DANCE 10.1 Course Outline as of Fall 2019

CATALOG INFORMATION

Dept and Nbr: DANCE 10.1 Title: INTRO TO DANCE MOVEMENT
Full Title: Introduction to Dance Movement
Last Reviewed: 11/26/2018

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:	DANCE 80.1

Catalog Description:
Introductory dance class designed for the student with no prior dance experience. Basic dance skills, techniques, and general dance vocabulary common to all genres of dance will be covered.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Introductory dance class designed for the student with no prior dance experience. Basic dance skills, techniques, and general dance vocabulary common to all genres of dance will be covered. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
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:
	L8	Student Success and Wellness		Fall 2025	
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	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. Students will be able to perform basic dance vocabulary, skills, and techniques universal to all
genres.
2. Students will be able to apply dance terminology common to all genres to identify basic dance
movements, skills, steps.

Objectives:
At the conclusion of this course, the student should be able to:
1. Count dance music and dance movement in 4/4 and 3/4 time signatures.
2. Apply concepts of stretch and strength in a dance context.
3 Retain and perform basic movement patterns or sequences.
4. Define common dance terms.
5 Practice accepted dance class etiquette.
6. Assess the efficacy of a dance warm-up.

Topics and Scope:

I. General Techniques and Concepts Common to all Dance Forms such as:
- A. Turn out
- B. Alignment
- C. Joint range of motion
- D. Core strengthening and centering
- E. Lower extremity strengthening and stretching
- F. Use of feet: pointing and flexing
- G. Plie/Releve
- H. Balance
- I. Breathing

II. How to Warm up the Body for Dance

III. Dance Terminology
IV. Rhythm: Counting and Moving to Music in 4/4 and 3/4 time
V. Basic Locomotor Movement (such as Walks, Prances, Skips, etc.)
VI. Movement Phrases (Combining Basic Dance Movements into Sequences of Movement)
VII. How to Take a Dance Class
  A. Dance class etiquette
  B. Dance class formats
    1. Floor work
    2. Center work
    3. Moving through space

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

Assignment:

Lab-Related Assignments:
1. Learning and practicing of basic dance vocabulary, techniques and skills
2. Application of dance class etiquette
3. Viewing of dance videos
4. In class discussions
5. Performance exams demonstrating knowledge of basic dance movement vocabulary
6. Written final exam on basic dance vocabulary and concepts

Lecture-Related Assignments:
1. Practice of class material and review of movement sequences for performance exams.
2. Reading assignments (3 or more hand-outs of 2-4 pages each)
3. Study for final exam
4. Writing assignment: Short paper or essay (approximately 2 to 3 pages in length) on a dance related topic. Examples of type of paper that may be assigned -
  a. Critique of a recorded or live dance performance applying knowledge of dance concepts covered in class.
  b. Reflective essay
  c. Report on a dance topic

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 10 - 15%

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.

Performance exams	Skill Demonstrations 20 - 30%

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

Final exam: multiple choice, true/false, matching, or completion	Exams 10 - 15%

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

Attendance and participation, dance class etiquette	Other Category 40 - 50%

Representative Textbooks and Materials:
Instructor prepared materials
Learning About Dance: An Introduction to Dance as an Art Form and Entertainment. 7th ed. Ambrosio, Nora. Kendall Hunt. 2016
The Dance Workshop. Cohan, Robert. Simon & Schuster. 1986 (classic)