

## Course Description and Outline

<b>Course Title</b>	Belly Dancing – For Fitness (Women only)		
<b>Level of Course</b>	All Levels	<b>Course Code</b>	A3050, A3048, B3051, B3036, C3052, C3049
<b>Duration in Weeks</b>	5		
<b>Brief Description of Course What will the course cover?</b>	<p>During this course learners will learn how to demonstrate basic movements of Belly Dancing for fitness (like hip and chest lifts and drops, figure of eight etc.). Additionally, they will learn how to dance a combination of movements to enhance core strength and flexibility.</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>		
<b>Entry Requirements</b>	It is not required to have previous experience in dancing, if you wish to join this course. If you like this type of dance, you would like to work out the core and torso muscles and have fun, you are welcome to join.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Dance and stand holding a good posture;		
<b>2</b>	Learn the different types of basic movements (drops, lifts, circles, figure of eight);		
<b>3</b>	Improve your physical fitness level, strengthen core muscles as well as improve muscle flexibility and tone;		
<b>4</b>	Dance while holding different arm positions and doing arm movements.		
<b>5</b>	Dance a combination of movements that includes everything learnt in the classes to specific music.		
<b>Equipment Required What will I need to bring to class?</b>	A bottle of water, clothes that you feel comfortable with and you can move easily in and be prepared to dance bare feet or wearing socks or very soft shoes. A scarf to tie around your hips.		
<b>What courses can I go on to?</b>	You can progress to another Belly Dancing Beginners course to consolidate your skills and/or Belly Dancing Improvers.		

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

At the beginning of the course an initial assessment takes place to identify your level of experience knowledge or current skills, and you will be asked to complete and sign a health screening questionnaire.

The tutor will carry out informal assessments to check your understanding, there is no exam.

You will complete a self-assessment at the beginning, middle and end of the course and you will participate in regular self-assessment.

Your tutor will let you know how you are getting on throughout the course, to help you work to your full potential.

At the end of the course you will receive written feedback.

### **How will I know I am making progress?**

You will have an 'Individual Learning Plan' where the course learning outcomes are shown and where you can set individual learning goals and monitor your own progress against these.

You will need to evaluate your own progress and manage your time.

Your tutor will give ongoing feedback and will keep you informed of your progress.

Video recording might be used as a reflective tool.

### **Is there anything else I need to know?**

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

To maximise your chances of benefiting from the course fully we expect you to attend **all** scheduled sessions and that you do so **punctually** and are ready to start learning at the start of the class.

Please note that if you are more than **10 minutes late** for a class you will not be allowed to participate practically in the session. This is for your own safety as by missing the warm up you will be risking an injury. Being late also disrupts the rest of the group.

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

Come and see one of our experienced and friendly advisors. For further information, email [ideastore@towerhamlets.gov.uk](mailto:ideastore@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

