

DANC 160: JAZZ DANCE TECHNIQUES

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

A survey of the beginning level skills in jazz movement. This class provides basic technique and practice warm-ups, stretching, body control, and the building of stamina and strength progressing to dance combinations. 18 lecture hours, 18 lab hours.

Course Objectives

- demonstrate a kinesthetic perception of line, movement, rhythm, and coordination, thereby using the body as an instrument of expression
- demonstrate a knowledge of the beginning level of jazz dance, including terminology, warm-up and stretching exercises
- demonstrate an ability to execute jumps, turns and combinations to the best of the student's ability as directed by the instructor
- demonstrate a knowledge of basic ballet terminology as well as an ability to execute basic ballet positions for balance and coordination
- demonstrate a basic knowledge of jazz history and origins of jazz dance

Major Course Content

1. Orientation - History of Modern Jazz Dance
2. Instruction in Progressive Exercises
 - a. Warm-up technique
 - b. Stretching
 - c. Basic ballet positions for balance, coordination
 - d. Low-impact aerobic exercises for toning, building stamina
3. Skills in the Use of Dance Forms
 - a. Accent
 - b. Angle
 - c. Dance line
 - d. Rhythm
 - e. Locomotor coordination
4. Execution of Dance Forms

- a. Dance combinations
- b. Sustained movements
- c. Jumps and turns

Lab Content

1. Practice Progressive Exercises
 - a. Warm-up technique in practicum
 - b. Stretching in practicum
 - c. Floor Rehearsal of Basic ballet positions for balance, coordination
 - d. Low-impact aerobic exercises for toning, building stamina
2. Execution of Dance Forms
 - a. Dance combinations in practicum
 - b. Sustained movements in practicum
 - c. Jumps and turns in practicum

Suggested Reading Other Than Required Textbook

Dance Magazine Histories of jazz as an art form, Biographies of famous jazz dancers or choreographers

Examples of Required Writing Assignments

Four page paper about jazz history, evolution of jazz, biographies of famous jazz dancers or choreographers

Examples of Outside Assignments

Practice in class Lab exercises

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab