

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Julie Freeman	Date:	12/17/2020
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Department	Subject	Course Number	Title
Dance	Dance DAN	126B	Advanced 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.

<u>Lecture Units</u>	<u>Lab Units</u>	<u>Total Units</u>
1.00	1.00	2.00
<u>Lecture Contact Hours</u>	<u>Lab Contact Hours</u>	<u>Total Contact Hours</u>
16.00 - 18.00	48.00 - 54.00	64.00 - 72.00
<u>Lecture Homework Hours</u>	<u>Lab Homework Hours</u>	
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 126B 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 126B 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:

32

Maximum Enrollment Justification:

Justification:

Grading Method:

Letter Grade or P/NP

TOP code:

1008.00

Can be Taken

2

time(s) for credit (max 4)

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 continues the development of modern dance technique at an advanced-intermediate level and focuses on the integration of dynamic alignment, technical skill, and artistic expression. Through the continued study of various modern dance movement vocabularies and aesthetics, students deepen their expressive skills and dynamic range as well as their understanding of the genre. Complex movement sequences, multi-layered rhythms, dynamic effort qualities, and musical cues will be synthesized, and simultaneously negotiated, in class movement explorations.

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 advanced-intermediate level modern dance skills and deepens the dancer's technical and expressive abilities. Transfers to UC/CSU and meets MSJC graduation requirements.

Need for the course:

This course develops advanced-intermediate level modern dance skills and meets the objectives and requirements for the Certificate of Achievement in Dance, the A.A. in dance (local), the A.A. in Dance (transfer), 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
- DAN 126A 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:

1. Exhibit proficiency in modern dance technique at an advanced-intermediate level.
2. Differentiate the subtleties of a dynamic alignment as experienced in efficient movement efforts and the release of tension.
3. Develop musicality within the body in response to various time signatures.
4. Scrutinize and differentiate, for safety and effectiveness, a variety of modern dance warm-up and training methodologies.
5. Synthesize, and simultaneously negotiate, complex movement sequences, rhythmic patterns, spatial pathways, directional changes, dynamic effort qualities, and musical cues.
6. Demonstrate sensitivity and responsiveness to interactions with other dancers within improvisational structures.
7. Create, prepare, and perform intermediate level movement combinations that reflect an understanding of complex movement structures in time, space, and energy.
8. Recognize and identify differences in the movement aesthetics of modern, post-modern, and contemporary dance.
9. Evaluate and critique dance movement for aesthetic value and compositional intent.
10. Analyze the ways in which the study of a technique for dance impacts healthful living and self-development.

Course Content:

(please number the outline of main topics and subtopics)

1. Modern dance--historical and cultural impact
 1. Dance as meaning/Dance as metaphor
 2. Reflection of race, gender, and class
 1. Choreographies of inclusion/exclusion
 2. Appropriations of other cultures
2. Modern dance and historical aesthetics
 1. Modern
 2. Post-Modern
 3. Post-Post Modern or Contemporary
3. Understanding the canon
 1. Notable choreographers
 2. Modern dance philosophies

3. Challenges to the status quo
 1. Artistic
 2. Cultural
4. Contributions of choreographers of color
 1. Historical exclusions of choreographers of color
4. Dance as practice/dance as life
 1. Safe and effective training methods
 1. Stretch and strengthen methodologies
 1. Understanding safe techniques for stretching, strengthening, and conditioning
 2. Dancer longevity
 3. Correct technique
 1. Technical development and achievements
 4. Functional movement
 2. A sense of self
 1. Building confidence
 2. Connections to interior motivations
 3. Mind/body connections
 3. Performance qualities and artistic style
 1. Developing a personal movement voice
 2. Developing a range of effort qualities
 3. Performance and focus
5. Establishing and achieving personal health and wellness goals
 1. Healthy approaches to rest and nutrition
 2. Physical fitness and development
 3. Personal responsibility
 4. Physical, social and psychological demands and issues
 5. Assessing self-development and development of the class as a whole

Lab Content:

(please number the outline of main topics and subtopics)

1. Alignment - Increased awareness and practice of the following at an intermediate level:
 1. Dynamic alignment understood as mobile and fluid as opposed to fixed within the body.
 2. Integration of skeletal alignment and relationship to movement.
 3. Increased understanding of muscular and skeletal systems and their functions in dance technique.
2. Warm-up – Exercises to condition the large muscle groups and increase strength, flexibility, and endurance:
 1. Yoga for dancers/vinyasas which may include:
 1. Stretches
 1. Sun Salutations
 2. Downward facing dog
 3. Child's pose
 4. Extended dog stretch
 5. Mountain pose
 2. Strength
 1. Plank position –high and low
 2. Chair pose
 3. Warrior poses
 4. Tree pose
 2. Stretches, with an understanding of the differences between elastic and non-elastic tissue
 3. Strengthening exercises for weak muscle groups
 1. Abdominal exercises--action and function
 1. Rectus Abdominis
 2. Transverse Abdominis

3. Obliques
 2. Intermediate level floor barre
 4. Breath work/breath support
3. Center work /the practice of technique at an intermediate level
 1. Demi and grand plies with complex upper body coordination including the torso on-center to off-center
 1. Parallel and turned-out (rotated) positioning of the femur within the hip socket continuing into the feet.
 2. Upper body mobility: Upper back, torso and side waist movement to increase range of motion.
 1. Rolling the body on its axis—floor work or standing
 2. Hovers in turns and jumps
 3. Drop Swings with jumps at bottom and top of swing
 4. High chest in one-foot balances and turns
 5. Upper back extension and contraction
 3. Balances on one foot including in elev   and taking the torso off-center in parallel or turned out positions.
 1. D  velopp  
 2. Arabesque
 3. Attitude and attitude swings
 4. Weight Transference
 1. Subtle weight shifts within complex sequence and rhythmic patterns
 2. Tendue
 3. D  gag  
 4. D  velopp  
 5. Petit and grand battements
 5. Large weight shifts
 1. Upper body dive, slide to plank, press to parallel first, roll up; as an example of the many possible.
 6. Gravity/Floor work
 1. Slides
 2. Drop roll
 3. Fall and Recovery
 7. Jumps and leaps in center combinations
 1. Proper alignment through the body throughout preparation and landing
 8. Turning and spotting
 1. Focus (internal, external)
 2. Pirouette
 3. Pencil turn
 4. With torso off-center
 9. Improvisation and self-designed movement
 1. Creating movement through structured improvisation at an advanced-intermediate level.
 2. Development of individual movement voice
 3. Developed skill of spontaneous response
 4. Heightened development of the senses
 5. Integration of the known and the new
 10. Complex danced combinations
 1. Artistic expression
 2. Multiple effort qualities
 3. Varied bodily rhythmic patterns
 4. Multidimensional dynamics
 11. Analysis of the relationship between music and modern dance
 1. Musicality
 2. Phrasing

3. Timing
 1. Artistic impression, interpretation, intent
4. 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. Physical, social and psychological demands and issues
 4. Nutrition and impact on health and performance

Methods of Instruction:

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

- **Method:** Lecture/demonstration
Integration: Deliver a lecture that compares and contrasts multiple approaches to dance warm-ups and training methodologies in terms of sound, physiologic practices that are designed for safety and effectiveness.
- **Method:** Observation and Demonstration
Integration: The student will observe rhythmic patterns, musicality, effort qualities, and correct technique demonstrated by the instructor or exemplar student peers.
- **Method:** Discussion
Integration: Discuss, analyze, and reflect on dynamic alignment as a foundational practice that allows for a release of unnecessary tension, and a variety of efficient movement responses.
- **Method:** Live Performance Viewing
Integration: Attend a live performance as a means of engaging multiple learning modalities in an effort to increase student understanding of modern dance as a dynamic art form that responds to, and reflects, socio-cultural practices and histories.
- **Method:** Homework
Integration: Examine select readings to contextualize the study of modern dance within the racial history of the US to identify the contributions of choreographers of color and their previous exclusion from the field and the canon.
- **Method:** Lab Activities
Integration: In small groups, create and perform a movement combination that demonstrates an understanding of complex rhythmic, spatial, and energetic patterns.
- **Method:** Directed Study
Integration: Create and interact with different genres of music which employ a variety of time-signatures to broaden student's exposure and possibilities for response.
- **Method:** Film/video Viewing and Discussion
Integration: The student will participate in in-class video viewing, analysis, and discussion to discover the Africanist Aesthetics that are entrenched in American modern dance forms and to deepen understanding of effort qualities in artistic interpretation and expression.
- **Method:** Readings
Integration: Students will read assigned articles specific to the modern dance canon intended to develop critical thinking skills about dance/art in the socio-cultural environment of the U.S.
- **Method:** Group Projects
Integration: Appraise and validate the ways in which specific exercises impact stability, agility, stamina, and strength, promoting overall health and fitness.
- **Method:** Lecture
Integration: Lecture on the influence and response of 20th century modern dance choreographers to cultural changes reflected in the different styles, techniques, philosophies and principles of their artistic work.
- **Method:** Activity
Integration: Practice correct technique at an advanced-intermediate level in center work and in complex movement combinations while synthesizing a range of dynamic and musical qualities.

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:** Instructor assessment
Integration: Weekly assessment by the instructor of the student's progression in technical and expressive skill through observation of class work.
- **Method:** Exams/Tests
Integration: Evaluation of student understanding of safe techniques for warm-up and stretching through the observation of independent student warm-up in occasional movement exams.
- **Method:** Other
Integration: Performance of weekly movement compositions appraised for growth in understanding of complex rhythmic, spatial, and energetic patterns.
- **Method:** Class Work
Integration: The quality of class participation will be evaluated based on demonstrated ability to apply corrections related to alignment, effort quality, shape, musicality, and proper technique.
- **Method:** Movement exam
Integration: Movement exams that interrogate a student's ability to create within improvisational structures while demonstrating creativity, originality, and a developing personal aesthetic.
- **Method:** Class Performance
Integration: Instructor observation of student's ability to utilize dynamic alignment as a means of releasing unnecessary tension and creating efficient movement responses.
- **Method:** 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.
- **Method:** Self-Evaluation
Integration: A written self-evaluation that indicates a student's understanding of how the study of modern dance impacts personal health and self-development in terms of strength, flexibility, vitality, confidence, and overall well-being.
- **Method:** Class Participation
Integration: Evaluate, through discussion, student understanding of the diverse choreographers and communities that have contributed to the modern dance cannon outside of the white choreographers who are most often noted

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 demonstrates a synthesis of dynamic alignment, a range of effort qualities, and complex rhythmic understandings that is also an accurate reflection of the choreographer's intent.
2. Write a 3-page paper in response to a live dance performance that demonstrates an understanding of the relationship between proper technique and artistic expression.
3. Observe alignment in peers during class exercises and offer suggestions on how to achieve proper integration in skeletal/muscular connectivity and alignment.
4. Write a self-evaluation paper that discusses how the study of modern dance has impacted your overall health and well-being over the course of the semester.
5. Work within a small group to create a movement combination that highlights personal movement interests and aesthetics.
6. Interact with peers within an improvisational exercise that demonstrates the students developing personal movement voice and ability to respond in the moment to ever-changing factors.

Textbooks:

- Olsen, A (2014). *The Place of Dance: A Somatic Guide to Dancing and Dance Making* Wesleyan University Press. ISBN: 978-0-8195-7405-3
- Cohen, S.J. (2011). *The Modern Dance: Seven Statements of Belief* Wesleyan University Press. ISBN: B005199WS6
- Giersdorf, Jens Richard (2019). *The Routledge Dance Studies Reader* Milton: Routledge. ISBN: 9781138088719

Other Resources:

Minimum Qualification

- Dance (Masters Required)