

# DANC G100: MODERN DANCE 1 - BEGINNING

Item	Value
Curriculum Committee Approval Date	10/06/2020
Top Code	100800 - Dance
Units	2 Total Units
Hours	54 Total Hours (Lecture Hours 27; 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)
Local General Education (GE)	<ul style="list-style-type: none"> <li>• Area 3 Arts and Humanities (GC)</li> <li>• Area 7E Lifelong Understanding and Self-Development (GE)</li> </ul>
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> <li>• CSU E2 Activity Course (E2)</li> </ul>

## Course Description

Formerly: Modern Dance 1. This course provides instruction and practice in fundamental modern dance techniques, improvisation and composition and promotes the development of an understanding and appreciation of modern dance as an art form. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Demonstrate rhythmic movements accurately with the musical accompaniment at an beginning level.
3. Demonstrate modern dance locomotor movements and patterns at a beginning level.
4. Demonstrate improved alignment, balance, coordination, strength, flexibility and endurance in the performance of modern dance at a beginning level.
5. Apply basic modern dance theories and elements of technique, improvisation and composition at a beginning level.

## Course Objectives

- 1. Perform appropriate modern dance warm-up exercises at a beginning level.
- 2. Identify notable performers and choreographers from American modern dance history at a beginning level.
- 3. Employ viewing skills to critically evaluate a live modern dance concert performance.

- 4. Use techniques of modern dance choreography at a beginning level.
- 5. Use beginning level modern dance terminology.

## Lecture Content

History of modern dance Origins Modern dance in America Modern dance in the world Leading artists and choreographers Leading historical modern dance performers Leading contemporary modern dance performers Modern dance techniques Isadora Duncan Ruth St. Denis and Ted Shawn Doris Humphrey Martha Graham Alwin Nikolais Jose Limon Merce Cunningham Paul Taylor Alvin Ailey Twyla Tharp Contemporary Modern Dance teachers and choreographers Music for modern dance Performance qualities of a modern dancer Critical evaluation of a modern dance performance

## Lab Content

Warm-up technique Standing Neck Back Hamstring stretches Sagittal plane Parallel Turned out : initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; Swings of torso and legs Side stretches Frontal Transverse plane Demi and grand pli in positions 1,2,3 Relevés and levés Abdominal stretches Thigh Stretches Sound-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; Isolations Head Shoulder girdle Rib cage Hip Arms Ankles Leg lifts front, side and back On the floor tial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; Seated torso and neck stretches and axial circles Hip socket rotation exercises Back flexibility stretches Abdominal and back strengthening exercises Flex and stretch of legs and ankles in supine position Second position (wide stride) and split stretches Combinations of movements on the floor kground-origin: initial; background-clip: initial; Falls Body rolls Shoulder stands Shoulder rolls Sit spins Locomotor combinations moving through space Walk Hop tial; Skip Run Slide Gallop Leap Jump Turn Fall Roll ackground-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; Modern dance theories and elements Motion Body parts Jointal action Momentum Space Levels Direction I; background-origin: initial; background-clip: initial; Plane Time Metered Unmetered Shape Static In motion Design principles Solo and group relationships Energy Percussive Sustained Staccato Suspension Swing Vibratory </ p>

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Reading Assignments

Instructor provided handouts

## Writing Assignments

Analysis and written critiques of visual materials (video, DVD, digital, online) as assigned Attendance at live modern dance concert for the purpose of written critical evaluation

### **Out-of-class Assignments**

Analysis and critiques of visual materials (video, DVD, digital, online) as assigned Attendance at live modern dance concert for the purpose of written critical evaluation

### **Demonstration of Critical Thinking**

Preparation of individual and group choreography and improvisation at a beginning level.

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

Analysis and written critiques of visual materials (video, DVD, digital, online) as assigned Attendance at live modern dance concert for the purpose of written critical evaluation Skills demonstration and/or written tests given during semester on learned movement skills

### **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. Instructor provided handouts Dancewear and/or leotard and tights without feet Optional digital and/or online recordings of accompaniments Optional digital and/or online video and audio recordings