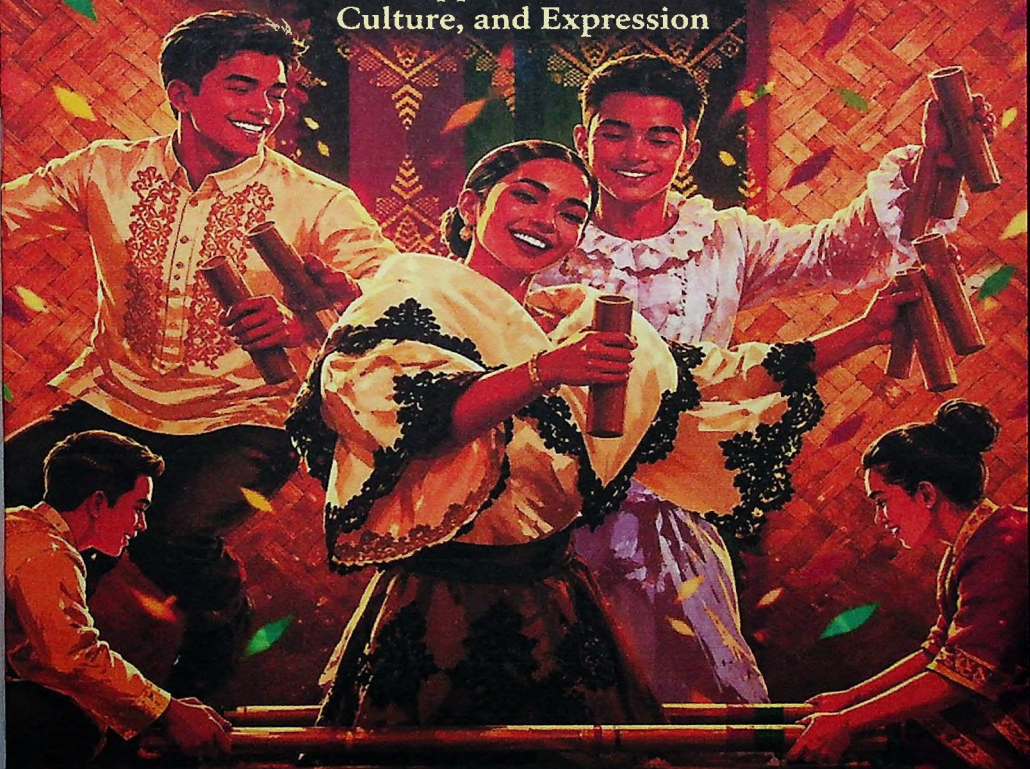


PATHFit 4

# Dance AND Folk Dance

A Holistic Approach to Movement,  
Culture, and Expression



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## PREFACE

Physical Activities Toward Health and Fitness (PATHFit) 4: Dance and Folk Dance is designed as a comprehensive guide for tertiary learners exploring movement through the perspectives of culture, creativity, and wellness. Grounded in the policies of the Commission on Higher Education (CHED) and aligned with the Physical Activities Toward Health and Fitness (PATHFit) curriculum, this book provides opportunities for students to engage in dance both as a form of physical activity and as a meaningful mode of cultural and personal expression.

As a key component of Physical Education, dance offers a dynamic space where physical, cognitive, and emotional dimensions intersect. This material introduces learners to essential movement principles, foundational and advanced dance techniques, and a wide selection of Philippine folk dances alongside selected global influences. Each lesson is intentionally structured to enhance coordination, rhythm, flexibility, and expressive capacity while deepening learners' appreciation of diverse cultural traditions.

Beyond technical instruction, this book views dance as a transformative practice. It encourages learners to use movement as a channel for self-expression, emotional release, and social connection. In a time marked by increasing inactivity and cultural disconnection, dance serves as a powerful tool for promoting holistic well-being and preserving cultural identity. Through active participation in folk dance, students gain not only skills but also a deeper understanding of cultural values and community traditions.

This work also reflects a commitment to inclusive and learner-centered education. The activities are adaptable to diverse abilities and backgrounds, fostering meaningful participation. It supports the development of lifelong fitness habits while enhancing creativity, collaboration, and critical thinking—skills essential for personal growth and societal engagement.

Ultimately, PATHFit 4: Dance and Folk Dance seeks to inspire a lasting appreciation of dance as both an art form and a discipline. It aims to guide learners, educators, and practitioners in cultivating individuals who are physically active, culturally aware, and expressive contributors to society.

**The Author**

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