

# DANC 13A: INTRODUCTION TO CONTEMPORARY DANCE

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2025
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Dance Technique family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Identify beginning contemporary dance steps and combinations with correct terminology and analyze musical phrasing.
- Perform the introductory and beginning exercises of the technique of contemporary dance while exhibiting correct body placement, flexibility and coordination.

## Description

Introduction to the fundamental techniques of contemporary dance. Emphasis is placed on development of the knowledge and understanding the principles of contemporary dance, including basic movement theory, technique, and repertoire from global artists.

## Course Objectives

The student will be able to:

- Recognize and employ fundamental contemporary dance theory and technique
- Demonstrate creative application of dance techniques and problem-solving through movement and exploration
- Analyze and discuss contemporary dance as an art form
- Apply basic exercise physiology to contemporary dance technique

## Course Content

- Recognize and develop fundamental contemporary dance technique
- Demonstrate creative application of dance techniques through movement exploration and improvisation
  - Floor work: alignment, breathing, articulation and stretching of individual muscles and body parts, flexion and extension, rotation, contract, release, and combination of movement in seated and lying positions
  - Floor center work: balancing, lateral stretching, isolations and contractions, body releases, drops, falls, tilts, brushes and other footwork, swings, jumps, leaps, recovery, suspension, arabesque, attitude, and turns

- Moving through space:
  - Basic locomotor movements, to include walk, run, hop, jump, slide, leap, gallop, triplet combinations, and in all directions
  - Qualities of movement: percussive, sustained, vibratory, swinging, suspended
  - Basic turn technique
- Demonstrate full body awareness
  - Alignment and weight placement
  - Use of turnout and parallel positions
  - Axial motions on and off center
  - Contract and release from core
  - Fall and recovery
- Identify spatial orientations
  - Stage directions
  - Space as tangible volume shaped by the dancer
  - Negative space
- Time orientation: listening and hearing, recognizing and responding to pulse, meter, tempo, and abstract sounds; rhythm exploration: the relationship of movement to sound and music
  - Sensory stimuli (texture, taste, lighting, sound, and music)
  - Abstract concept of time, space, shape, energy
  - Theme, mood, emotions
  - Props, sets, costumes, and extensions of the human form
  - Completion of a basic movement phrase
  - Combining given movement in a new way
  - Creation of original movement
- Analyze contemporary dance as an art form
  - Historical overview of contemporary dance, including Merce Cunningham, Paul Taylor, Martha Graham, Twyla Tharp, Katherine Dunham, Mia Michaels
  - Approaches to contemporary dance
  - Contemporary dance in relationship to other contemporary art forms
- Apply basic exercise physiology to contemporary dance technique
  - Develop cardiovascular endurance
  - Employ anaerobic training
  - Improve efficiency and body mechanics
  - Employ techniques for overall flexibility
  - Comprehend techniques to avoid common injuries

## Lab Content

- Demonstration and practice of introductory floor, barre, and center exercises in contemporary dance technique
- Demonstration and practice of across the floor exercises in contemporary dance technique
- Demonstration and practice of proper body awareness and alignment

## Special Facilities and/or Equipment

- Dance studio and audio set-up.
- Leotards, tights recommended, or exercise clothing with appropriate dance shoes.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

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

Periodic evaluation of performance skills  
Demonstration and explanation of selected combinations  
Written critique of live dance performances  
Written examination on basic vocabulary and theory  
Creative project: movement problem-solving  
Evaluation of student's weekly journal

## Method(s) of Instruction

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

Laboratory  
Demonstration  
Collaborative small group learning  
Lecture presentations and classroom discussions

## Representative Text(s) and Other Materials

Ambrosia, Nora. Learning About Dance, 8th ed.. 2018.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Written critique of a live dance performance
2. Optional writing exercises based on recommended reading

## Discipline(s)

Dance