

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Julie Freeman

Date: 12/17/2020

Department	Subject	Course Number	Title
Dance	Dance DAN	126A	Intermediate Modern Dance

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lecture Units	Lab Units	Total Units
1.00	1.00	2.00
Lecture Contact Hours	Lab Contact Hours	Total Contact Hours
16.00 - 18.00	48.00 - 54.00	64.00 - 72.00
Lecture Homework Hours	Lab Homework Hours	
32.00 - 36.00	0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

This course is consistent with the intent of Area E in that modern dance technique is a physical activity which increases balance, stamina, agility, flexibility, and strength, plus an awareness of the body in motion, which incites students to develop a personal agenda for their own health (GELO 1 and 3). It requires comprehension of a lifestyle which promotes health and well-being in order to perform at optimal levels in class (GELO 1 and 3). The effects of poor nutrition become apparent as students begin to notice the results in their ability to effectively participate (GELO 1). Class discussions include injury prevention strategies and analysis of various plans for optimal health as students learn to differentiate, discriminate, and discover lifestyle behaviors that are most effective for self-development specifically in relationship to the artistic study of dance(GELO 1 and 3). Thus, the development of a plan to meet the individual's personal health and wellness goals is necessary, and students are charged with developing said plan and identifying ways in which specific movements and classroom exercises facilitate a healthful lifestyle (GELO 1 and 3). Through the study of modern dance technique, students will exhibit and value the impact of dance as a mechanism for human health and wellness as well as a means of self-expression(GELO 1). The study of dance, however, is not simply a physical activity. As such, students in DAN 126A are immersed in the aesthetic study of dance as a performing art form. Evaluating movement for aesthetic value, compositional intent, and historical connections to the field are inherent in class practices and are processed through language, writing, and the body. Dance as communicative, the importance of gesture, and the cultural ramifications of movement are often analyzed in class discussions. This study is further contextualized through the viewing of DVDs and live performance, broadening a student's artistic and aesthetic awareness, but also their understanding of the cultural impact and artistic expression of diverse choreographers over several significant historical eras of the twentieth century. The complexity of dance is discovered not only in terms of movement and technical skill, the relationship to music, and the difficulty of creating through an abstract form, but also the connections to cultural/historical time periods as modern dance reflects and participates in socio-cultural shifts. The latest scholarship in dance studies reflects what we as dancers have long known—that dance creates cultural meaning and that the body itself theorizes and records. Students in DAN 126A come to understand dance as more than just a physical activity, but as a means of communication and expression of the personal and the social, as well as a source of critical processing that engages both mind and body.

Maximum Enrollment:
Maximum Enrollment
Justification:

32

Justification:

Letter Grade or P/NP

Grading Method:
TOP code:

1008.00

Can be 2

(max 4)

Taken

time(s) for credit

X

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course facilitates the development of modern dance technique beyond a beginning level. Emphasis is placed upon deepening the dancer’s technical and expressive skills through more complex movement combinations and improvisations. Rhythmic, spatial and dynamic movement skills are furthered developed as well as the understanding of the historical and cultural context of the modern dance canon.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course develops intermediate level modern dance skills and deepens the dancer's technical and expressive abilities. Transfers to UC and CSU. Meets MSJC graduation requirements.

Need for the course:

This course develops intermediate level modern dance skills and meets the objectives and requirements for the A.A. in Dance-Transfer, the Certificate of Achievement in Dance, the A.A in Dance (local), A.A. in IDS-Liberal Arts: Arts, Humanities & Communications Emphasis, A.A.-T in Kinesiology for Transfer - Associate in Science, as well as the Musical Theater Certificate and the A.A in Musical Theater. Transfers to UC and CSU.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

- DAN 122A with a Grade of C or better. or
- DAN 122B with a Grade of C or better. or
- Audition

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)

Upon the completion of the course the student will be able to do the following:

- Demonstrate progression and transition to an intermediate level of modern dance technique.
- Perceive and exhibit proper alignment while performing class warm-up and movement combinations.
- Discover an increase in flexibility, strength, endurance, and expressivity within complex movement combinations at an intermediate level.
- Compose improvisations in response to specific structures created by the instructor, while developing a personal movement aesthetic.
- Develop comprehension of a variety of performance qualities at an intermediate level as related to modern dance technique within extended movement sequences.
- Synthesize understanding of the relationship between rhythm, space, and movement dynamics beyond a beginning level.
- Compare and contrast modern dance styles and their historical and cultural significance.
- Illustrate the ability to perceive and express qualitative differences in mood and energy within a single movement combination.
- Evaluate and critique dance movement for aesthetic value and compositional intent.
- Analyze the ways in which the study of a technique for dance impacts healthful living and self-development.
- Demonstrate ability to expand breadth of movement and spatial drive.

Course Content:

(please number the outline of main topics and subtopics)

- Modern dance--historical and cultural impact
 - Early modern choreographers
 - Empowering women

	2. Appropriation
	3. Aesthetics
2. Post-modern dance	1. Challenges to the status quo
	2. Pedestrian movement
	3. The “No Manifesto”
	4. Aesthetics
3. Post-post modern or contemporary	1. Where are we now?
	2. Current and notable choreographers
	3. What’s new?
4. Reflecting culture/ challenging culture	1. Current theories
	2. Moving bodies/moving histories
2. Understanding the canon	1. Through video, live performance, and movement practice
	1. Recognizing aesthetic differences of historical time periods
	2. Noting a choreographer’s place in the history
	3. Artistic intent
	4. Modern dance philosophies
3. Dance as corporeal practice	1. Safe and effective training methods
	1. Keeping the body safe
	1. Stretch and strengthen methodologies
	2. Dancer longevity
	3. Correct technique
	4. Functional movement
	2. Dance Pedagogy
	1. The function of technique
	1. Instructor practices
	1. Visual demonstration
	2. Hands-on corrections
	3. Lecture and motivation
	4. Large and small group work
4. Establishing personal health and wellness goals	
a. Performance qualities and artistic style	
b. Technical development and achievements	
c. Healthy approaches to rest and nutrition	
d. Physical fitness and development	
5. Achieving health and wellness goals	
a. Personal responsibility	
b. Physical, social and psychological demands and issues	
c. Assessing self-development and development of the class as a whole	
d. Understanding safe techniques for stretching, strengthening, and conditioning	

Lab Content:

(please number the outline of main topics and subtopics)

1. Alignment - Increased awareness and practice at an intermediate level:	
1. Dynamic Alignment-	
	1. Efficient muscular effort and release of unnecessary muscular tension.
2. Skeletal alignment and relationship of body parts, head to foot.	
	1. Spine
	2. Shoulder
	3. Hip
	4. Knee
	5. Foot
3. Basic anatomical muscular and skeletal identification	
2. Warm-up: Exercises to condition the large muscle groups and increase strength, flexibility, and endurance	
1. Stretches	
	1. Target tight muscles
	2. Minimize stretch to the non-elastic tissue of tendons and ligaments.
2. Strength exercises for balanced musculature	
	1. Upper body: pectorals, biceps, and triceps.
	1. Plank position
	2. Side-arm balance
	2. Legs: hamstrings, quadriceps,
	calves.
	1. Lunges
	2. Leg lifts
3. Feet	
	1. Theraband work
	2. Elev�� and relev���
3. Core work	
1. Abdominals	

- 1. Rectus Abdominis
 - 2. Transverse Abdominis
 - 3. Obliques
- 2. Iliopsoas
 - 3. Pelvis floor
 - 4. Spine
- 3. Intermediate Techniques: Comprehension and execution of modern dance vocabulary and technique
 - 1. Demi and grand plies
 - 1. With upper body coordination
 - 2. Parallel and turned-out (rotated) positioning of the femur within the hip socket continuing into the feet.
 - 2. Torso Work
 - 1. Upper back, torso and side waist movement to increase range of motion.
 - 2. Rolling up and down the spine
 - 3. Hovers in elev  , and on one and two feet
 - 4. Drop Swings
 - 5. High chest
 - 6. Upper back extension and contraction
 - 3. Balances on one and two feet: first and second position, parallel or turned out.
 - 1. D  velopp  
 - 2. Arabesque
 - 3. Attitude and attitude swings
 - 4. Relev   and elev  
 - 4. Weight Shift
 - 1. Weight support on one leg while the other leg gestures.
 - 1. Tendu
 - 2. D  gag  
 - 3. D  velopp  
 - 4. Petit and grand battements
 - 2. Working between positions
 - 1. Battement to lunge to battement, as an example of the many possibilities for shifting the weight off center and recovery.
 - 3. Fall and Recovery
 - 5. Simple jumps in first and second position.
 - 1. Proper alignment of lower extremities when preparing for and landing in jumps
 - 6. Turning and spotting
 - 7. Arms
 - 1. Basic port de bras
 - 1. Hand/scapula connection
 - 2. Hand/naval connection
- 4. Locomotor combinations across the floor: integrating correct alignment and intermediate movement skills
 - 1. Movement from the pelvis and lower abdominals
 - 2. Extended combinations to increase stamina
 - 3. Dynamic weight and directional shifts through space
 - 4. Combinations which integrate a variety of speeds and tempos
 - 5. Combinations which integrate complex phrasing and musicality
 - 6. Off-center torso
 - 7. Spatial awareness to other dancers, and to landmarks in the room
- 5. Center combinations: Comprehension and execution of modern dance aesthetics with proper alignment throughout.
 - 1. Body Awareness
 - 1. Coordination of breath and movement
 - 2. Movement from center of body
 - 3. Head to tail connection
 - 4. Vertical throughness
 - 2. Combinations which integrate varied rhythms
 - 1. Duple
 - 2. Triple
 - 3. Complex, e.g. 5/4 or 7/8
 - 3. Combinations which emphasize varied movement dynamics
 - 1. Percussive
 - 2. Sustained
 - 3. Suspended
 - 4. Partnering with the floor
 - 1. Explorations of weight and gravity
 - 5. Artistic expression
 - 1. Multiple effort qualities
 - 2. Presence
 - 3. Focus
 - 1. Explored on a continuum from internal to presentational
 - 6. Complex movement structures
 - 1. Varied bodily rhythmic patterns
 - 2. Quick directional changes

- 3. Multidimensional dynamics
- 7. Analysis of the relationship between music and modern dance
 - 1. Musicality
 - 2. Phrasing
 - 3. Timing
 - 4. Artistic impression, interpretation, intent
- 6. Improvisation and self-designed movement
 - 1. Creating movement through structured improvisation beyond a beginning level
 - 2. Exploration of individual movement voice
 - 3. Spontaneous response
 - 4. Increased development of the senses
 - 5. Integration of the known and the new
 - 6. 360 spatial awareness
- 7. Assessment and evaluation of health and wellness goals
 - 1. Analysis of personal growth toward achieving one's goals
 - 2. Developing and modifying personal plan to achieve one's goals
 - 3. Modifying goals as necessary

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Lecture/demonstration
Integration: Demonstration of movement and explanation of proper execution by instructor followed by student repetition and instructor feedback.
- **Method:** Activity
Integration: Practice correct technique in warm-up and across the floor exercises while simultaneously attending to rhythmic, spatial, and energetic changes and variations.
- **Method:** Discussion
Integration: Discuss/analyze the various styles and techniques included in the modern dance canon and their historical significance.
- **Method:** Critique
Integration: Individual visual/verbal/tactile/written/demonstrated feedback for continued student integration of qualitative differences in approach to technique and danced sequences.
- **Method:** Structural anatomy lecture- demonstrations
Integration: discuss structural anatomy and function for deepened understanding of movement processes utilizing in-class skeleton and instructor or student demonstrations.
- **Method:** Film/video Viewing and Discussion
Integration: Occasional viewing of video followed by discussion of technical, artistic, and aesthetic merit of dances viewed to further develop aesthetic awareness and the necessity of a technique for dance.
- **Method:** Lecture
Integration: Lecture on the differences between static and dynamic flexibility and their applications in the study of modern dance.
- **Method:** Directed Study
Integration: in pairs, work to identify and remedy problems in the execution of alignment within typical warm-up exercises, i.e: rolling down the spine, swings, and balances.
- **Method:** Experiments
Integration: Improvise and create within improvisational structures designed to encourage a personal movement aesthetic.
- **Method:** Readings
Integration: Readings in current Critical Dance Theory, connecting various fields, including cultural studies, race studies, political theory, media studies and other fields to historical and current modern dance practices.
- **Method:** Group Projects
Integration: Group analysis and demonstration of the ways in which the study of a technique for dance impacts general health and wellness in regards to strength, stamina, balance, and agility, and aids the student in creating personal goals for health and wellness.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Peer evaluation
Integration: to assess the student's comprehension of material in the form of a demonstration followed by discussion.
- **Method:** Exams/Tests
Integration: Movement exams that examine a student's ability to create within improvisational structures while demonstrating creativity, originality, and a developing personal aesthetic.
- **Method:** Final Performance
Integration: small group or solo performance of a fully realized movement composition, choreographed by instructor or student(s), that demonstrates the student's understanding of the integral relationship of space, time, energy and motion. In response, verbal or written feedback will be provided by the instructor and verbal feedback given by peers at time of performance.
- **Method:** Class Work
Integration: weekly assessment by the instructor of the student's progression in technical and expressive skill through observation of class work.
- **Method:** Group Projects
Integration: Instructor evaluation of student understanding of terminology, muscular-skeletal function, dynamic

- alignment, and proper technique through the observation of peer group discussions.
- **Method:** Class Performance
Integration: performance of weekly movement compositions appraised for growth in expressive skill and ability to take risks through increased breadth of movement and spatial drive, as demonstrated by studentâ€™s ability to execute a variety of effort qualities.
 - **Method:** Class Participation
Integration: the quality of participation will be evaluated based on demonstrated progress over the duration of each class in terms of integration of concepts, increased retention of sequence, incorporation of feedback regarding rhythmic timings, expressive interpretation, and proper technique.
 - **Method:** Papers
Integration: response to class readings evaluated on the articulation and depth of understanding of critical thinking concepts as applied to the field of dance studies.
 - **Method:** Self-Evaluation
Integration: Students' comprehension of the ways in which the study of a technique for dance impacts personal health and self-development will be evaluated through an oral, or written, self-evaluation that discusses individual improvement of strength, flexibility, balance and endurance.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

1. Perform a movement combination that integrates proper alignment, dynamic movement skills and rhythmic complexity while reflecting the artistic vision of the choreographer.
2. Discuss proper alignment with a peer. Offer them suggestions to increase control and range of motion.
3. Write a three-page response paper on a live dance performance that identifies the modern dance vocabularies employed and analyzes the execution of modern dance technique.
4. Write a response to class readings, focusing on critical theory (cultural studies, race studies, media studies, political theory, etc) as they apply to past or current modern dance practices.
5. Write a self-evaluation appraising your growth during the semester, evaluating your overall performance, and analyzing the ways in which the study of modern dance technique has impacted your overall health and self-development.
6. Keep a journal over the course of the semester, discussing your journey over eighteen weeks and how your study of a technique for dance has impacted both your self-development and your overall health and wellness, cataloguing increases in flexibility, strength and endurance as a result of your study of modern dance at an intermediate level.

Textbooks:

- Mazo, Joseph (2000). *Prime Movers: The Makers of Modern Dance in America* Princeton Publishers. ISBN: 9780871272119
- Joshua Legg (2010). *Introduction to Modern Dance Technique* Dance Horizons. ISBN: 978-0871273253
- Streb, E. (2010). *How to Become an Extreme Action Hero* Feminist Press, City University of New York. ISBN: 978-1-55861-656-1
- Cohen, S.J. (2011). *The Modern Dance: Seven Statements of Belief* Wesleyan University Press. ISBN: B005199WS6
- Clarke, Melanie (2020). *The Essential Guide to Contemporary Dance Techniques* Crowood. ISBN: 13 : 978-1785006999

Other Resources:

Minimum Qualification

- Dance (Masters Required)