

**DANCE 16.1 Course Outline as of Fall 2013****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 | 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: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PE 28.1

**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:**

|                      |                      |            |           |            |           |
|----------------------|----------------------|------------|-----------|------------|-----------|
| <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 (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

**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 (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)

### 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
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%

**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<br>40 - 60% |
|----------------------------|

**Representative Textbooks and Materials:**

Instructor prepared materials

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

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