

DANC 16.1 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: DANC 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	1.50	Lecture Scheduled	0.75	17.5	Lecture Scheduled	13.13
Minimum	1.50	Lab Scheduled	2.25	3	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: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: DANCE 16.1

Catalog Description:

This course is for beginning (Level I) dancers with limited modern dance training. Emphasis is on beginning (Level I) 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 10.2

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

Description: This course is for beginning (Level I) dancers with limited modern dance training. Emphasis is on beginning (Level I) 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 10.2

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 1981	Inactive:
UC Transfer:	Transferable	Effective: Fall 1981	Inactive:

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Execute and analyze beginning (Level I) modern dance sequences using applicable dance vocabulary.
2. Perform beginning (Level I) modern dance choreography.
3. Choreograph a beginning (Level I) modern dance combination.

Objectives:

At the conclusion of this course, the student should be able to:

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

Topics and Scope:

- I. Level I Modern Dance Terminology and Corresponding Movement Vocabulary
- II. Level I Modern Dance Technique
 - A. Technical principles
 - 1. Alignment
 - 2. Balance
 - 3. Flexion
 - 4. Extension
 - 5. Turn-out and inward rotation of the legs
 - 6. Off-center movement
 - 7. Initiation of movement with breath and core
 - B. Floor work
 - 1. Warming up
 - 2. Stretching, extremity and core
 - 3. Strengthening
 - C. Locomotor movements
 - 1. Triplets
 - 2. Prances
 - 3. Walks
 - 4. Runs
 - 5. Leaps
 - D. Linking movements
 - 1. Across the floor
 - 2. Center combinations
- III. Picking Up and Retaining Choreography
- IV. Elements of Dance in Level I Modern Dance Movement
 - A. Space
 - 1. Use of level
 - 2. Facing
 - 3. Direction
 - 4. Dimension
 - 5. Planes
 - B. Time
 - 1. Tempo
 - 2. Rhythm
 - C. Energy
 - 1. Use of weight
 - 2. Movement qualities
- V. Performance Skills
 - 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 Level I modern dance study
- VII. How to Execute Modern Dance Movement (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

All topics are covered in the lecture and lab portions of the course.

Assignment:

Lecture-Related Assignments:

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 (based on a performance from the current semester, or for video viewing option, instructor will provide or approve a video) (2 - 3 pages)
5. Reading of handouts and/or selected readings (5-10 pages per week)

Lecture- and Lab-Related Assignments:

1. Modern dance technique class activities assessed in terms of overall improvement (class performances)
2. Performance exams (1 - 3)
3. Improvisations (participation grade)
4. Note-taking
5. Practice sessions
6. Final exam

Optional assignments:

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

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

None	Problem solving 0 - 0%
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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.

Midterm and Final Exams

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

Introduction to Modern Dance Techniques. Legg, Joshua. Heuer Publishing. 2011 (classic)

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

Dance, Mind and Body. Cerny Minton, Sandra. Human Kinetics. 2003 (classic)