

**DANCE 16.1 Course Outline as of Summer 2011****CATALOG INFORMATION**

Dept and Nbr: DANCE 16.1 Title: MODERN DANCE I

Full Title: Modern Dance I

Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0.75	17.5	Lecture Scheduled	13.13
Minimum	1.00	Lab Scheduled	2.25	6	Lab Scheduled	39.38
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 28.1

**Catalog Description:**

This course is for beginning dancers with limited modern dance training, and emphasizes beginning modern dance skills in the areas of technique and movement vocabulary, as well as the use of space, time, and energy. This course will include basic modern dance improvisation, choreography, and performance skills.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of DANCE 10

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course is for beginning dancers with limited modern dance training, and emphasizes beginning modern dance skills in the areas of technique and movement vocabulary, as well as the use of space, time, and energy. This course will include basic modern dance improvisation, choreography, and performance skills. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of DANCE 10

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 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, the student will be able to:

1. Utilize modern dance terminology to describe beginning modern dance exercises, technical principles, and movement vocabulary.
2. Perform beginning modern dance warm-ups, techniques, stretching and strengthening exercises, and movement combinations.
3. Explain technical principles incorporated in beginning modern dance and apply these principles to the execution of beginning modern dance movement.
4. Analyze elements of space and energy inherent in beginning modern dance movement.
5. Create original dance movement through beginning level modern dance improvisations and choreographic studies.
6. Display performance skills in presentation of beginning modern dance choreography.
7. Identify basic rhythmic concepts and relate them to the execution of beginning modern dance movement.
8. Count beginning modern dance movement sequences.
9. Critique a modern dance performance or dance piece.

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Beginning modern dance terminology and corresponding movement vocabulary
- II. Beginning modern dance technique
  - A. Technical principles such as alignment, balance, flexion,

- extension, turn-out and inward rotation of the legs, off-center movement, initiation of movement with breath and core
- B. Floor work: Warming up, stretching, extremity and core strengthening
- C. Locomotor movements such as triplets, prances, walks, runs, leaps
- D. Linking movements: Across the floor and center combinations
- III. Picking up and retaining choreography
- IV. Elements of dance in beginning modern dance movement
  - A. Space: Such as use of level, facing, direction, dimension, planes
  - B. Time: Use of tempo and rhythm
  - C. Energy: Such as use of weight, movement qualities
- V. Performance skills such as:
  - A. Projection
  - B. Dynamics
  - C. Musicality (including reflecting musical mood, accents, dynamics in the performance of dance movement)
  - D. Managing performance anxiety
  - E. Use of breath
- VI. Creative problem solving based on elements of modern dance (space, time, and energy)
  - A. Improvisation
  - B. Choreographing a beginning modern dance study
- VII. How to execute modern dance movement. Each instructor approaches the "how to" of executing dance movement differently. Pedagogy may include:
  - A. Verbal descriptions
    - 1. Dance terminology
    - 2. Use of imagery
    - 3. Anatomical and kinesiological references
  - B. Demonstration of movement
  - C. Tactile information (hands-on)
  - D. Kinesthetic awareness enhancing tools or methods
  - E. Corrections
- VIII. Critiquing modern dance choreography - what to look for in a modern dance work

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Assignment:**

#### Homework:

1. Weekly practice of instructor choreography and dance skills covered in class sessions
2. Choreographing original dance movement either alone or with a partner or group
3. Performing exercises to strengthen and/or stretch muscle groups required to execute dance movements
4. Written critique of a dance piece or performance approved by instructor. Note: Critique is based on a performance occurring during the current semester or for video viewing option, instructor will provide or approve a video.
5. Reading of class hand-outs

In class assignments include:

1. Modern dance technique class activities assessed in terms of overall improvement (class performances)
2. 1 to 3 performance exams
3. Improvisations (participation grade)
4. Note-taking when appropriate
5. Practice sessions
6. Written final exam

Optional assignments:

1. Modern dance video viewing and analysis
2. Partner activities focusing on dance technique
3. Student choreography work sessions

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### 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.

Critique

Writing  
5 - 11%

**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, Choreographic Assignment

Skill Demonstrations  
20 - 40%

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

Multiple choice, True/false, Matching items, Completion, Essay

Exams  
5 - 11%

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

Attendance and participation, improvisations

Other Category  
40 - 60%

### Representative Textbooks and Materials:

Instructor prepared materials

Dance, Mind and Body (1st). Cerny Minton, Sandra. Human Kinetics: 2003

The Dancer Prepares: Modern Dance for Beginners (5th). Penrod, James and  
Gudde Plastino, Janice. McGraw-Hill: 2004.