

DANC A149: HIP-HOP DANCE I

- 8. Utilize current resources (video, articles, and performances) to increase knowledge of the dance form.

| Item | Value |
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| Curriculum Committee Approval Date | 09/18/2024 |
| Top Code | 100810 - Commercial Dance |
| Units | .5-2 Total Units |
| Hours | 18-72 Total Hours (Lecture Hours 4.5-18; Lab Hours 13.5-54) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Open Entry/Open Exit | No |
| Grading Policy | Standard Letter (S), • Pass/No Pass (B) |
| Associate Arts Local General Education (GE) | <ul style="list-style-type: none"> • Area 3 Arts and Humanities 3B Active Participation (OC2) • Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2) |
| Associate Science Local General Education (GE) | <ul style="list-style-type: none"> • Area 3A Arts (OSC1) |
| California State University General Education Breadth (CSU GE-Breadth) | <ul style="list-style-type: none"> • CSU E2 Activity Course (E2) |

Course Description

Instruction in the movement vocabulary and technical skills that are needed for the dance style known as Hip-Hop. Explores the use of space, energy, rhythm, and improvisation while emphasizing body control, alignment, balance, and use of weight changes. Instruction at the beginning and intermediate levels. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Demonstrate a basic knowledge of history, vocabulary and movements of various Street Dance /Hip Hop styles that may include: B-Boy, Locking, Popping, and House.
2. Demonstrate knowledge of, and apply basic level performance skills, using Hip Hop musicality and technique while developing self-expression.

Course Objectives

- 1. Demonstrate improved body alignment, movement memory and rhythm.
- 2. Demonstrate expressiveness through a variety of spatial and rhythmic experiences.
- 3. Develop and improve movement coordination and efficiency.
- 4. Demonstrate skill in performing a given movement vocabulary.
- 5. Identify and evaluate areas needing personal improvement.
- 6. Perform in classroom setting and/or on concert stage.
- 7. Develop critical thinking skills and ability to verbalize observations of dance performances, artistic concepts or movement principles.

Lecture Content

Orientation Safety Class requirements and procedures Vocabulary words to be used to describe movement Activity A. Concepts and Principles Body alignment theory Analysis application Core strength building theory Analysis application Use of feet and hips theory Analysis application Proper methods to stretch and gain flexibility theory Analysis application Placement of weight theory Analysis application Physical Knowledge Warm-up exercises theory Analysis application Upper body Lower body neck arms feet Axial movements in place using shapes, levels and energy changes Basic locomotor movements in upper body Change of weight through space Combination of axial, locomotor movements, floor moves Use of back/spine in flexion, extension, hyperextension and rotation III. Creative problems Improvisation Creating, setting and performing simple dance studies 3. Accented or percussive movements/sustained movements

Lab Content

A. Concepts and Principles 1. Body alignment 1. theory 2. Analysis 3. application 2. Core strength building 1. theory 2. Analysis 3. application 3. Use of feet and hips 1. theory 2. Analysis 3. application 4. Proper methods to stretch and gain flexibility 1. theory 2. Analysis 3. application 5. Placement of weight 1. theory 2. Analysis 3. application B. Physical Knowledge 1. Warm-up exercises