

# DANC 161: BEGINNING MODERN 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

The study of dance through varied individual and group experiences in Beginning Modern Dance, with emphasis on increasing the individual's ability to use movement creatively. 18 lecture hours, 18 lab hours.

## Course Objectives

- demonstrate a kinesthetic perception of line, movement, rhythm, and techniques to use the body as an instrument of expression
- demonstrate a knowledge of correct vocabulary in relationship to movement
- demonstrate a basic knowledge of kinesthesia as it applies to beginning modern dance
- analyze movement when viewing performances
- execute fundamental center techniques
- maintain awareness of the body as it pertains to beginning modern movement

## Major Course Content

1. Orientation - History of Modern Dance and Choreographers
2. Basic Ballet Skills
  - a. Turn out and parallel
  - b. Plie'
  - c. Positions (5)
  - d. Port de bras
  - e. Battement (petit and grand)
  - f. Coupe' and passe'
  - g. Tendu
  - h. Fondue
  - i. Arabesque
  - j. Floor exercises
  - k. Attitude
3. Skills in the Use of Modern Dance Forms
  - a. Accent- syncopation
  - b. Triplet patterns- beginning level
  - c. Retrograde Pattern- beginning level

- d. Basic levels- weight changing and opposition exercises
- e. Focus - floor patterns
- f. Range - dance study project incorporating odd time signatures
- g. Graham technique- contract and release- beginning level
- h. Sustained movements
- i. Improvisation and "chance"

## Lab Content

1. Practice Progressive Exercises
  - a. Warm-up technique in practicum
  - b. Stretching in practicum
  - c. Floor Rehearsal of Basic modern 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 modern dance as an art form, Biographies of famous modern dancers or choreographers

## Examples of Required Writing Assignments

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

## Examples of Outside Assignments

Practice in class Lab exercises

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab