

10/1/08

143-UNC, RECEIVED FEB 0 7

Submit original with signature + 1 copy + electronic copy to Faculty Senate (Box 7500)

For more information, visit <http://www.alaska.edu/ua/ua-faculty-senate/curriculum/course-degree-procedures/> for a

TRIAL COURSE OR NEW COURSE PROPOSAL

SUBMITTED BY:

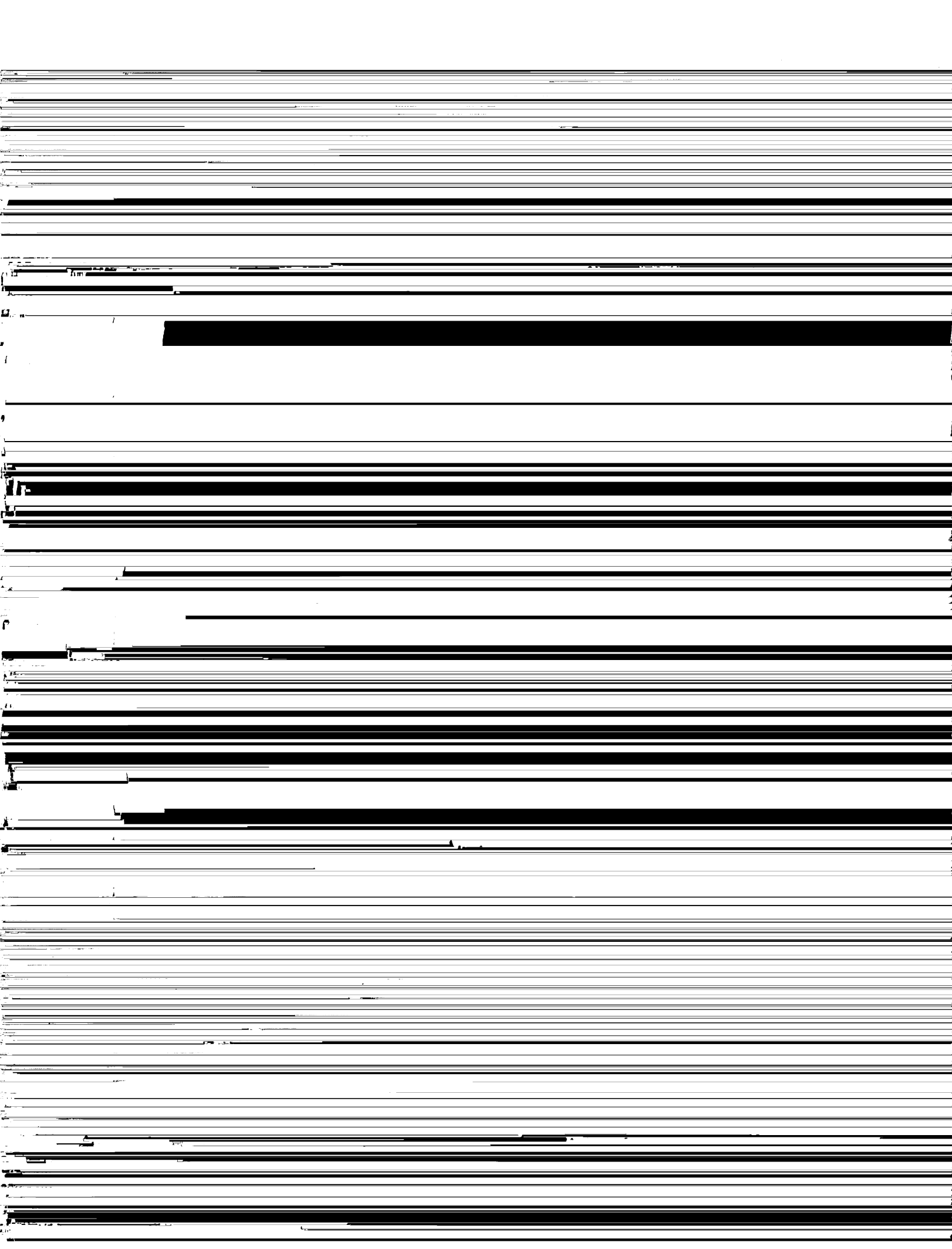
Department	RECR	College/School	CTC/CRCD
Prepared by	M. Strohmaier	Phone	2836
Email Contact	mstrohmaier@alaska.edu	Faculty Contact	Mahla Strohmaier

1. ACTION DESIRED

(CHECK ONE):

Trial Course

New Course



13. **GRADING SYSTEM:** Specify only one. Note: Later changing the grading system for a course constitutes a Major Course Change.

LETTER:

PASS/FAIL:

RESTRICTIONS ON ENROLLMENT (if any)

14. **PREREQUISITES**

None

These will be required before the student is allowed to enroll in the course.

15. **SPECIAL RESTRICTIONS,
CONDITIONS**

None

APPROVALS: Add additional signature lines as needed.

Marla Stohmer

Date 2-1-2013

Signature, Chair,
Program/Department of:

RECR/CTC

[Signature]

Date 2-4-13

**UAF CTC/ RECR
Hot Hula Fitness
Fall Semester 2013 1 Credit (pass/fail)**

Instructor: Mikela Wood

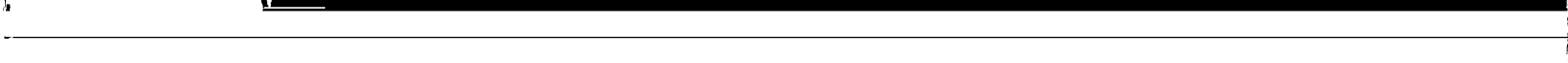
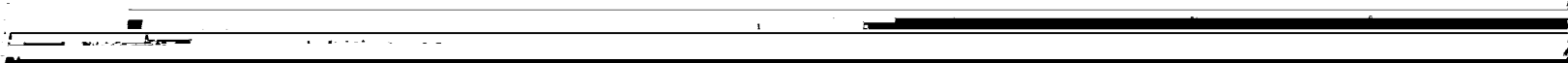
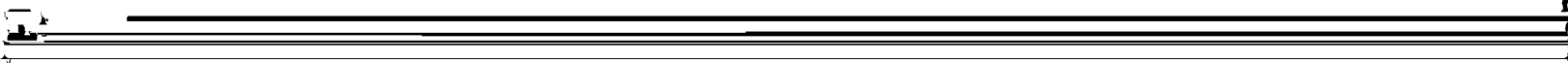
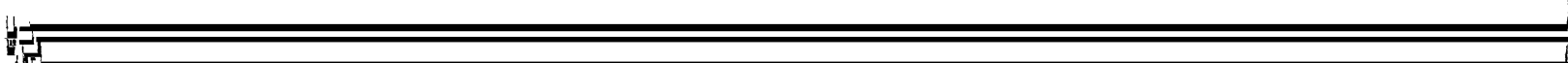
**mikelawood@alaska.edu
(907) 457-7966**

Course Meeting Information

Location: Student Recreation Center Balcony unless otherwise noted
Fall Semester instruction dates: Wednesday and Friday 12:30-1:30p.m.

Course description and Instructional Methods

Hula Fitness incorporates traditional Polynesian drum beats as well as Hip Hop and Reggae music while performing dance movements from the South Pacific Islands. These movements



Course Goals & Student Learning Outcomes

In completion of this course, students will:

- Gain an understanding about the history, culture, and dance of the South Pacific Islands
- Learn various Polynesian dance vocabulary
- Demonstrate correct dance posture

Learn choreographed dance

Grading Criteria

This is a pass or fail class. A student is responsible for his/her own points by means of attendance, and complete final project performance. You must earn 75 out of a possible 100 points to pass this course.

Breakdown of points

Attendance & Class Participation	80
Luau Project	20

Attendance/Class Participation

Attendance and class participation are essential to master the class content and

Mikela P Wood

1053 Willow Grouse Rd • Fairbanks, AK 99712 • 907-457-7966 • mikela8carter@yahoo.com

Objective

To obtain an occupation in Hot Hula Fitness instruction through the University of Alaska Fairbanks and teach students the culture and dance of the

Work Experience

2011 - 2012 Alaska Club Fairbanks, Fairbanks, AK
Hot Hula Fitness Instructor/Child Care

Teaching Hot Hula Fitness to the members of the Alaska Club. I instruct, correct, and engage my students with fun and exciting dance and music, all while getting a great workout. I focus on the students' individual needs, as I work with a wide variety of skill level.

My other position in child care requires an energetic and responsible personality who responds immediately to the children's' dynamic demands. Enthusiastic expression, organization and inventiveness are a must for me to participate in engaging the children in activities. This position has allowed