

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. This course is divided between weekly lecture classes and bi-weekly movement classes.
- II. The lecture material covered consists of:
 - A. Extensive use of films, video tapes of dance artists and companies
 - B. Analysis of career opportunities and educational requirements in dance
 - C. A look at a student's personal, educational and dance goals
 - D. Discussion of proper nutrition and prevention of injuries
 - E. Understanding of body types and body mechanics as applied to dance
 - F. A look at alternative careers in dance
 - G. Comparison with other forms of physical activity
 - H. Comparison and relationship to the other art forms
 - I. Dance theory--elements of dance as art form
 - J. Brief look at dance, past and present
- III. The movement material covered consists of:
 - A. Brief exposure to ballet, modern, jazz, tap and folk style and steps
 - B. Basic dance technique common to most major forms of dance as a performing art
 - C. Focus on alignment and placement; proper use of arms, feet and turnout
 - D. Brief exposure to movement exploration and improvisation
- IV. General dance terminology; correct warm-up procedures; locomotor movements; elements of spatial design and dynamics
- V. This course often includes an informative visit to the library, guest speakers on specialized subjects (example: nutrition, dance injuries, dance therapy as a career), and/or a field trip to a dance performance or rehearsal

OUTLINE OF LECTURE MATERIAL

- I. Dance Theory
 - A. Dance statistics, growth of dance, dance activity in San Diego County
 - B. What is art?
 - C. What is dance?
- II. Body Mechanics
 - A. Body types
 - B. Spine: anatomical structure
 - C. Legs: anatomical structure
 - D. Injury prevention
 - E. Nutrition for dancers
 - F. Exam
- III. Where Dance Has Been
 - A. Beginnings of dance
 - B. Beginnings of ballet
 - C. Beginnings of modern dance
 - D. Beginnings of jazz dance
 - E. Exam

- IV. Dance Today
 - A. Dance as a career
 - B. College versus career
 - C. Final exam, class evaluation, reports

OUTLINE OF MOVEMENT MATERIAL

- I. Basic movements, technique, concepts
- II. Modern Dance concepts, stylization, movement exploration
- III. Ballet steps, concepts, stylization
- IV. Folk, Tap, Theatre Dance
- V. Jazz rhythms, stylization

REQUIRED READING:

Jacob, Ellen. Dancing, A Guide for the Dancer You Can Be. 2nd edition. New York: Danceways Books, 1990.
One book on dance (informational or biographical-approx. 300 pages)
Articles, handouts (approx. 30, 1-3 pages each)

SUGGESTED READING:

Supplementary texts on reserve in library.

DeMille, Agnes. The Book of Dance. New York: W.W. Norton Publishing, 1968.

REQUIRED WRITING:

One book report (5-8 double-spaced, typewritten pages)
Two concert performance reports, reviews (1-2 pages each)
Homework assignments, including short research projects
Four objective/essay exams

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.

1. Drawn from above suggested readings and assignments, plus short writing, research assignments.
2. Supplemental video viewing, written reports, approx. 1 page per 1 hour.
3. Daily practice of movement material given in class, minimum of 20 minutes per day.
4. Four hours of study per week is a minimum requirement to accomplish assignments.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply. (See guidelines for preparation for definitions.)

telecourse (Course is taught by televised lessons not under direct supervision of an instructor. Usually some on campus lecture/discussion sessions are required.)

mediated instruction (Instruction is by audio-visual means in various combinations. Usually conducted in a learning resources center not under immediate supervision of a qualified instructor.)

computer assisted instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods for determining whether the stated objectives have been met by students):

This course is usually team-taught by several different instructors, with each instructor testing and evaluating the subject matter covered in their section of the course. Students are evaluated on the following: test scores of objective/essay question tests, homework assignments, book and concert reports, attendance, and movement skills. A point system is used to calculate grades.

300 points for participation (10 points off for each absence)

675 points for class work:

- *book report(4-6 pages) = 100 points
(content 40 pts., punctuation & spelling 15 pts., length 30 pts., form - title page, personal critique, typed double-spaced 15 pts.)
- *dance performances; written reports = 75 points
- *four written exams (50-100 pts. each) = 300 points
- *five movement exams (20 points each) = 100 points
- *class assignments = 100 points

900- points = A
800-899 = B
700-799 = C
600-699 = D

-599

= F

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?
YES ___ NO X Number of times course may be taken for credit:
1.

If yes, identify specific provision of Division 2 section(s)
55761-55763 and 58161 which qualifies course as repeatable.

CONTACT PERSON: Robert Gilson, ext. 2316

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| SIGNATURES ON FILE |
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