

DANC A245: MODERN IV

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	2 Total Units
Hours	72 Total Hours (Lecture Hours 18; Lab Hours 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)	• 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)	• Area 3A Arts (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This course offers instruction at the high intermediate and advanced levels in modern dance, emphasizing traditional and contemporary techniques. It includes thorough warm up exercises, technique, vocabulary skills, creative work, and integrates personal phrasing and expression. Transfer Credit: CSU; UC. NOTE: This course is one of a family of courses in this subject matter. Enrollment may be limited due to State regulations. Please consult your academic counselor for clarification. PREREQUISITE: DANC A145; This prerequisite will be validated in class during the first week of the course.

Course Level Student Learning Outcome(s)

1. Demonstrate correct principles of alignment and articulation of the spine, feet and legs in a variety of modern dance techniques at a high intermediate to advanced level.
2. Successfully perform an advanced level of modern dance exercises, vocabulary and traveling patterns.
3. Show progress in performing short choreographies requiring knowledge and skill in traditional and contemporary modern dance techniques that focus on these elements: strength in off centered movements, suspension, balance, flexibility, directional changes, phrasing and rhythmic accuracy, challenging falls, rolls and recovery from the floor, leaps with curve, arch or tilt of the torso, turns, individual expression and performance quality.

Course Objectives

- 1. Improve body alignment, articulation, and nuance in specific isolations in a variety of modern dance styles.

- 2. Develop and improve movement coordination, memory, rhythm and efficiency in more complex sequences.
- 3. Demonstrate expressiveness through a variety of high intermediate and advanced level exercises exploring spatial, rhythmic and qualitative (use of energy/force) concepts.
- 4. Demonstrate skill in performing traditional modern dance techniques and contemporary dance vocabularies evolving from these techniques.
- 5. Identify and evaluate areas needing personal improvement.
- 6. Perform current choreographic materials in informal performances
- 7. Demonstrate critical thinking, and ability to verbalize choreographic observations of dance performances, general artistic concepts or movement principles.
- 8. Utilize current resources (video, articles, performances) to increase knowledge of principal historical dance artists.

Lecture Content

Lecture topics to include A. Healthy lifestyle, rest, nutrition and organizational skills to support dance training goals B. Dance masters and innovators in modern dance techniques and choreography including: Jose Limon, Merce Cunningham, Paul Taylor and other influential modern dance artists C. Critiquing dance performances, analyzing movement mechanics, musical phrasing, kinetics and quality

Lab Content

High intermediate/advanced level warm-up that changes each class. Review of level III modern dance concepts; explore them in complex technique exercises throughout the course. Body alignment; body curves, arches, spiral particular to a variety of techniques. Correct use of foot, legs and hips integrated with concepts for tracking and injury prevention. Correct use of weight, breath fall and recovery. Movement Activities-exercises and dance combinations designed to develop; range of motion and flexibility. Strength and control, particularly when balanced on one leg and articulating the spine in counterpoint. Change of body weight and direction through space with specific focus and projection. Counterpoint, and coordination requiring greater speed. Improved musicality, timing and rhythmic accuracy. High intermediate/advanced center floor combinations that expand vocabulary and style; explore low medium and high levels, changes in direction, contemporary techniques in safe execution of inversions, hand stands, etc. Locomotor patterns that develop air skills such as: leaps integrating curve and arch of the spine, jumps with turns in the air, chasses with curves, side bends and arches, saut s, and turns, tilts, off center balances and suspensions, utilizing a variety of movement changes in space, energy and rhythm. Creative problems and personal expression nbsp; 1. Improvisation with set phrase material as soloists and with partner 2. Creating, setting and performing short dance studies 3. Performances of classroom skill tests Cool down activity

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Instructor will use the following methodologies: Lecture and class discussion of varied current topics in dance, visual demonstration of exercises, combinations and choreography, individual and group verbal and physical corrections, analysis of movement mechanics and

movement intention, style and quality, and assignments for creative expression.

Reading Assignments

Writing Assignments

Written critiques of performance viewing. (approximately 2 hours per semester.)

Out-of-class Assignments

Practicing vocabulary as well as movements and choreography studied in class. Attend Faculty, Student, and/or professional dance concert. (approximately 2 hours per week.)

Demonstration of Critical Thinking

Self-evaluation; class discussion; application of concepts in each class

Required Writing, Problem Solving, Skills Demonstration

Written critique of dance concert or written self-evaluation of skill test(s); skills tests performances; in class improvisation or composition exercises

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.

Other Resources

1. Selected handout material to be provided and distributed by the instructor