

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

___x___ Transfer course ___x___ A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: Dance 110: Modern Dance Technique I

UNIT VALUE: 1 or 1.5 **MINIMUM NUMBER OF SEMESTER HOURS:** 32 or 48

BASIC SKILLS REQUIREMENTS:

Appropriate language skills

ENTRANCE REQUIREMENTS:

PREREQUISITE: DNCE 100

COREQUISITE: DNCE 100

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Beginning dance techniques with emphasis on movement exploration, conditioning, and creative experience.

SPECIFIC COURSE OBJECTIVES:

Students will:

1. Demonstrate proficiency of beginning dance techniques with emphasis on alignment, strength and coordination;
2. Observe, analyze, and duplicate combinations of movement that involve use of breath and manipulation of energy;
3. Synthesize elements of focus, direction, level and weight change into a unified physical expression;
4. Apply principals of movement exploration in connection with creative interpretation of ideas;
5. Evaluate, by contrast and comparison, modern dance as it is performed in class and in a professional concert setting;

6. Analyze the role of modern dance in the arts.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

The classwork in this course serves as an introduction to beginning dance skills and as a means through which the student will gain a greater understanding of his own body as an expressive instrument. Beginning skills include proper alignment, strength and flexibility of muscle groups, use of breath control and an articulation of body parts synthesized together to produce movement combinations and phrases.

- I. Technical skills covered include:
 - A. Conditioning exercises for strength, flexibility, endurance. Particular emphasis on feet, legs, back, abdomen.
 - B. Body awareness kinesthetically through articulation, alignment, exploration of shape and line, use of kinesiological principles such as
 - C. Dance technique based on the concept of natural movement. This includes movement development and exploration using
 - D. Development of basic dance skills and technique.
 - E. Improvisations dealing with movement on abstract level.

TYPICAL LESSON PLAN FOR SEMESTER

- I. First 3-5 weeks of semester
 - A. Warm up exercises and technique stress alignment and articulation.
 - B. Basic movement progressions include:
- II. Second 4-6 weeks of semester
 - A. Continued difficulty in warm ups and technique, stress strength and memory.
 - B. Introduction of more complicated progressions, longer phrases, unpredictable weight change and direction changes, including:
- III. Third 3-5 weeks of semester
 - A. Development of more sophisticated warm up exercises that synthesize elements of beginning technique.
 - B. Increased difficulty of progressions including:
 - C. Improvisation with:
 - D. Development of movement for final and performance, emphasis on memory and proficiency.
- IV. Last portion of semester continues training and exploration with emphasis on:
 - A. Proficiency of warm up exercises
 - B. Individual responsibility for memory and progression of sequences
 - C. Repetition of performance material
 - D. Exploration of dynamics and focus of compliment performance.

- V. Studio performance of final material set as dance program specifies. On and off-campus performances possible, date and location vary depending on opportunities.

REQUIRED READING:

Penrod, James and Janice Plastino. The Dancer Prepares. 2nd edition. Mountain View: Mayfield Publishing, 1990.

SUGGESTED READING:

Dance Magazine and other related publications

REQUIRED WRITING:

1. minimum of 2-page performance review
2. Supplemental reports on modern dance videos (2-10 pages)
3. Supplemental reports on dance articles (1-2 pages)
4. Personal evaluation of advancement (2-4 pages)
5. Mid-term on assigned text: in class or as take home assignment.

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. Attendance and written review of a professional dance performance, preferably modern. (2 pages, 6-8 hours)
2. Supplementary viewing and written reports of on-campus modern dance videos.
3. Attendance of at least one Palomar College dance performance or master class. (2 hours)
4. Daily practice of class material averaging at least 15-30 minutes a day.
5. Reading as above (approximately 1 hour per week)
6. Personal evaluation of advancement. (4-6 hour assignment)

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 of determining whether the stated objectives have been met by students):

Since correct dance technique can only be gained through supervised repetition, attendance is a major part of the grade evaluation. A limited number of absences may be made up through extra class observation or participation. Individual technical ability is evaluated by the instructor periodically throughout the semester and as part of the final grade. The students' progress and attitude also play a part in the grading. At this level student is not judged so much on degree of skill as on diligence, improvement and involvement. Final exam often includes a videotaping and evaluation of classwork.

35% -- Participation and demonstration of appropriate exercises.

15% -- Concert Critique. It is an essential part of dance education to view an example of Modern Dance.

25% -- Mid Term on material from Text.

25% -- Final Exam on performance movement material from class sessions. Includes personal evaluation. Supplemental material used as make-ups and for extra credit.

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes X No Number of times course may be taken for credit:
 2 .

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

Section 58161 (c) - (2) (A) and (B)

CONTACT PERSON: Robert Gilson, ext. 2316

SIGNATURES ON FILE
