

# DANC A150: DANCE IMPROVISATION I

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
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)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
Associate Science Local General Education (GE)	• Area 3A Arts (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Directed exploration of dance movement including use of space, dynamics, and rhythm as expressed through individual movement vocabulary. Designed for all levels. Appropriate for the non-dancers. Students should be prepared to participate at the first class meeting. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Synthesize personal movement vocabulary with creative ideas in a structured improvisational dance language.
2. Perceive basic dance compositional concepts and create solo and group movement responses to a variety of themes.

## Course Objectives

1. Synthesize creative ideas and movement vocabulary.
2. Discuss and practice basic movement concepts of space, shape, design, energy, time, dynamics.
3. Develop the ability to translate literal and abstract concepts into a dance language.
4. Demonstrate an understanding of improvisation as a method for choreography.
5. Demonstrate an increased awareness of individual potential in dance movement.
6. Demonstrate increased range of motion, flexibility and expression.
7. Relate individual and group progress from this course into other areas of study and life.

- 8. Create and practice improvisational dance studies set to poetry or music.
- 9. Demonstrate skills in collaboration with fellow dance students.
- 10. Evaluate personal growth through journal writing and attendance/writing of visual and performing events.

## Lecture Content

Orientation Procedures and requirements Discussion of journal/events to be written during course Explanation of different class improvisations and their purposes Introduction to the process of "improvisation" Evaluation of movement explorations Discuss basic movement concepts of space, shape, design, time/rhythm, dynamics Explanation of motivations for movement Discuss transitions and their value Safety factors explained for contact improvisation How props and costumes are used Lights and staging for improvisation explained IV. Evaluation of different improvisations

## Lab Content

Lab Content: Guided movement experiences in exploration of body parts Guided movement problems emphasizing focus and awareness Guided movement problems using movement through level changes, direction changes, design Exercises in synthesizing creative ideas and movement vocabulary Guided movement assignments in shape, design, space Guided movement exploring auditory motivation Guided movement explorations using props, lighting, positive and negative space Guided movement exploration based on visual motivations Guided movement problems based on prose, poetry story motivations Explore transitions between motivations Guided movement problems in "giving and taking weight" Improvisations in "time/rhythm" based on music, sound, silence, spoken word Imagery and athletics as improvisation focus Use of costumes and props while improvising Improvisation for stage Improvisation in performance Use of improvisation as a method of choreography

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and discussion, individual, pair and group exercises, instructor and peer evaluations, written journal and events.

## Reading Assignments

readings from assigned text

## Writing Assignments

Written journal and art events, solo skill testing, interactive skill testing with peers, short composition performed in class

## Out-of-class Assignments

assigned DVDs or You Tube excerpts to watch

## Demonstration of Critical Thinking

Class discussions and written papers.

## **Required Writing, Problem Solving, Skills Demonstration**

Attendance, skill demonstrations, student journal, attendance at four course-related art events, in-class assignments and discussion, student self-evaluation.

## **Eligible Disciplines**

Dance: Master's degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Master's degree required.

## **Textbooks Resources**

1. Required Nachmanovitch, Stephen. *Free Play, the Power of Improvisation in Life and the Arts*, ed. East Rutherford: Penguin, , 1991  
Rationale: - 2. Required Cameron, Julia. . *The Artists? Way, A Spiritual Path to Higher Creativity*, ed. East Rutherford: Penguin, 2002  
Rationale: - 3. Required Lynne Anne Blom and Tarin Chaplin. . *The Moment of Movement, Dance Improvisation.* , ed. Pittsburgh: University of Pittsburgh Press, 1990  
Rationale: - 4. Required Cage, John. . *A Year from Monday, New Lectures and Writing*, ed. Middletown: Wesleyan University Press, 1994  
Rationale: - 5. Required Cunningham, Merce. *Changes.*, ed. New York: Ultramarine Publishing Co, 1986  
Rationale: - 6. Required Reeve, J.. *Dance Improvisations: Warm-Ups, Games and Choreographic Tasks*, 1st ed. Human Kinetics, 2011