

**DANCE 10 Course Outline as of Fall 2005****CATALOG INFORMATION**

Dept and Nbr: DANCE 10 Title: INTRO TO DANCE MOVEMENT

Full Title: Introduction to Dance Movement

Last Reviewed: 11/8/2010

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 2.00 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0     |
| Minimum | 1.00 | Lab Scheduled         | 4.00 | 1            | Lab Scheduled      | 70.00 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 4.00 |              | Contact Total      | 70.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 22

**Catalog Description:**

Introductory class of basic dance movements designed for the student with no prior knowledge of dance. Recommended as a prerequisite for all dance and gymnastics classes.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Introductory class of basic dance movements designed for the student with no prior knowledge of dance. Recommended as a prerequisite for all dance & gymnastics classes. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                      |                      |            |           |            |           |
|----------------------|----------------------|------------|-----------|------------|-----------|
| <b>AS Degree:</b>    | <b>Area</b>          |            |           | Effective: | Inactive: |
| <b>CSU GE:</b>       | <b>Transfer Area</b> |            |           | Effective: | Inactive: |
| <b>IGETC:</b>        | <b>Transfer Area</b> |            |           | Effective: | Inactive: |
| <b>CSU Transfer:</b> | Transferable         | Effective: | Fall 1984 | Inactive:  | Fall 2013 |
| <b>UC Transfer:</b>  | Transferable         | Effective: | Fall 1984 | Inactive:  | Fall 2013 |

### **CID:**

#### **Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will be able by the completion of the semester to:

1. Develop awareness of their own muscular movements.
2. Perform basic skills and fundamentals for jazz, modern, and ballet.
3. Analyze simple rhythms in music for dance.
4. Identify and be exposed to a variety of dance styles through film and video.
5. Demonstrate understanding and applying concepts of safe stretching.
6. Develop skills of plie, tendu, use of the back and arms and other skills essential to agility.
7. Develop the skill to coordinate and retain movement.
8. Learn vocabulary specific to each dance style, developing strength, coordination, balance, posture, and alignment.
9. Demonstrate knowledge of the concepts of developing strength, coordination, balance, posture, and alignment.

### **Topics and Scope:**

1. Warm ups specific to ballet, modern, and jazz.
2. Locomotor movements common to all disciplines:
  - a. Walks
  - b. Runs
  - c. Triplet
  - d. Leap
  - e. Chasse
  - f. Slide
  - g. Turns
3. Basic posture and alignment both in and out, vertical to spine and limbs.
4. Learning to recognize meter and count a phrase.
5. Emphasizing the use of vocabulary.

6. Contraction and release; use of the spine.
7. Combining movements to travel across the floor.

**Assignment:**

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category  
40 - 60%

**Representative Textbooks and Materials:**