

# DANC A101: MODERN DANCE 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	.5-2 Total Units
Hours	18-72 Total Hours (Lecture Hours 4.5-18; Lab Hours 13.5-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
Associate Science Local General Education (GE)	• OCC Arts - AS (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Offers instruction in movement vocabulary and technical skills necessary to prepare the body as an instrument of expression in modern dance. This dance style began in the United States in the early 1930's as a "modern expression" of American themes, personal and artistic ideas. The style has continued to evolve to include dance themes expressive of contemporary times. This course offers instruction at the beginning level. Transfer Credit: CSU; UC. NOTE: This course is one of a family of courses in this subject matter. Enrollment may be limited due to State regulations. Please consult your academic counselor for clarification.

## Course Level Student Learning Outcome(s)

1. Demonstrate a beginning skill level of the correct principles of alignment and articulation of the spine, feet and legs.
2. Successfully perform modern dance exercises, traveling patterns and a two – three minute beginning choreography requiring strength, flexibility, balance, control and creative expression.

## Course Objectives

- 1. Identify body alignment, movement memory and rhythm.
- 2. Develop and improve movement coordination and efficiency.
- 3. Demonstrate expressiveness through a variety of spatial, rhythmic and qualitative (use of energy/force) movement experiences.
- 4. Demonstrate skill in performing a given movement vocabulary.
- 5. Identify and evaluate areas needing personal improvement.
- 6. Perform in an informal setting individualized projects.
- 7. Demonstrate critical thinking and ability to verbalize observations of dance performances, artistic concepts or movement principles.

## Lecture Content

Orientation Safety Class requirements and procedures Vocabulary words to be used to describe movement Body alignment parallel and "turned out" positions Theory application Use of feet and hips in parallel and turned out positions Theory application Proper methods to stretch and gain flexibility Theory application Physical knowledge Awareness Measurement improvement Warm-up exercises Isolation Stretching Strength Balance breathing Axial movements in place Shapes levels energy changes Theory practice Basic locomotor movements Run Skip Slide Leap hop Improvisation Combination of axial and locomotor movements across the floor Creative problems Solutions application Improvisation Style Tempo Dynamic Expression Movement Design Creating, setting and performing short dance studies Concept Creation Verbalization Rehearsal performance

## Lab Content

Faculty input required.

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Students will be able to: 1. Identify body alignment, movement memory and rhythm. 2. Develop and improve movement coordination and efficiency. 3. Demonstrate expressiveness through a variety of spatial, rhythmic and qualitative (use of energy/force) movement experiences. 4. Demonstrate skill in performing a given movement vocabulary. 5. Identify and evaluate areas needing personal improvement. 6. Perform in an informal setting individualized projects. 7. Demonstrate critical thinking and ability to verbalize observations of dance performances, artistic concepts or movement principles.

## Reading Assignments

Assigned reading from instructor handouts.

## Writing Assignments

Written critiques, written notes from reading assignments, skill tests, and written tests.

## Out-of-class Assignments

Practice for skill development.

## Demonstration of Critical Thinking

Skill demonstrations, observation, attendance, teacher and student evaluation, dance paper.

## Required Writing, Problem Solving, Skills Demonstration

Written critiques, written notes from reading assignments, skill tests, and written tests

## Textbooks Resources

1. Required Cohen, Salma Jean. . Modern Dance: Seven Statements of Belief. , ed. Middletown: : Wesleyan University Press, 1966 Rationale: -
2. Required Louis, Murray. . Inside Dance, ed. Chicago: St. Martins, 1981 Rationale: -
3. Required Mazo, Joseph H. . Prime Movers, The Makers of Modern Dance in America. , ed. Hightstown: Princeton Book Co, 2000

Rationale: - 4. Required Nagrin, Daniel. . How to Dance Forever; Surviving Against the Odds. , ed. New York: William Morrow Co., 1988 Rationale: -