

# DANC 261: INTERMEDIATE MODERN DANCE I

## 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
Prerequisite:	DANC 161 or Audition.
Strongly Recommended:	DANC 162.
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 continuing study of modern dance with more in-depth instruction in the technique and creative elements of the dance form, including individual and group in-class projects. 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 an expanded understanding of improvisation techniques for self-expression and beginning choreographic work
- demonstrate ability in floor work and rebound, evaluation and sustained movements
- demonstrate a greater understanding of the versatility and inventiveness of modern dance

## Major Course Content

1. Orientation - Review of the History of Modern Dance
  - a. More modern trends
2. Review of Modern Dance Movement Elements
  - a. Time concepts
  - b. Space components
  - c. Force/energy
  - d. Improvisation
3. Intermediate Understanding and Awareness of the Body's Structure
  - a. Alignment/placement
  - b. Joint articulation
  - c. Tension/relaxation
  - d. Flexibility
  - e. Strength
  - f. Endurance
  - g. Axial Movement
  - h. Locomotor movement
4. Developing Range and Freedom

- a. Standing training techniques
- b. Floor-lying exercises
  - i. Spine lengthening
  - ii. Hip and foot joint awareness
- c. Sitting exercises
  - i. Concentration on upper body awareness
- d. Center-floor
  - i. Memory
  - ii. Stamina
  - iii. Creativity
- e. Movement through space
  - i. Locomotor patterns
  - ii. Steps
- f. Movement coordinated with musical elements
  - i. Tempo
  - ii. Rhythm
  - iii. Contrast

## Lab Content

1. Practice Intermediate Progressive Exercises
  - a. Warm-up technique in practicum
  - b. Stretching in practicum
  - c. Floor Rehearsal of Intermediate Modern positions for balance, coordination
  - d. Low-impact aerobic exercises for toning, building stamina
2. Execution of Dance Forms
  - a. Intermediate Dance combinations in practicum
  - b. Sustained movements in practicum
  - c. Intermediate 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 dance dancers or choreographers

## Examples of Required Writing Assignments

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

## Examples of Outside Assignments

Practice in class Lab exercises

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab