

COURSE DETAIL

BON DANCE

Country

Japan

Host Institution

Waseda University

Program(s)

Waseda University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Activities

UCEAP Course Number

10

UCEAP Course Suffix**UCEAP Official Title**

BON DANCE

UCEAP Transcript Title

BON DANCE

UCEAP Quarter Units

0.50

UCEAP Semester Units

0.30

Course Description

This course presents Japanese traditional culture and health, through the practice of Bon Dance, or "Bon Odori." Bon Dance is a kind of dance performed at summer festivals in many parts of Japan. This dance features simple movements which represent a traditional sense of beauty; however, it is also a good cardio exercise. Each dance is introduced to the class through an explanation of the cultural and social significance of the dance to foster an understanding of the meanings behind some of the traditional movements.

Language(s) of Instruction

English

Host Institution Course Number

HPEX101W

Host Institution Course Title

BON DANCE

Host Institution Campus

Waseda University

Host Institution Faculty

Host Institution Degree

Host Institution Department

Global Education Center

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