

# DANC A145: MODERN DANCE III

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	2 Total Units
Hours	72 Total Hours (Lecture Hours 18; Lab Hours 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
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 3 Arts and Humanities 3B Active Participation (OC2) • Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
Associate Science Local General Education (GE)	• Area 3A Arts (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

This course offers modern dance instruction for dancers at the high intermediate level. It includes thorough warm up exercises, technique, vocabulary skills and concepts to prepare the body as an instrument of expression in modern dance, with emphasis on traditional and contemporary techniques. ADVISORY: DANC A102 or successful audition. 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 correct principles of alignment and articulation of the spine, feet and legs at the high intermediate level.
2. Successfully perform traditional and contemporary modern dance exercises, vocabulary and traveling patterns at a high intermediate level.
3. Show progress in performing short modern dance choreographies at the high intermediate level, requiring a combination of these elements: musicality, phrasing and rhythmic accuracy, strength, flexibility, directional changes, suspension, balance, safely rolling down and up from the floor, leaps, turns, style, individual expression and performance quality.

## Course Objectives

- 1. Improve 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 based in Nikolais, Horton and contemporary techniques.
- 4. Demonstrate skill in performing a given movement vocabulary at the high intermediate level.
- 5. Identify and evaluate areas needing personal improvement.

## Lecture Content

I. Lecture topics to include A. Review of intermediate modern dance concepts, vocabulary, skills B. Correct technique, placement and tracking of knee, ankle, toes C. Historic influences and current trends D. Discussion of performances and choreography

## Lab Content

A. High intermediate level warm-up that changes each class B. Review of intermediate modern dance concepts 1. Body alignment; body isolations 2. Correct use of legs, feet, hips and spine in a variety of choreographed exercises 3. Correct use of parallel and rotated out positions of legs and feet 4. Correct use of weight, breath and quality C. Movement activities Modern dance exercises and combinations designed to develop: 1. Range of motion and flexibility 2. Strength and control 3. Changes of body weight and directions through space 4. Coordination 5. Improved timing and rhythmic accuracy D. High intermediate center floor combinations that incorporate traditional techniques to expand modern dance vocabulary and style, explore low, medium and high levels, changes in direction, upper body strength, floor work, inversions, hand stands, etc. E. Locomotor patterns that develop air skills such as: high intermediate level leaps, jumps, chasses, contemporary inversions, saut s, and turns, tilts and suspensions, utilizing a variety of movement changes in space, energy and rhythm F. Creative problems and personal expression 1. Improvisation on space, time, energy and other concepts 2. Creating, improvising or performing short dance studies: solo or group 3. Performances of classroom skill tests G. Cool down activity

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Instructor will use the following methodologies: Lecture and class discussion of varied current topics in dance, visual demonstration of exercises, combinations and choreography, individual and group verbal and physical corrections, analysis of movement mechanics and movement intention, style and quality, and assignments for creative expression.

## Reading Assignments

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## Writing Assignments

Written critiques of performance viewing. (approximately 2 hours per semester.)

### **Out-of-class Assignments**

Practicing vocabulary as well as movements and choreography studied in class. Attend Faculty, Student, and/or professional dance concert. (approximately 2 hours per week.)

### **Demonstration of Critical Thinking**

Self-evaluation; class discussion; application of concepts in each class; personal application of reading assignments.

### **Required Writing, Problem Solving, Skills Demonstration**

Written critique of dance concert or written self-evaluation of skill test(s); skills tests performances; in class improvisation or composition exercises.

### **Eligible Disciplines**

Dance: Master's degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Master's degree required.

### **Other Resources**

1. Dance Magazine articles Selected handout material to be read in class or provided and distributed by the instructor Internet sources