

# DANC 271: INTERMEDIATE MODERN DANCE II

## 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 261 or Audition.
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 more advanced study of modern dance through varied individual and group experiences. Includes more complicated exercises and combinations with emphasis on the individual's use of creative movement. 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 a more advanced level ability in floor work and rebound, elevation and sustained movements
- demonstrate a greater understanding of the versatility and inventiveness of modern dance

## Major Course Content

1. Orientation-contemporary Trends of Modern Dance
2. Modern Dance Movement Elements
  - a. Review
  - b. Time concepts
  - c. Space components
  - d. Force/energy
  - e. Improvisation
3. More Advanced 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. Advanced Level 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 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 dance history, evolution of modern dance, 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