



## KINESIOLOGY, ATHLETICS & DANCE

SPRING 2020

Course Title: *Lyrical I-III: Dance 13.1, 13.2, 13.3, 13.4*

Department: KAD

Course Code: Sections 4717(I), 5818(II), 5879(III), 5881(IV)

Units: 1.5

Days: Mondays and Wednesdays

Class Hours: 10:30-12:00

Classroom: Tauzer 951

Instructor: Casandra Hillman

Office Phone(707) 527-4260

E-mail: [chillman@santarosa.edu](mailto:chillman@santarosa.edu)

Office Hours(Quinn 1021) Monday/Wednesday 12:00-1:15 & Tuesday/Thursday 10:30-11:45

### **FINAL EXAM DATE AND TIME: Monday May 18<sup>th</sup> 10:00-12:45**

#### **REQUIRED MATERIALS:**

- ✓ Notebook
- ✓ CANVAS
- ✓ **Jazz shoes or dance paws**

#### **ADDITIONAL SUGGESTED MATERIALS:**

- ✓ Facebook capabilities
- ✓ Water bottle
- ✓ Thera-band, tennis ball

**SUGGESTED TEXTS:** *Jump Into Jazz*, 5th edition. Minda Goodman Kraines & Esther Pryor. Mayfield Publishing Company: 2004

**RECOMMENDED PREPARATION:** Previous beginning dance experience or completion of Dance 10.1

**INSTRUCTOR'S COURSE INFORMATION:** This class is an introduction to the fundamental skills of lyrical dance technique. It will build and sharpen technical skills that include exercises in choreography and performance. The warmup increases in length and difficulty throughout the semester. Emphasis is on the development of strength, endurance, flexibility, coordination and an understanding of rhythm and timing, using dance steps, combinations and movement vocabulary from modern, ballet and jazz dance. Take initiative in staying on the beat and moving in formation, both in exercises across the floor and in center combinations. This means taking care not to block your fellow students and finding positions where you can see and be seen by the instructor. When the instructor can see you, she can help you progress. When the instructor rotates positions, move quickly with your group or line.

**CLASS TIME:** Classes will meet every Monday and Wednesday 10:30-11:50am. Please do not get into the habit of arriving at late. Missing warm-up leads to injury. If you are 20 minutes late to class, you will be considered absent. **If you are late, enter the studio quietly and take your place without disturbing other students who are already working.** You are responsible for making sure your presence is accounted for.

**ATTENDANCE:** Students may miss 2 classes without it effecting their grade. Each absence after will effect the grade: 3 absences will result in a B, 4 absences will result in a C and so on... Students who miss six or more classes may be dropped. You may receive credit for TWO absences by taking another, pre-approved, ballet or contemporary technique class. "90 % of success is just showing up!" –Mike Carroll

**ILLNESS OR INJURY:** 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. This paper is due at the next class meeting and can be found on Canvas. PLEASE DO NOT TURN IN A HAND WRITTEN RESPONSE. A student is allowed two 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.

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The observation paper must address the items on the handout. If you are injured for an extended period of time, there is an “ongoing observation” paper you must complete.

METHOD OF EVALTION: FINAL SEMESTER GRADE: All grades will be totaled and a grade assigned.  
⇒ 90-100=A; 80-89=B; 70-79=C; 60-69=D; 0-59=F

**\*Skill Demonstration Mastery of the Course Material 30%.** Students 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. There will be THREE skill-assessments over the course of the semester (day and time TBA) in which the instructor will look at how each student has effectively applied technical and performance critiques given during class time. Some examples are: turns, jumps, spiraling, shape change, head tail connection, distal extensions, strength and balance and choreography.

***Skill assessments cannot be made up if missed.***

To be successful in mastering course material Students should:

1. Practice weekly the technical skills and choreography covered in class sessions.
2. Memorize and practice sequences.
3. Perform exercises during class with full focus and energy.
4. Execute jazz movements with clarity and precision.

**\* Exams- 10%.** There will be two written exams given during the semester. The midterm will be given mid-MARCH and the final will be given on the day of the final. In order to pass the class you must be present the day of the final.

**\*Participation and Effort- 50%. Mindful participation is the only way to meet the objectives of this course.** Students will be assessed based on their commitment to classroom learning and the effort they put into class. If you do not attend class, you will not receive the participation points for the day. 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. Total Effort Points= 96 points~~~~~ 32 class meetings  
3 points per day: 3 points maximum effort, 2 points moderate effort, 1 point minimum effort, 0 points if absent

**\*Written Exercises- 10%. LIVE DANCE PERFORMANCE CRITIQUE** All students are required to attend one live dance performance during the semester and write a critique. **Critiques must be submitted in person during the last week of regular classes**, typed, 12 font and be at least 2 pages. Please see the attachment on CANVAS titled “How to Write a Critique”.

**PASS/NO-PASS:** This course may be taken for Pass/No-Pass, which students must sign up for on their own before the designated deadline. Students must have an “A,” “B,” or “C” when the instructor is determining the Final Semester Grades to receive Passing credit for the class (a “Pass” on their records). A “D” or an “F” will result in a “No- Pass.” The grading policy for a pass/no pass is the exact same as a grade. You must complete all the required work.

**DRESS CODE:** Proper dance attire is an important aspect of the discipline of dance. If you look like a dancer – you will dance more like a dancer! **You may be asked to sit out if you fail to show up in proper attire.** Comfortable dance attire that allows you to move freely: leggings, tights, a leotard or dance shorts, dance pants, fitted tops that fully cover the torso, etc. Long hair must be tied back. Dance paws, or bare feet are allowed. Socks are not allowed once we have completed the warm up. You can purchase dance paws at [www.discoutdance.com](http://www.discoutdance.com).

### What not to wear:

- Jeans or any pants designed for street wear; button up shirts
- Sweats or baggy clothing that hides the body
- Anything that restricts your range of motion
- Low cut or revealing attire.
- Please do not wear clothing to class that promotes gang violence, drugs or alcohol.
- NO Jewelry/Accessories: do not wear any dangly or bulky jewelry/accessories, such as hoop earrings or big watches.
- NO hooded tops, NO HATS,

### Other no-no's

- *No gum chewing or eating food is allowed during class.*
- *Please silence your phones before entering the classroom. A phone going off during class can cause major disruption and subsequent student injuries .*

### **My expectations of you.** As a student in my class, I expect you to:

1. Arrive on time.
2. Dress appropriately and follow the class dress code requirements.
3. Be respectful of the instructor and other students in class. Do not interrupt, argue, berate or insult the instructor or students. *Please refer to the student code of conduct.*
4. Bring in a positive attitude, work hard and have fun.
5. Check CANVAS frequently. Materials and links will be sent on a regular basis. Please make sure my CANVAS does not end up in your junk mail folder.
6. Read any handouts provided.
7. Take responsibility for catching yourself up if absent.
8. Kindly refrain from conversing when we are dancing or when I am making announcements, conveying information, explaining or cuing exercises.
9. ***Stay on your feet*** unless we are doing floor work. Don't sit down during water breaks.
10. If you are going to mark movement please do so on the sides of the dance space as to not cause injury to other dancers.
11. Practice the material taught in class for an average of approximately 10 minutes per day.
12. Silence your cell phone upon entering the studio – please do not look at phone during class.
13. Refrain from chewing gum during class.
14. Support your fellow students by applauding their efforts (at the appropriate moments)
15. Stay until class is dismissed and applaud at the end to create a sense of closure to each class.

**Notice of absences:** Please let me know if you will be missing class more than once. Preferably notify me by email or CANVAS and please don't forget to identify yourself and which class you are in ☺). ***Just remember that notifying me that you will be absent does not assure an excused absence but it shows me how responsible you are and is greatly appreciated***

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| <p><b><i>Below please read the Course Description, SLO and Objectives for the level that you are enrolled.</i></b></p> |
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### **Lyrical Dance I/14.1**

**Catalog Description:** Lyrical dance draws from ballet, modern, jazz, and contemporary techniques. This beginning (Level I) course follows a dance class format including center warm-ups, progressions, and combinations. The choreography will focus on clearly displayed emotional moods and fast-moving choreographic strategies, with an emphasis on innovation and stylized movement.

### **Student Learning Outcomes:**

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

1. Execute and analyze (Level I) lyrical dance sequences using applicable dance vocabulary.
2. Perform (Level I) lyrical jazz dance choreography applying (Level I) techniques, musicality and performance skills.

**Objectives:**

1. Demonstrate Level I competence in the ballet, jazz, and modern dance skills incorporated in lyrical dance choreography.
2. Incorporate Level I lyrical dance performance skills such as expressive movement quality and appropriate facial expressions in the context of a lyrical dance class.
3. Choreograph a Level I lyrical dance combination.
4. Differentiate between lyrical dance and other dance genres including ballet, modern, jazz, and contemporary dance genres.
5. Demonstrate musicality in the performance and choreography of a beginning Level I lyrical dance movement.
6. Apply knowledge of lyrical dance to the analysis of dance pieces viewed in a live or video performance.

**Lyrical Dance II/14.2**

**Catalog Description:** Lyrical dance draws from ballet, modern, jazz, and contemporary techniques. This Level II course follows a dance class format including center warm-ups, progressions, and combinations. The choreography focuses on interpretation of the mood of the music or the lyrics of the songs.

**Student Learning Outcomes:**

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

1. Execute and analyze Level II lyrical dance sequences using applicable dance vocabulary.
2. Perform Level II lyrical dance choreography applying Level II techniques, musicality and performance skills.

**Objectives:**

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

1. Demonstrate Level II competence in the ballet, jazz, and modern dance skills incorporated in lyrical dance choreography.
2. Incorporate Level II lyrical dance performance skills such as expressive movement quality and appropriate facial expressions in the context of a lyrical dance class.
3. Choreograph a Level II lyrical dance combination.
4. Differentiate between lyrical dance and other dance genres including ballet, modern, jazz, and contemporary dance genres.
5. Demonstrate musicality in the performance and choreography of a Level II lyrical dance movement.
6. Apply knowledge of lyrical dance to the analysis of dance pieces viewed in a live or video performance.

**Lyrical Dance III/14.3**

**Catalog Description:** Lyrical dance draws from ballet, modern, jazz, and contemporary techniques. This level III course follows a dance class format including center warm-ups, progressions, and combinations. The choreography will focus on clearly displayed emotional moods and fast-moving choreographic strategies, with an emphasis on innovation and stylized movement.

**Student Learning Outcomes:**

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

1. Execute and analyze Level III lyrical dance sequences using applicable dance vocabulary.
2. Perform Level III lyrical dance choreography applying Level III techniques, musicality and performance skills.

**Objectives:**

Students will be able to:

1. Demonstrate Level III competence in the ballet, jazz, and modern dance skills incorporated in lyrical dance choreography.
2. Incorporate Level III lyrical dance performance skills such as expressive movement quality and appropriate facial expressions in the context of a lyrical dance class.
3. Choreograph a Level III lyrical dance combination.
4. Differentiate between lyrical dance and other dance genres including ballet, modern, jazz, and contemporary dance genres.
5. Demonstrate musicality in the performance and choreography of a Level III lyrical dance

movement.

6. Apply knowledge of lyrical dance to the analysis of dance pieces viewed in a live or video

Performance

#### **Lyrical Dance IV/14.4**

**Catalog Description:** Lyrical dance draws from ballet, modern, jazz, and contemporary techniques. This Level IV course follows a dance class format including center warm-ups, progressions, and combinations. The choreography will focus on clearly displayed emotional moods and fast-moving choreographic strategies, with an emphasis on innovation and stylized movement.

#### **Student Learning Outcomes:**

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

1. Execute and analyze Level IV lyrical dance sequences using applicable dance vocabulary.
2. Perform Level IV lyrical dance choreography applying Level IV techniques, musicality and performance skills.

#### **Objectives:**

Students will be able to:

1. Demonstrate Level IV competence in the ballet, jazz, and modern dance skills incorporated in lyrical dance choreography.
2. Incorporate Level IV lyrical dance performance skills such as expressive movement quality and appropriate facial expressions in the context of a lyrical dance class.
3. Choreograph a Level IV lyrical dance combination.
4. Differentiate between lyrical dance and other dance genres including ballet, modern, jazz, and contemporary dance genres.
5. Demonstrate musicality in the performance and choreography of a Level IV lyrical dance movement.
6. Apply knowledge of lyrical dance to the analysis of dance pieces viewed in a live or video Performance.

#### **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.

#### **\*\*\*RESPECT:**

The best way to learn is through active participation; therefore, we respect others when talking, by being on-time, listening actively, and being polite even when we disagree with another's viewpoint.

Your Syllabus is your Contract between the student and the instructor, so do make sure that you receive it, read it, and understand all of its contents. Follow it. Do not lose it! It is **your responsibility to know what is expected and required from you for this class.**

**ACADEMIC DISHONESTY:** Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of "F." Academic work is evaluated on the assumption that the work presented is the student's own newly composed, unless designated otherwise. Plagiarism (including self-plagiarism), cheating, and other forms of academic dishonesty or facilitating any such act are not acceptable conduct at Santa Rosa Junior College. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook.

#### **ACADEMIC INTEGRITY:**

All written work is to be original; plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended [for one or two class meetings by the instructor] and referred to the Vice President of Student Services for discipline sanction, in cases of egregious violation. Please read the college policy/procedure on academic integrity at:

<http://www.santarosa.edu/polman/3acadpro/3.11P.pdf>

**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.

**Dance training may be too strenuous for some individuals** with certain medical conditions. If you have any condition that limits your physical activities consult your doctor before participating! Please inform instructor of any conditions that may impair your ability to participate fully. If you have any type of disability for which you need special accommodations, please visit our Disability Resources Department and provide me with an accommodation letter.

#### **Class Days and Times:**

January 13, 15, 22, 27, 29,

February 3, 5, 10, 12, 19, 24,26

March 2, 9, 11, 23, 25, 30

April 1, 6, 8, 13, 15, 20, 22, 27, 29

May 4, 6, 11, 13, 18

Total Effort Points= 96 points~~~~~ 32 class meetings

3 points per day: 3 points maximum effort, 2 points moderate effort, 1 point minimum effort, 0 points if absent

**NO CLASS JANUARY 20<sup>TH</sup>- SCHOOL HOLIDAY**

**NO CLASS FEBRUARY 17<sup>TH</sup>- SCHOOL HOLIDAY**

**NO CLASS MARCH 4<sup>TH</sup> – INSTRUCTOR AT ACDA**

**NO CLASSES MARCH 16-20- SPRING BREAK**