

DANC 103: INTRODUCTION TO DANCE

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
District General Education:	E1. Dance Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

An introduction to dance as an art form through lecture and activity. The student will experience historical and contemporary dance forms, such as ballet, modern jazz, contemporary, hip hop, and tap. 18 lecture hours, 18 lab hours.

Course Objectives

- demonstrate appropriate dance studio practices and procedures
- demonstrate basic knowledge of historical and current trends in dance
- demonstrate basic skills and techniques in ballet, modern jazz, tap, contemporary and hip-hop forms
- acquire knowledge of basic dance vocabulary as it applies to ballet, jazz, tap, contemporary, hip hop and modern forms
- achieve basic performance level skills at it applies to ballet, jazz, tap, contemporary, hip hop, and modern forms
- demonstrate possible pathways to career opportunities in various dance idioms

Major Course Content

1. Introduction And Overview
 - a. Class format is introduced. Class will cover study of various forms through lecture and dance technique modules
 - b. Dance studio rules and procedures for safety and dance etiquette
 - c. Introduction of various dance forms and discussion of memorization skills
2. Historical And Contemporary Knowledge
 - a. Origins of specific dance forms
 - b. Purpose and growth of a dance form
 - c. Where a specific dance form stands in contemporary time
 - d. Knowledge of noted dancers, choreographers, and companies
 - e. Basic knowledge of attire
3. Techniques And Forms
 - a. Ballet
 - b. Modern, Contemporary

- c. Jazz
 - d. Tap
 - e. Hip-Hop
4. Applied Technique Skills
 - a. Basic positions of the feet and arms
 - b. Proper body alignment for dance
 - c. Center barre for balance and coordination
 - d. Floor-work (stretches)
 - e. Locomotor skills
 5. Basic Vocabulary Instruction
 - a. French (ballet)
 - b. Modern dance
 - c. Jazz/hip hop
 - d. Tap (basic-single terms)
 - e. Hip-Hop
 6. Analysis And Preparation For Practicum Modules
 - a. Practice and memorization of basic choreographic structure
 - b. Practice and memorization of basic dance combination
 7. Performance For Practicum Modules

Lab Content

1. Center Floor Warm-Ups
2. Barre Warm-Ups
3. Across the Floor Progressions
4. Center Floor Combinations
5. Individual Practicum Work with Instructor Feedback
6. Group Exercises
7. Strengthening Exercises for Various Technique Applications

Suggested Reading Other Than Required Textbook

Internet Library Research

Examples of Required Writing Assignments

Short papers on Dance Styles Short papers on Choreographers Short papers on Technique Skills

Examples of Outside Assignments

Research on dance styles or choreographers. Study of various dance forms with written or oral reports. Group projects such as group choreographic presentations.

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab