

DANC 35 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: DANC 35 Title: IMPROVISATION
 Full Title: Dance Improvisation Techniques
 Last Reviewed: 1/24/2022

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	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: DANCE 35

Catalog Description:

In Dance Improvisation, students will focus on exploration of the aesthetic dance elements of space, time and energy and is designed to train the mind and body to respond and explore individual movement experiences. Dance improvisation can be structured in solo, duet and group improvisations, and is for dancers of all levels of technique and movement interests.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of DANC 10.1

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

Description: In Dance Improvisation, students will focus on exploration of the aesthetic dance elements of space, time and energy and is designed to train the mind and body to respond and explore individual movement experiences. Dance improvisation can be structured in solo, duet and group improvisations, and is for dancers of all levels of technique and movement interests.
 (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of DANC 10.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area		Effective:	Inactive:
	L8	Student Success and Wellness	Fall 2025	
CSU GE:	Transfer Area		Effective:	Inactive:
IGETC:	Transfer Area		Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2022	Inactive:
UC Transfer:	Transferable	Effective:	Fall 2022	Inactive:

CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Student Learning Outcomes:

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

1. Invent dance movement through guided individual movement explorations.
2. Discover dance movement solutions to group improvisation problems.
3. Develop awareness of other dancers in group dance improvisations and work with others in a group toward common structural goals.
4. Create spontaneous dance movement based on the elements of dance: space, time and energy.
5. Experiment with a variety of approaches, such as the use of imagery, narrative, words, props, and sounds, to inspire new dance movement.

Objectives:

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

1. Invent dance movement through guided individual movement explorations.
2. Discover dance movement solutions to group improvisation problems.
3. Develop awareness of other dancers in group dance improvisations and work with others in a group toward common structural goals.
4. Create spontaneous dance movement based on the elements of dance: space, time, and energy.
5. Experiment with a variety of approaches, such as the use of imagery, narrative, words, props, and sounds, to inspire new dance movement.
6. Develop and expand personal style of movement vocabulary.
7. Discriminate between imaginative and unimaginative choices in improvisations.

Topics and Scope:

- I. Proprioception, Exteroception, and Interoception Methods

II. Active Dance Warm-up

- A. Continuous individual dance movement exploration based on instructor cues.
- B. Early warm-up focuses on easy movements and use of all body parts.
- C. As warm-up progresses suggestions for more strenuous movements are introduced.

III. Duets

- A. Mirroring exercises in which two dancers face one another alternating leader and mirroring the leader's movement as accurately as possible.
- B. Exercises in which one dancer is passive and the other active such as one dancer being a ball of clay that the other dancer shapes.
- C. Weight dependency exercises in which the two dancers experiment with giving and taking of body weight.

IV. Group Improvisations

- A. Unison group "follow the leader" exercises based on dance vocabulary.
- B. Space-based explorations i.e. Improvisations based on the following aesthetic elements of dance:
 1. Floor patterns
 2. Shape
 - a. Symmetrical
 - b. Asymmetrical
 - c. Angular
 - d. Curved
 3. Focus
 4. Levels
 5. Volumes
- C. Time-based explorations i.e. Improvisations based on the following aesthetic elements of dance:
 1. Underlying Pulse
 2. Accent
 3. Meter
 4. Mixed meter
 5. Rhythmic patterns
 6. Rhythmical accompaniment with dancer produced sounds.
 7. Breath phrasing
 8. Duration and speed
- D. Energy-based explorations i.e. Improvisations based on the following aesthetic dance elements.
 1. Qualities of movement such as sustained, sudden, bound, free, strong, and light
 2. Dynamic contrasts
- E. Miscellaneous improvisational problems for discovering new Dance movement:
 1. Improvisation to music
 2. Improvisation to non-literal words or other vocal sounds
 3. Prop explorations
 4. Improvisations based on musical forms
 - a. Canon
 - b. ABA form
 - c. Theme and Variation
 5. Narrative-based improvisations
 6. Abstracted mimetic Improvisations drawn from sources such as:
 - a. Gestures
 - b. Animals
 - c. Machines
 7. Improvisations based on physical contact

8. Improvisations based on expression of feelings
9. Imagined environments to evoke dance movement qualities
10. Use of Props
11. Improvisations with dancer created sounds
10. Other dance movement explorations devised by instructor

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

Assignment:

Participation Assignments:

1. Participate in class movement explorations.
2. Discover dance movement solutions to group improvisation challenges.
3. Employ proprioception, exteroception, and interoception methods during class explorations.
4. Create and perform spontaneous dance movement based on the elements of dance: space, time and energy.
5. Experiment with a variety of approaches, such as the use of imagery, narrative, words, props, and sounds, to inspire new dance movement and perform.

Writing Assignments:

1. Journaling of weekly improvisation prompts and creative exploration outcomes.
2. Reading of instructor prepared materials and/or textbook reading assignments with journaling/essay responses (1-5 pages per week).
3. Study the history of Judson Church Improvisation group and the original contact improvisation groups with journaling/essay response (1-5 pages per week).
4. Written 2-to-3 page critique of a live dance performance. (Alternate assignment: paper on a video-taped dance performance) (0-2)

Skill Demonstration Assignments:

1. Practice of dance skills and combinations from class (ungraded)
2. Create personal movement themes based on class improvisation prompts and perform.
3. Choreography of a dance combination (short dance sequence) either in solo, with a partner, or group choreography projects
4. Performance exam(s) (1 - 3)
5. Class performance (0-1)

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.

Journaling, live performance critique	Writing 10 - 40%
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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

Skill Demonstrations
10 - 50%

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

None

Exams
0 - 0%

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

Attendance and Participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Dance Improvisations. Morgenroth, Joyce. University of Pittsburgh Press. 1987 (classic)

Dance Improvisations. Reeve, Justine. Human Kinetics, Inc. 2011 (classic)

Instructor prepared materials