COURSE OUTLINE OF RECORD

Number: DANC G100  
TITLE: Modern Dance 1 - Beginning

ORIGINATOR: Nannette Brodie  
EFF TERM: Fall 2015
FORMERLY KNOWN AS: Modern Dance 1  
DATE OF OUTLINE/REVIEW: 03-11-2015
CROSS LISTED COURSE:  
TOP NO: 1008.00
CID:

SEMESTER UNITS: 2.0
HRS LEC: 27.0  
HRS LAB: 27.0  
HRS OTHER: 0.0
CONTACT HRS TOTAL: 54.0 - 54.0
STUDY NON-CONTACT HRS RECOMMENDED: 54.0 - 0.0
CATALOG DESCRIPTION:
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.

JUSTIFICATION FOR COURSE:

PREREQUISITES:
COREQUISITES:
ADVISORIES:
ASSIGNED DISCIPLINES:
Dance
MATERIAL FEE: Yes [ ] No [X] Amount: $0.00
CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X]  Credit - Not Degree Applicable [ ]
GRADING POLICY: Pass/No Pass [X]  Standard Letter [X]  Not Graded [ ]  Satisfactory Progress [ ]
OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]
TRANSFER STATUS: CSU Transferable[ ]  UC/CSU Transferable[X]  Not Transferable[ ]
BASIC SKILLS STATUS: Yes [ ] No [X]  LEVELS BELOW TRANSFER: Not Applicable
CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable
NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course
OCCUPATIONAL (SAM) CODE: E
REPEATABLE ACCORDING TO STATE GUIDELINES: No [X]  Yes [ ] NUMBER REPEATS:
REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]
Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development(Associate in Arts)  
Associate of Arts: Liberal Arts: Emphasis in Arts and Humanities(Associate in Arts)  
Dance( Associate in Arts)
GE AND TRANSFER REQUIREMENTS MET:
CSU GE Area C: Arts, Literature, Philosophy and Foreign Languages  
C1 - Arts, Dance, Music, Theater
UC Transfer Course  
A. Transfers to UC
COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. Demonstrate improved alignment, balance, coordination, strength, flexibility and endurance.
2. Demonstrate rhythmic movements accurately with the musical accompaniment.
3. Demonstrate basic modern dance locomotor patterns in dance phrases.

COURSE OBJECTIVES:
1. Perform and recall appropriate warm-up exercises.
2. Perform the required techniques in locomotor activities.
3. Move rhythmically and accurately relating movements to the musical accompaniment.
4. Demonstrate improved alignment, balance, coordination, strength, flexibility and endurance.
5. Demonstrate and understand basic modern dance theories and elements in technique, improvisation and composition.
6. Demonstrate knowledge of the history and important figures of modern dance in America.
7. Develop critical viewing skills with which to evaluate a dance concert experience.

COURSE CONTENT:

LECTURE CONTENT:

Lecture material

1. the history and important figures of modern dance

2. how to evaluate concert dance

3. how to write a critique of a dance concert or dance video.

LABORATORY CONTENT:

A. Warm-up technique -- Standing
   1. Neck, back and hamstring stretches--sagittal plane--parallel and turned out
   2. Swings of torso and legs
   3. Side stretches--frontal and transverse plane
   4. Demi and grand plié in positions 1,2,3
   5. Releves and élévés
   6. Front of the body (abdominal and thigh) stretches
   7. Isolations--head, shoulder girdle, rib cage, hip, arms and ankles
   8. Leg lifts front, side and back

B. Warm-up technique--on the floor
   1. Seated torso and neck stretches and axial circles
   2. Hip socket rotation exercises
   3. Back flexibility stretches
   4. Abdominal and back strengthening exercises
   5. Flex and stretch of legs and ankles in supine position
   6. Second position (wide stride) and split stretches
   7. Combinations of movements on the floor involving falls, body rolls, shoulder stands, shoulder rolls and sit spins

C. Locomotor combinations moving through space involving walk, hop, skip, run, slide, gallop, leap, jump, turn, fall and roll
D. Modern dance theories and elements
   1. Motion - body parts, jointal action, and momentum
   2. Space - levels, direction, plane, peripheral and volume
   3. Time - metered and unmetered
   4. Shape - static, in motion, design principles, solo and group relationships
   5. Energy - percussive, sustained, staccato, suspension, swing and vibratory

METHODS OF INSTRUCTION:
   A. Lecture:
   B. Lab:
   C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:
   Reading Assignments
   Instructor provided handouts

   Out-of-class Assignments
   1. Attend a live concert on or off campus
   2. View DVD/video tapes on dance

   Writing Assignments
   1. Essay examination on the handouts and lecture material from class
   2. Write a critique of a live concert

METHODS OF STUDENT EVALUATION:
   Short Quizzes
   Written Assignments
   Essay Examinations
   Report
   Projects (ind/group)
   Problem Solving Exercises
   Skills Demonstration

   Demonstration of Critical Thinking:
   1. Preparation of individual and group choreography and improvisation

   Required Writing, Problem Solving, Skills Demonstration:
   1. Essay examination on the handouts and lecture material from class
   2. Write a critique of a live concert
   3. Tests given 2 to 3 times during semester on learned movement skills

TEXTS, READINGS, AND RESOURCES:
   Other:
   1. Instructor provided handouts.

   Leotard and tights without feet.

LIBRARY:
   Adequate library resources include:

   Comments:

   Attachments:
   Attached Files