

CATALOG INFORMATION

Dept & Nbr: THE 230 Title: MODERN DANCE: BEGINNING  
Full Title: Modern Dance: Beginning

Units	Course Hours	Per Week	Nbr of Weeks	Course Hours	Total
Max: 2.0	Lecture	1.0	17	Lecture	17.0
Min: 2.0	Lab	3.0		Lab	51.0
	Contact DHR	0.0		Contact DHR	0.0
	Contact Total	4.0		Contact Total	68.0
	Non-contact DHR	0.0		Non-contact DHR	0.0

Title 5 Category: 01 AA Degree Applic  
Grading: GC Credit course for grade or CR/NC  
Repeatability: 10 4/ANY COMBINATION  
Also listed as:

CATALOG DESCRIPTION:

A variety of modern dance techniques that will increase body awareness, strength, flexibility, control and coordination through movement combinations and improvisation as well as the history of modern dance as it relates to these topics. Development of an appreciation of all forms of modern dance, both in Western and non-Western cultures, concentrating on personal responses, both emotional and intellectual, to various modern dance styles, specific dances and performers of modern dance.

PREREQUISITES:

COREQUISITES:

RECOMMENDED PREPARATION:

No advisories.

LIMITS ON ENROLLMENT:

SCHEDULE OF CLASSES INFORMATION:

Proficiency in a variety of techniques that will increase body awareness, strength, flexibility and coordination. Movement combinations and improvisation skills. (Grade or CR/NC) (Repeat Code 10)  
Transfer Credit: CSU; UC.

ARTICULATION and CERTIFICATE INFORMATION

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ASSOCIATE DEGREE:		Effective: FALL	1981	Inactive:
Area:	C	HUMANITIES		
CSU GE:		Effective: FALL	1981	Inactive:
Transfer area:	C1	ARTS		
IGETC:		Effective:		Inactive:
Transfer area:				

CSU TRANSFER: TRANSFERABLE      Effective: FALL      1994      Inactive:

UC TRANSFER:    TRANSFERABLE      Effective: FALL      1981      Inactive:

CAN:

CERTIFICATE APPLICABLE:    N      NOT CERTIFICATE/MAJOR APPLICABLE

#### APPROVAL AND DATES

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Version 02      Submitted by: LESLIE SAXON-WEST      Date: 08/01/1994  
Department approved:      Date:  
Curriculum approved: 06/01/1981      Version approved: 08/01/1994  
Prerequisites approved: 08/01/1994      Last reviewed: 08/01/1994  
Term effective: FALL    1994    Last taught: FALL    2008    Inactive:

#### COURSE CONTENT

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##### OUTCOME AND OBJECTIVES:

1. Understand the aesthetic and experiential value of dance in one's personal life.
2. Understand the significance and importance of dance in cultures around the world.
3. Increase strength & flexibility of major muscle groups involved in dance.
4. Increase range of movement in body joints.
5. Train motor/nerve synapses to respond in prescribed ways to specific movement situations.
6. Develop a varied movement vocabulary.
7. Increase awareness of rhythms, tempos, and dynamics.
8. Increase ability to memorize and remember movement phrases.
9. Increase endurance, strength and flexibility.
10. Develop ability to phrase separate movements into an integrated whole.
11. Develop skills in improvisation.
12. Learn terminology and basic steps and movements related to modern dance.
13. Understand the history of modern dance.
14. Analyze objective and subjective responses to modern dance material.
15. Identify and articulate the psychological, social and physiological impacts that dance have on people's lives.
16. Understand the differences between performance dance styles (modern/jazz/ballet/ethnic).
17. Understand the differences between performance dance and dance done as recreation, therapy, or social activity.

##### TOPICS AND SCOPE:

###### Lecture/Discussion

1. General history of modern dance in western and non-western cultures—study of individuals and their contributions to modern dance: Isadora Duncan, Ruth St. Denis, Mary Wigman, Hanya Holm, Ted Shawn, Doris Humphry, Martha Graham, Charles Weidman, Merce Cunningham, José Limon, Alvin Ailey, Alwin Nikolais, Paul Taylor, Twyla Tharp, post-modern dance movement, modern dance today. Aesthetics, cultural implications, and experiential significance of dance.
2. Dance as a Creative Process
  - a. Inspiration based on individual awareness
  - b. Choreographic techniques based on emotional context/content, kinesthetics, myth/story, chance, musicality, etc.
  - c. Exploration of why people dance and how specific dance forms satisfy

- a given cultures need to dance.
- d. Exploration of why you dance
- e. Analysis of similarities and differences of modern dance styles, performance techniques, choreographic techniques, etc.
- f. Explore the question: What is dance?

#### Laboratory

1. Axial Movement
  - a. Sitting/lying on floor - contractions, torso pulses, leg and hip stretches, walk position, abdominal strengthening, flexion/extension /rotation of the spine through isolated and spiraled movements
  - b. Standing - demi plies, tendus, degages, rond de jambes, torso bends, releves, arm and leg positioning, lunges, attitudes, torso isolations, contractions, extensions, weight transfers, jumps, controlled stretching, articulation of the foot, alignment.
2. Locomotor Movement
  - a. Technical usage of body instrument while traveling across floor
  - b. Dimensional aspects of space
  - c. Locomotor progressions
  - d. Balance exercises, triplets, dancers run and walk, skip, chasses, prances
3. Improvisation - exploration and manipulation of the basic elements such as direction, level, movement qualities (swing, sustain, percussive, suspend, vibrate, collapse), weight, time, space, flow, primary efforts, effort shadings, effort patterns.

#### ASSIGNMENTS:

##### READING ASSIGNMENTS:

Applicable reading assignments will be selected from the following books or books of a similar title:

1. Prime Movers - Joseph Mazo
2. The Art of the Dance - Isadora Duncan
3. The Dancer Prepares - Modern Dance for Beginners - James Penrod

##### WRITING ASSIGNMENTS:

1. Book report - Two page typewritten report on a book about modern dance, dance history, recognized modern dancer or specific dance technique.

##### OUTSIDE ASSIGNMENTS:

Students will be expected to spend 2 hours out of class for each 1-hour of lecture doing, but not limited to the following:

1. Weekly movement assignments.
2. Viewing applicable dance films/videotapes. Notes to appear in notebook.
3. Notebook, reading from text and other assigned reading.

##### ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING:

1. Analysis of observed dance movements facilitating performance of movements.
2. A research project designed to study the origins of modern dance enabling a student to analyze particular movement techniques introduced in class.

#### METHOD OF INSTRUCTION:

Lecture, reading assignments, class discussion and demonstration, observation of films and videotapes, individual creative movement assignments.

#### METHODS OF EVALUATION:

Substantial writing assignments, including: Essay or research paper, journal documenting personal insights and experiences (approximately 30%); Skill demonstrations, including: Class performance(s), performance exam(s) (approximately 40%); Objective examinations, including: Multiple-choice,

true/false (approximately 30%).

**BASIS FOR GRADING:**

The assignment of a grade is based on the level of achievement of the outcomes and objectives of the course outline and is reflected in quantifiable terms in the course syllabus.

**REPRESENTATIVE TEXTBOOKS:**

The Dancer Prepares - Modern Dance for Beginners - James Penrod and Janice Gudde Plastimo