

- B. Increased demands parallel ability as the semester progresses.
 - 1. push-ups
 - 2. sit-ups
 - 3. feet articulation
 - 4. leg extensions
 - 5. descent and recovery.
- III. Isolation and Coordination
 - A. Manipulation of body parts begins stationary.
 - B. proceeds to single articulation while traveling and then progresses through the semester to simultaneous use of different body parts while traveling.
 - C. Included are the head, shoulders, rib cage, hips, and arms in various combinations.
- IV. Types of Steps Covered
 - A. Kicks
 - 1. Straight, developed, flat, releve plie, forward, side, fan, layout
 - B. Turns
 - 1. Pivot, 3-step, chaine, outside, inside, saute, 1/2 outside
 - C. Leaps
 - 1. Long runs developed to leaps, 3 runs and 1 leap, 1 run and 1 leap, leaps on various counts, leaps in attitude, cut leap
 - D. Syncopated Steps
 - 1. Pas de bouree, chasse, triplet
 - E. Isolations
 - 1. Standing still and traveling
 - F. Contractions
 - 1. Standing, on the floor, and traveling
- V. Jazz Walks: Various rhythms, levels and arms
- VI. Miscellaneous
 - A. Parallel and turned out
 - B. flat-round back
 - C. plies and foot positions
 - D. releve-eleve
 - E. foot articulation
 - F. adagio
 - G. push-ups
 - H. abdominal strengthening
 - I. stretching techniques and exercises
 - J. attitude and arabesque
 - K. jazz splits

REQUIRED READING:

Kraines, Minda and Esther Pryor. Jump Into Jazz. Mountain View: Mayfield Publishing Co., 1997.

SUGGESTED READING:

Dance magazine articles.

REQUIRED WRITING:

Two (2) page critiques of a Palomar College dance production and off-campus live professional company.

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. Daily workout and practice of class material (at least 15 minutes per day).
2. Attendance of a live professional concert or an on-campus viewing of an appropriate dance video.
3. Attendance of at least one Palomar College dance performance or master class with written report (two-three pages).
4. Reading as above.

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):

Since learning in dance can only take place through participation and repetition, evaluation of the student is based primarily on class participation. Absences must be made up by attending (preferably) or observing another dance class in which the student is not enrolled; attending additional dance performances, reviewing dance films or videos; or reading books or magazine articles on dance. The above must all be verified by a written critique or report (1 page per hour missed).

Percentage example:

45% participation and demonstration of appropriate exercises

30% demonstration of class material

25% exams

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

YES NO Number of times course may be taken for credit:

4.

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

Sections 58161 (c)(2)(A)(B)

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SIGNATURES ON FILE
