

## PDP 150/151 Cardio Jazz Funk

Instructor: Jossie Coleman

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Meets twice per week: 1.0 Credit or once per week 0.5 Credit

### Dance Program Mission:

Our dance program provides students with technical, historical and compositional courses in multiple genres of dance designed to prepare and enhance their skills in communication, critical thinking and self-expression. Our curriculum choices offer multiple ways of investigating dance as a physical, aesthetic, intellectual and cultural practice. As part of *One BU /Recommendations for Accessing the Arts at BU*, we encourage our students to use their imaginative spirit to find opportunities to create innovative cross-discipline research and practice.

### Course Description:

A funky combination of low-impact aerobics, hip-hop, and jazz dance. Designed to improve muscle tone and cardiovascular strength while learning the fundamentals of jazz dance and the latest dance club moves. No prior dance experience is necessary.

### Overview:

Students will engage in aerobic movement combining elements of traditional hip hop and jazz vocabulary. Overall, this class will focus on improving muscular tone and cardiovascular endurance, while building confidence to move and groove to a variety of music. Students will learn choreography set to today's popular music.

### Required Attire:

- Form fitted clothing required (dance, aerobic or bike wear); supportive undergarments recommended- sports bras for women and athletic supporters or dance belts for men.
- Please, no gum or dangerous jewelry.
- Hair secured away from face.
- NO STREET SHOES ALLOWED on dance studio floors or risers at any time. Leave in cubbies.
- Clean sneakers, exclusively designed for studio use only are allowed.

### Learning Outcomes:

- Students will increase technical skills with attention to detail over the course of the semester.
- Students will display increased confidence in performing the course material.
- Students will demonstrate increased strength and endurance throughout the course.

### Lockers:

Permanent lockers are available. All lockers are issued on a first come, first serve basis. Members use a Day Locker for free. See the staff at ProShop. Otherwise, bring your valuables into the studio.

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% or more classes attended for classes that meet twice a week; 80% for classes that meet once a week.

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Letter Grade: Dance Minors will receive a letter grade (A, B, C, D) indicative of their attendance, skill and improvement throughout the semester. (Note that these factors are directly correlated; good attendance leads to improvement and success.)

#### **Attendance Policy & Make-Up Classes:**

Classes begin promptly, typically with a warm-up. Accordingly, arriving more than 10 minutes late jeopardizes full immersion in the lesson. Students entering class beyond that time may not receive credit for the day. Please come on time and ready to dance.

Students are expected to adhere strictly to the BU Dance Department’s attendance policy. Students must have 85% attendance and are allowed no more than 4 absences per semester for classes that meet twice a week and 80% for classes that meet once a week or 3 absences, medical and family emergencies notwithstanding (instructor may excuse 2 more absences). Full participation for the entire class is expected from all students; injured students may receive credit for observing class. Students who will be missing class, arriving late or leaving early for any reason should please notify instructor in advance.

#### Standard Make-Up Options:

- Attend other credit dance classes taught by your instructor.
- Attend other credit dance classes after receiving permission from instructor.
- Attend dance performances approved by your instructor.
- Attend free End-of-Semester classes.
- Get written permission from budance@bu.edu to attend non-credit dance class (2 business days’ notice; fee required) NOTE: make-ups slips must be signed and provided to instructor or Micki Taylor-Pinney (slips on website).

- Please feel free to ask questions and/or make appointments for consultations with your instructor or with Micki Taylor-Pinney, Director of Dance, at (617) 353-1597 (mtaypin@bu.edu).

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and if so, can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).