

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Humanities and Social Science
Department: Speech and Performing Arts
Course ID: DANCE 101x2
Course Title: Beginning Modern Dance
Units: 2
Lecture: None
Laboratory: 6 Hours
Prerequisite: None
- B. Catalog and Schedule Description:
Focuses on the "inner impulse" of modern dance and draws upon the movement vocabularies of classical, post-modern, and contemporary styles. Strong emphasis on the acquisition of a beginning modern dance movement vocabulary, dynamic alignment, and suppleness, flexibility, rhythmically, musicality, endurance and balance.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Two

III. EXPECTED OUTCOMES FOR STUDENTS:

Upon completion of the course the student should be able to:

- A. Demonstrates and discuss dynamic alignment;
 - B. Show a beginning range of movement in the kinesphere;
 - C. Demonstrate improvement in flexibility, strength and endurance;
 - D. Demonstrate beginning improvisational skills in group work;
 - E. Demonstrate beginning modern dance falls, recoveries, and turns;
 - F. List the elements essential in making modern dance "modern". Suggest a definition of modern dance based on techniques learned in class as well as dances seen and discussed;
 - G. Show a beginning personal movement voice through short compositional collaborations and or improvisation;
 - H. Use beginning modern dance terminology effectively and correctly;
 - I. Perform basic kicks (battements), developpés, piles, and élévés.
- Upon completion of the course for the second time the student should be able to:
- J. Demonstrate increased proficiency in the above objectives;
 - K. Perform fundamental modern dance swings, collapses, suspensions, vibratory movements, sustained movements and percussive movements;
 - L. Perform a 48 count movement phrase rhythmically, spatially, and dynamically accurate;
 - M. Show a movement phrase of 48 counts in two contrasting moods and or timing;
 - N. Demonstrate improvement in core support;
 - O. Discuss and analyze videotape selections in class re: their "modernity";
 - P. Analyze the musical structure and phrasing of music introduced in class.

IV. COURSE CONTENT:

- A. Overview and Introduction
 - 1. Dance class etiquette
 - 2. Expectations and studio rules
 - 3. Philosophy of modern dance- training and raison d'être
 - 4. The art of modern dance
- B. Warm-Ups Introduction to Techniques
 - 1. Stretches for tight muscle group
 - 2. Strengthening for weak muscle groups
 - 3. Floor technique
 - 4. Floor barre
 - 5. Spinal core support work

6. Aerobic and or breath work
- C. Exploring Space And The Body Relationship
 1. The dancer's environment and tool
 2. Explorations and exercises to help free the body to move fully spatially
 3. As warm-up and mind body liberator
- D. Beginning Techniques-Standing
 1. Development of the body's center and dynamic alignment as well as a sense of the floor and gravity.
 2. Pilés and élévés in parallel and turned out positions first and second
 - a) Heel sit bone connections
 - b) Head tail connections
 - c) Head heel connections
 - d) Vertical thoroughness
 3. Balances on two feet: first and second positions parallel and or turned out
 4. Weight shift
 - a) Weight support on one leg while the other leg is gesturing
 - b) Balances
 - c) Working two to one to two
 5. Torso work
 - a) Hovers
 - b) High chests
 - c) Swings
 - d) Roll-downs
 6. Arms
 - a) Placement
 - b) Release
 - c) Full range of motion-hand scapula
 7. Initiation and Sequencing of movement
 - a) Sequential
 - b) Isolation
 - c) Simultaneous
- E. Small Center Combinations
 1. Musicality
 2. Placement
 3. Connecting through the movement
 4. Facing, spatial integrity
 5. Focus
 6. Integrity of intention (what is the dance asking for?)
- F. Across The Floor
 1. Loco motor and axial movements emphasizing
 - a) Travel through space
 - b) Rhythm and timing
 - c) Phrasing
 - d) Correcting execution technically
 - e) Awareness of other dancers spacing
- G. Centre Combinations & Dancers
 1. Putting it all together
 - a) Placement
 - b) Phrasing
 - c) Expression
 - d) Musicality
 - e) Dynamics
 - f) Focus
- H. Structured Improvisations
 1. Discovering new movement and qualities of movement
 2. Creating a more flexible mind and body

3. Strengthening group work
- I. Possible small group and individual beginning choreographic studies
- J. Introduction of various styles and techniques of different modern dance innovators from various periods (classic, post-modern, contemporary)
 1. Through instructor's own technique
 2. Through video tape viewing and discussion
 3. Through live performances
- K. Introduction when appropriate of other movement practices as they apply to modern dance: e.g. yoga, Bartenieff Fundamentals, Pilates, Alexander techniques, Feldenkrais Awareness through movement, Kline technique, Sweigard techniques, Laban movement analysis, body mind centering.

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Lecture and demonstration on techniques and theories by instructor
- C. Practice drills, and performances by students
- D. Verbal, tactile, written demonstrated feedback from instructor
- E. Discussion and analysis of style and techniques by class instructor
- F. Small group problem solving and practice in groups
- G. Continuous listening to audiotape or accompanist while performing techniques and combinations
- H. Group improvisations
- I. Video presentations followed by group discussion and critique.

VI. TYPICAL ASSIGNMENTS:

- A. Writing Assignments
 1. Prepare a written analysis of a dance viewed in class. Be sure to include an evaluation of the movements, mood, and structure in your analysis.
- B. Example
 1. Demonstrate appropriate warm-up techniques
 2. Demonstrate appropriate expressiveness, musicality, phrasing and technique for a 48-count combination.

VII. EVALUATION(S):

During the first time the course is taken, students will be evaluated on their ability to learn basic terminology, demonstrate elementary movement, and understand basic components of modern dance.

During the second time the course is taken, students will be evaluated on their ability to demonstrate increasingly more difficult movements, analyzed structure and mood, and compose short collaborations or improvisation.

- A. Methods of Evaluation:
 1. Ongoing evaluation of student's expressive and technical growth assessed by instructor and the student
 2. Final performance of a dance or dances choreographed by instructor and/or student depending on level in the classroom.
- B. Frequency of Evaluation:
 1. At least two examinations on fundamentals and combinations covered in class
 2. At least two examinations on modern dance vocabulary oral and or written
- C. Typical Exam Questions
 1. List and explain the basic standing techniques.
 2. Compare and contrast the contributions of modern dance innovators from the three key periods (classic, post-modern, and contemporary).

San Bernardino Valley College
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VIII. TYPICAL TEXT(S):

Morrison-Brown, Jean. The Vision of Modern Dance. NJ: Princeton Book Co., 1998.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None