

# DANC A156: POLYNESIAN DANCE

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

A beginning level course in Polynesian dances designed to teach footwork, gestures, hip and body movements within the genre. Students will learn and be able to perform choreography as well as improvisation to selected music and drumbeats. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Identify, define, and demonstrate basic movement vocabulary for one or more forms of Polynesian dance styles.
2. Demonstrate a basic understanding of the importance of Polynesian dance as oral history told through gestures.
3. Perform choreography demonstrating a beginning level of movement technique, rhythmic accuracy and creative expression.

## Course Objectives

- 1. Learn and execute basic dance vocabulary of Polynesian dance styles
- 2. Develop skills in footwork, hand gestures and hip motions of Polynesian dances
- 3. Identify basic drumbeats and use appropriate dance movements in response to the various rhythms
- 4. Improve stamina and body conditioning
- 5. Demonstrate confidence to improvise

## Lecture Content

Lecture Content: Class requirements and procedures Course Objectives and Syllabus Vocabulary words and corresponding movements  
Introduction of basic drumbeats Class discussion regarding cultural background

## Lab Content

Warm up exercises and conditioning using isolations appropriate for Polynesian dance Introduction of basic movement vocabulary and terminology for Polynesian dance Practice traveling across the floor with patterns that include footwork in coordination with body isolations. Teach/demonstrate phrases in Polynesian dance Perform choreography of Polynesian dances Creative expression through improvisation

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and visual demonstration of exercises, combinations and choreography, individual and group verbal and physical corrections, analysis of movement mechanics and movement intention, style and quality, class discussion, and assignments for creative expression and critical thinking.

## Reading Assignments

One-half hour of handouts provided by instructor, online articles.

## Writing Assignments

One-half hour to one hour of critique on viewed dance performances.  
One-half hour to one hour of self-evaluation report.

## Out-of-class Assignments

One-half hour to one hour of practicing all vocabulary as well as combinations, exercises and choreography studied in class. Watch videos on selected dance styles. Attend Faculty, Student, and/or professional dance concert and write a review.

## Demonstration of Critical Thinking

Dance Critique and self-evaluation report.

## Required Writing, Problem Solving, Skills Demonstration

Dance Critique, choreograph short phrases, skill test.

## Eligible Disciplines

Dance: Masters degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelors degree in any of the above AND masters degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Masters degree required.

## Other Resources

1. Handouts provided by Instructor. Online articles and research