

# PESS – PHYSICAL EDUCATION & SPORT STUDIES

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## PESS 195

### **Spectrum of Dance in Society**

**3 Credits      Weekly (1.5-4-0)**

This course explores the theory and practice of dance as a human physical activity. Focus is on the aesthetic, expressive, and rhythmical dimensions of movement in a culture's artistic and social life. The course includes movement content, techniques, improvisation, composition and performance in a variety of dance forms including modern/creative, ballet social, jazz and folk dance. Students perform and critique dance steps.