

## 2022 Fall Semester – SNU FUN Course Outline

<b>Activity</b>	K-pop & Aerobic Dance	<b>Target Participants</b>	Anyone with a basic level of fitness and interest in dance	<b>Instructor</b>	Hansol Kim
<b>Course Name</b>	Let's Move! K-pop & Aerobic Dance				
<b>Day &amp; Time</b>	Mon / Wed 18:00 - 19:30	<b>Location</b>	Building 71, 2F, Room 410 Korean Dance Studio (한국무용실)	<b>Contact</b>	hansol.kim0217@gmail.com
<b>Course Description &amp; Objectives</b>	[Course Description]				
	<p>This course is designed to improve your overall fitness and well-being through K-pop and aerobic dance. This dance-based fitness class incorporates a wide variety of medium and low impact aerobic dance moves to a variety of high-energy beats to get your heart-rate pumping. Participants will also learn basic dance techniques and master the choreography of popular K-pop dances. For those interested in K-pop and are finding a fun and rhythmic way of getting fit, this class is for you!</p> <p>[Course Objectives]</p> <p>This course strives to promote a lifelong interest in both K-pop dance and physical fitness. The main objectives of this course is as follows:</p> <ol style="list-style-type: none"> <li>1) Learn basic dance techniques and the choreography of popular K-pop dances</li> <li>2) Improve cardiovascular fitness and tone muscles</li> <li>3) Reduce stress and uplift mood</li> <li>3) Opportunity to meet and socialize with others also interested in K-pop</li> </ol> <p>※ Please note, the main focus of this course is improving overall fitness and well-being, thus anyone with a basic level of fitness and interest in dance are welcome.</p>				
<b>Remarks</b>	<p>All classes will be held in English.</p> <p>Participants should wear appropriate dance/gym wear that allows for ease of movement. Clean indoor shoes or going barefoot is recommended.</p>				

## ☐ Class Overview

Day	Class Overview	Remarks
1	<ul style="list-style-type: none"> <li>Orientation - Overview and explanation of course outline and goals.</li> <li>"Introduce and express yourself" - Ice breaker activities.</li> </ul>	*Contents may vary depending on number of participants for each class
2	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance with focus on upper body - Arms &amp; Chest.</li> <li>K-pop dance: Learning sequence to #Kpop dance 1.</li> </ul>	
3	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance with focus on core - Abs.</li> <li>K-pop dance: Revise and practice steps to #K-pop dance 1.</li> </ul>	
4	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance with focus on lower body - Thighs &amp; Glutes.</li> <li>K-pop dance: Learning sequence to #K-pop dance 2.</li> </ul>	
5	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance - full body.</li> <li>K-pop dance: Revise and practice steps to #K-pop dance 2.</li> </ul>	
6	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance with focus on upper body - Arms &amp; Chest.</li> <li>K-pop dance: Learning sequence to #K-pop dance 3.</li> </ul>	
7	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance with focus on core - Abs.</li> <li>K-pop dance: Revise and practice steps to #K-pop dance 3.</li> </ul>	
8	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance with focus on lower body - Thighs &amp; Glutes.</li> <li>K-pop dance: Learning sequence to #K-pop dance 4.</li> </ul>	
9	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Aerobics dance - full body.</li> <li>K-pop dance: Revise and practice steps to #K-pop dance 4.</li> </ul>	
10	<ul style="list-style-type: none"> <li>Warm Up &amp; Stretching.</li> <li>Dance compilation for #K-pop dances 1,2,3,4 - Practice and performance of all dances.</li> </ul>	