

EFA - Integrated Dance/Health/PE

- **DANCE:** Through the discipline of dance training you will study Modern, Jazz and Ballet techniques in addition to other cultural dance styles such as Hip-Hop, African and Middle Eastern Dance.
- **CHOREOGRAPH:** Explore the elements of Body-Energy-Space-Time as they relate to choreographing dance movement. Work with classmates experimenting, improvising and creating dances for EFA performances.
- **PERFORM:** Create and learn choreography your class performs in a fully produced concert at Shaw Theatre on WMU campus, complete with stage lighting, costuming and an audience of invited guest, family and friends.
- **See LIVE DANCE PERFORMANCES:** Participate in free field trips and workshops to see live dance performances in Kalamazoo.
- **Fulfill HEALTH REQUIREMENT in Nutrition, Reproductive, Environmental and Mental health:** Learn about nutrition, fitness, physical and mental well being, reproductive and personal health and participate in environmental health projects in Kalamazoo County.
- **Participate / learn a variety of SPORTS:** Learn basic skills relevant to particular sports including volleyball, golf, soccer, ultimate frisbee, bowling, basketball, climbing, swimming, tennis, and football.
- **IMPROVE your overall physical condition:** Dance/Athletic training improves your muscular strength and flexibility, balance and postural alignment, cardio strength and stamina. Get in shape and have fun doing it!
- **Fulfill GRADUATION requirements:** Receive one credit in Visual, Performing and Applied Arts as well as ½ credit each in Health and PE.