

EFA Integrated Dance/Health/PE



If you take this class you will:

- **Be given the opportunity to participate and learn a variety of sports.** You will learn basic skills relevant to particular sports including but not exclusive to volleyball, golf, soccer, ultimate frisbee, bowling, basketball, climbing, swimming, tennis, and football. You will participate in health and fitness workshops.
- **Learn about nutrition and health and fitness.** Through the discipline of weekly physical activity you will engage in a healthy and positive lifestyle.
- **Learn the elements of dance technique.** Through the discipline of daily training you will explore modern, jazz and ballet technique in addition to other cultural dance styles.
- **Improve your overall physical condition.** Dance training improves your muscular strength and flexibility, balance and postural alignment, cardio strength and stamina.
- **Learn about the mechanical workings of the body.** You will gain an understanding of the physics of the body as well as how joints and muscles function in relation to movement and how the use of energy in the body informs the way movement looks and feels.
- **Learn how to choreograph.** Through an in-depth study of the process of choreography, you will explore the elements of Body-Energy-Space-Time as they relate to making movement. Time is spent in each element – experimenting, improvising and creating short movement studies. This work helps build a vocabulary of movement ideas and possibilities that we will draw from when making full scale dances.
- **Learn dances created for you by faculty and guest choreographers.** The process of choreography is modeled for you by EFA faculty and other guest choreographers who create dances for your class each semester.
- **Perform in fully produced concerts each semester.** You will have the opportunity to perform the dances created by you and your teachers in a fully produced concert, complete with stage lighting, costuming and an audience of invited guest, family and friends at the Wellspring Theatre at the Epic Center in Kalamazoo.
- **See lots of live dance performances.** You will participate in several field trips and other opportunities to see live dance performances in Kalamazoo, Ann Arbor and Chicago. Seeing live dance informs all of the work we do in class, both dance technique and choreography, providing a springboard for your own ideas and observations about the process of dancing and dance making.
- **Fulfill graduation requirements** – receive one credit in Visual, Performing and Applied Arts as well as ½ credit each in health and PE.