KINESIOLOGY AND HEALTH SCIENCE
AFRICAN and CARIBBEAN DANCE
PRACTICUM: AS/SC PKIN 0565

Instructor: Patrick Parson
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Days: Mondays and Wednesdays
Times: 12:30 - 1:30 p.m.
1:30 - 2:30 p.m.
2:30 - 3:30 p.m

Brief Course Description:
In this course students experience fundamentals of cultural dance forms from Trinidad
Guinea and Ghana, which are traditional and contemporary with a focus on dance alignment,
coordination, conditioning and musicality. The historical and cultural meaning of each dance is
mention when presented.

Expanded Course Description:
The first part of the course introduces the basics and principles of modern and ballet
techniques used in cultural dances. (Dunham technique) The majority of the course combines
these techniques with a variety of traditional dance styles inherent in African and Caribbean
dance that have permeated contemporary dance in the Toronto area.

This practicum course provides students the opportunity to experience, understand, and
appreciate cultural diversity through the art form of dance.

Evaluation:
Development of Groundedness 10%
Musicality 20%
Attendance / Application 40%
Theory 30%