

# DANC 13B: INTERMEDIATE CONTEMPORARY DANCE

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Prerequisite:	DANC 13A.
Advisory:	This course is included in the Dance Technique family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

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

## Description

Continuation into intermediate contemporary dance technique and training. Includes the intermediate vocabulary and practice of barre, center floor exercises, and across the floor combinations.

## Course Objectives

The student will be able to:

- Perform the exercises of intermediate contemporary technique, including warm-up and center floor combinations
- Define the traditional vocabulary of steps in the intermediate contemporary class syllabus
- Explain the progression and purpose of the specific order of intermediate classroom exercises
- Analyze the historical development of contemporary dance
- Increase body awareness and confidence
- Apply the concepts of proper alignment and placement in all activities
- Recognize contemporary dance as both a physical discipline and an artistic expression
- Appreciate music as an integral part of the contemporary dance class experience

## Course Content

- Barre exercises
  - Plie
  - Tendu

- Degage
  - Ron de jambe a terre
  - Petit battement
  - Grand battement
- Center floor exercises
    - Adagio
    - Waltz
    - Petit allegro
    - Grand allegro
  - Across the floor
    - Walk
    - Run
    - Jump
    - Turn
    - Leap
  - Historical analysis of contemporary dance
    - Sources and influences of historical periods on contemporary style
    - Transition from highly specialized training to a universal form of exercise
  - Body awareness
    - Alignment
    - Placement
    - Strength
    - Flexibility
    - Agility
    - Endurance
    - Coordination
    - Control
    - Grace
  - Artistic references
    - Reference to contemporary dance companies and performances
    - Sources and styles of musical accompaniment for contemporary dance class

## Lab Content

- Demonstration and practice of intermediate contemporary barre exercises
- Demonstration and practice of intermediate contemporary across the floor exercises and combinations
- Demonstration and practice of proper body awareness and alignment

## Special Facilities and/or Equipment

- Dance studio and audio/sound equipment.
- Exercise clothing and appropriate shoes (ballet and/or character shoe).
- 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:

Evaluation of performance skills through the intermediate level Objective exams

Collaborative learning assignments  
Written critique of dance performance

## **Method(s) of Instruction**

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

Lecture presentations and classroom discussions using the language of intermediate contemporary dance  
Cooperative learning exercises  
Laboratory and demonstration

## **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 live dance performance
2. Optional writing exercises based on recommended reading

## **Discipline(s)**

Dance