DANC G160: CONTEMPORARY DANCE STYLES

Item	Value
Top Code	100800 - Dance
Units	2 Total Units
Hours	54 Total Hours (Lecture Hours 27; 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)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This course includes the instruction and practice of jazz dance techniques in the contemporary style. Across the floor exercises, center floor combinations, and class choreography emphasize musicality, stylistic variation, and movement dynamics. The style of movement reflects popular music and culture. ADVISORY: DANC G125. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Demonstrate warm-up sequences including: stretches, cardiovascular exercises, and strengthening exercises.
3. Demonstrate various styles of jazz dance combinations.
4. Identify tempo, rhythm, syncopation, and counts in various musical selections.

Course Objectives

• 1. Perform and recall appropriate warm-up exercises.
• 2. Perform required dance combinations.
• 3. Increase awareness of rhythmic intricacies and syncopations and relate these rhythms to varied musical selections.
• 4. Improve coordination, endurance, strength, and stretch.
• 5. Demonstrate phrasing and performance techniques.
• 6. Demonstrate various styles and techniques of jazz dance.

Lecture Content

1. Proper dance techniques 2. Performance qualities 3. How to look at a live dance concert or video for the purpose of critical evaluation 4. History and important figures in jazz dance

Lab Content

A.Warm-up Exercises--Standing 1. Back and hamstring stretches--sagittal plane--parallel and turned-out 2. Calf stretches--parallel and turned out 3. Foot--metatarsal stretches, tendus, passes, and brushes 4. Demi and grand plies 5. Side stretches--frontal and transverse planes 6. Flexibility stretches for the hip socket area 7. Front of the body (abdominal and thigh) stretches 8. Torso contractions and back and abdominal stretches exercises 9. Isolations--head, shoulder and shoulder girdle, ribcage, hips, arms, and ankle 10. Grand battements all directions 11. Fan kicks and jump kicks   B. Floor Stretches 1. Hip socket rotations exercises 2. Back flexibility exercises 3. Hamstring stretches 4. Stretches in second positions (stride) 5. Abdominal strength exercises 6. Quadriceps stretch and strength exercises 7. Shoulder stand and lowering feet to floor overhead, rolling down through back slowly 8. Combinations moving while on the floor-moving out of and into the floor   C. Moving Through Space 1. Chasse 2. Pas de Bourrees 3. Jazz walks 4. Directional changes and weight shifts

Method(s) of Instruction

• Lecture (02)
• DE Live Online Lecture (02S)
• DE Online Lecture (02X)
• Lab (04)
• DE Live Online Lab (04S)
• DE Online Lab (04X)

Reading Assignments

No text book required. Hand-outs given in class.

Writing Assignments

Written critiques of a live dance concert and a video dance performance.

Out-of-class Assignments

Attend jazz classes at outside studios for extra credit View videos/DVDs of dance performances

Demonstration of Critical Thinking

Written critique of a live dance concert

Required Writing, Problem Solving, Skills Demonstration

View videos/DVDs of dance performances Student will be assessed through demonstrated skill proficiency

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. Leotards, tights, dancewear, exercise clothes, sweat pants. Appropriate dance/exercise/jazz shoes as required.