrections given together with pointers for improvement.
- You will also gain more from the course if you commit time to it outside the classroom.

Is there anything else I need to know?

The course will give you an opportunity to work on and improve the following aspects:

- body awareness and alignment;
- flexibility, strengthening and balance;
- co-ordination abilities;
- Musicality and sense of rhythm;
- space management and sense of direction/orientation;
- sense of observation and ability to memorise movement patterns;
- creativity (choreographic group work);
- expression, communication and interpretation abilities;
- presentation and performance skills

In general, we will not allow late entries to any course after the first two weeks.

Short intensive courses and most workshops will not accept new learners after the first class. In all cases the full fee will be charged.

At the end of the course there will be a course evaluation to complete.

During the course suggestions and ideas will be welcomed especially if they contribute to the improvement of the learning experience of the whole group.

What if I want extra support? Contact the Learner Support & Advice Team

The Learner Support & Advice Team can support learners achieve their education and employment goals. Information, advice & guidance is given on a range of issues including, financial support and support available for learners who are disabled and learners with learning difficulties, Come and see one of our experienced and friendly advisors who can help you make the next step. For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.3