



---

**KINESIOLOGY, ATHLETICS & DANCE****FALL 2017***Course Title:* Hip Hop/Funk I*Department:* KAD*Course Code:* Section 2446(I)*Units:* 1.5*Days:* Tuesday/Thursday*Class Hours:* 3:30-5:00*Instructor:* Casandra Hillman*Classroom:* Tauzer 905*Office Hours:* M/W- 11:00-1:00

TH- 11:00-1:00

*Office Phone:*(707) 527-4260

Friday -10:00-12:00 by apt

*Office:* Quinn Center 1025*E-mail:* [chillman@santarosa.edu](mailto:chillman@santarosa.edu)

---

**FINAL EXAM DATE AND TIME: December 19<sup>th</sup> 1:00-3:45**

---

**REQUIRED MATERIALS:**

- ✓ Notebook
- ✓ CANVAS
- ✓ Converse/Van style tennis shoes

**ADDITIONAL SUGGESTED MATERIALS:**

- ✓ Facebook capabilities
- ✓ Water bottle

**SUGGESTED TEXTS:** *Underground Dance Masters* by Thomas Guzman-Sanchez  
ISBN: 978-0-313-38692-3

**COURSE DESCRIPTION:** This course will introduce students to the fundamentals (Level I) of the hip hop/funk dance style derived from the current dance vernacular and culture. Classes will include warm-up exercises, isolations, floor stretches, and strengthening specific to the hip hop/funk style of dance. This course will also include locomotor movements ("across-the-floor") and center combinations.

**ADDITIONAL COURSE INFORMATION:**

This class will explore foundations of contemporary hip hop, both street and funk, as well as locking, popping, krumping and breaking. The class will begin with a thorough warm up and then a hip-hop combination will be broken down and studied. I encourage students to find their own voice within the movement and add personal flare and style.

**PREREQUISITES:** Recommended Preparation Course Completion of DANCE 10.1

**STUDENT LEARNING OUTCOMES:**

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

**OBJECTIVES:**

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

1. Identify beginning (Level I) hip hop/funk dance movements using appropriate terminology.
2. Perform beginning (Level I) hip hop/funk walks, footwork, and movement combinations.

3. Recognize and verbalize proper counting, including the syncopated rhythms used in beginning (Level I) hip hop/funk dance movements.
4. Correlate beginning (Level I) dance movements to music.
5. Perform beginning (Level I) hip hop/funk coordination exercises, including isolations with footwork.
6. Retain beginning (Level I) movement patterns in across-the-floor and center sequences.
7. Demonstrate theoretical and physical understanding of biomechanically correct form as related to strength and flexibility.
8. Differentiate between safe and unsafe execution of various beginning (Level I) hip hop movements.
9. Practice beginning (Level I) dance injury prevention techniques.

### TOPICS AND SCOPE:

- I. Level I warm-up exercise
  - A. Locomotor movement combination
  - B. Isolations and body articulations
  - C. Strengthening exercises
  - D. Stretching exercises
- II. Level I across the floor
  - A. Level I hip hop/funk walks, footwork, and movement combinations
  - B. Movement phrases used in weekly dance combinations
- III. Level I hip hop/funk combinations
  - A. Incorporation of Level I movements taught during the across-the-floor segments of class
  - B. Level I rhythmic interpretation of the movement in relationship to the music selection
  - C. General dynamics
    1. Style
    2. Attitude
    3. Presentation
  - D. Level I sight-reading of hip hop/funk footwork and movement vocabulary
  - E. Repetition of dance movement combinations and the effects on neuromuscular memory
  - F. Level I biomechanics and the relationship of correct biomechanical form to components of dance technique such as flexibility and strength

### CLASS TIME:

Classes will meet every Tuesday and Thursday 3:30pm-5:00pm. (Please do not get into the habit of arriving at late. **CLASS BEGINS AT 3:30 SHARP!!**) Missing warm up leads to injury.

**ATTENDANCE:** Students may miss two classes without it effecting their grade. Students who miss five or more classes will be dropped. Students may make up two classes during the semester.

### TARDINESS:

Arriving late (10 minutes or more) and/or leaving early will affect participation and grading, as points will be deducted. **Three late arrivals will automatically cause your grade to be lowered one letter grade and cannot be made up with extra credit points.** If you are late, enter the studio quietly and take your place without disturbing other students who are already working. **Students arriving after roll is taken are responsible for getting signed in or they will be counted absent.**

### ILLNESS OR INJURY:

Students are expected to attend class on a regular basis and participate at their ability level. Dance is a movement PRACTICE and participation and attendance is crucial to success. If a student attends class and is unable to participate in class due to an illness, injury the student will need to provide a one page typed OBSERVATION PAPER in order to receive credit for the day. The observation paper guidelines can be found on CANVAS.

This paper is due at the next class meeting. A student is allowed two (2) observations unless the student presents a written notice from a physician before the beginning of class stating he/she may not participate in any physical activity. The observation paper must address the items on the handout.

### LETTER GRADE OR P/NP:

<b>A</b> = 90 – 100	<b>B</b> = 80 – 89	<b>C</b> = 70 – 79	<b>D</b> = 60 – 69	<b>F</b> = 59 – downward
---------------------	--------------------	--------------------	--------------------	-----------------------------

\*Mastery of the Course Material- 20% You will be assessed on your personal and artistic growth as a dance student, the effort you put into your execution of the class material, your contributions to the class learning community, the rigor of your approach to your composition exercises and creativity demonstrated in studio practice (see attached rubric). There will be 4 evaluations (not including the final) worth 10 points each. These can-not be made up. You will be given several days' notice before an evaluation takes place.

\*Written Exercises- 10% The instructor will post readings or video in CANVAS that coincide with class activity and students are expected to complete all online assignments. Each assignment is worth 5points.

\*Participation and Attendance- 50% Students will be assessed based on their commitment to the classroom learning community and the effort they put into class. Every class period will be worth 5 points.

\*Final Exam- 20% Students will be assessed in groups of 3-4 on the improvement of their practice of class warm up exercises and their performance of all combinations given during the semester.

\*It is the student's responsibility to be aware of their grade at all times. Grading will be updated on a bi-weekly basis on CANVAS. Students should maintain a folder with class notes, handouts, and submitted papers/work.

**LATE WORK / MAKE-UP EXAM POLICY:** There are no make-ups for exams.

### ATTIRE:

Loose, baggy comfortable clothing is appropriate for Hip Hop. You must have complete freedom of movement. Jeans are not allowed. Street type tennis shoes can be worn, but they must have **non-marking soles and must be CLEAN**. Other types of street shoes (boots, sandals, flip-flops) are not allowed. Knee pads are recommended.

### ETIQUETTE:

- TURN YOUR PHONE TO SILENT OR OFF!!
- Find your focus when in class. Commit to being present and alert the entire time.
- Please do not chew gum or eat food during class or breaks.
- Please be attentive to hygiene.

## ADDITIONAL CLASS INFORMATION:

**STUDENT CONDUCT:** We will conduct ourselves in a manner which reflects our awareness of common standards of decency and the rights of others. All students are expected to know the Student Conduct Code ([http://www.santarosa.edu/for\\_students/rules-regulations/scs/section1.shtml](http://www.santarosa.edu/for_students/rules-regulations/scs/section1.shtml)) and adhere to it in this class. Students who violate the code may be suspended from two (2) classes and referred to Vice President of Student Services for discipline.

**SOCIAL UTILITY USE:** Be aware that the instructor is also on social networking sites and checks in often to those sites to be attuned to what is going on and stay in touch. Please know that what is posted on these types of pages is viewed by a wide array of people. Use wise judgment when posting.

**SRJC CAMPUSES:** Please remember that SRJC is not crime free. Please practice safety awareness procedures such as using the buddy system and being vigilant in all closed areas (restrooms/locker rooms) and in parking lots when coming or going from your car. In case of Emergency: **CALL DISTRICT POLICE at 527-1000 (just the extension 1000 from an on-campus phone) or call 911.**

### EMERGENCY EVACUATION PLAN

In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly. Our class will meet at **Bailey Field** to make sure everyone got out of the building safely and to receive further instructions. (*If the class is on a second or higher floor, provide clear directions to the stairs*). If you are a student with a disability who may need assistance in an evacuation, please see me during my office hours as soon as possible so we can discuss an evacuation plan.

In the event of instances which involve the presence of blood and/or other body fluids, universal precautions will be followed. These precautions include: using gloves, careful waste disposal, adequate disinfections, modification of CPR, and hand washing.

### ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you need disability related accommodations for this class, such as a note taker, test taking services, special furniture, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located on the 3<sup>rd</sup> floor of the Bertolini Student Center on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.

\*If you have medical concerns or any other personal problem which may be a factor in your performance within this class structure, please feel welcome to **confidentially** discuss this with your instructor.

### **ATTACHED:**

1. Class Observation Form