

# DANC 14: DANCE CONDITIONING

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Ballet & Conditioning family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: 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 fundamental steps and combinations with correct dance terminology and analyze musical phrasing.
- Perform dance movement sequences and conditioning exercises while demonstrating correct body placement and positions and exhibiting flexibility, coordination and core strength.

## Description

Introduction to the principles of dance and conditioning through floor work derived from various dance disciplines, including ballet, jazz, contemporary and other psycho-physical disciplines. Topics may include body mechanics, muscle groups critical to dance, flexibility, alignment, self-assessment, dance injury prevention, and strengthening the mind-body-spirit connection.

## Course Objectives

The student will be able to:

- Identify their own habitual patterns of movements as a base for acquisition of dance technique.
- Demonstrate correct body placement in everyday functioning and in specialized physical activities.
- Demonstrate principles of mind-body continuum.
- Apply body awareness and movement principles to dance technique.
- Apply basic exercise physiology and nutrition to dance.

## Course Content

- Identify habitual patterns of movements as base for acquisition of dance technique.
  - Visualization and activation of kinetic awareness.
  - Seeing the self with the outer and inner eye/body assessment.
  - Feeling the body in relationship to the floor, space, wall, objects in the environment and other people.
  - Body parts and their connection.
- Demonstrate correct body placement in everyday lift and in specialized physical activities.
  - Development of maintaining the center.
  - Discuss alignment in relationship to efficient movement.

- Discuss alignment in relationship to aesthetic movement.
- Apply the use of center/off-center movement practice.
- Demonstrate the principles of the body-mind continuum.
  - Demonstrate balance, relaxation, and alertness through mental and physical centering.
  - Recognize the body-mind connection.
  - Identify the relationship of body alignment and concentration.
  - Identify the relationship of body alignment and balance.
  - Define a state of physical relaxation and mental alertness.
  - Relaxation exercises.
  - Breathing techniques.
- Apply body awareness and movement principles to dance techniques.
  - Identify rhythms of the human body.
  - Demonstrate and develop turnout out/outward rotation of the hip.
  - Analyze and practice elongated and passive lengthening, stretching, and strengthening exercises.
- Apply basic exercise physiology and nutrition to dance.
  - Theories of anaerobic vs. aerobic exercise.
  - Development of cardiovascular endurance, strength conditioning, and overall flexibility.
  - Improving efficiency and body mechanics.
  - Nutritional fundamentals as they relate to specific demographics: youth, adults, professional dancers, males and females.

## Lab Content

- Demonstration and practice of dance conditioning exercises.
- Demonstration and practice of basic center floor and barre exercises, including across the floor.
- Demonstration and practice of proper body awareness and alignment.

## Special Facilities and/or Equipment

- Leotards and tights or other exercise clothing which is form fitting and allows flexibility in moving.
- Towel and/or exercise mat.
- Dance studio facilities and audio set-up.

## Method(s) of Evaluation

- Periodic written examination and quiz covering terminology.
- Journal diary for daily progress and self assessment and for depth of analysis.
- Evaluation of written paper on topic of student's choice for completeness, coherency, and for depth of understanding and analysis of basic principles of dance conditioning.

## Method(s) of Instruction

- Collaborative learning and small group exercises.
- Lecture presentations and classroom discussion using the language and vocabulary of dance.
- Laboratory and demonstration.

## Representative Text(s) and Other Materials

Ambrosia, Nora. *Learning About Dance*. 7th ed. New York, NY: Kendall Hunt Publishing, 2016.

Fahey, T., P. Insel, and W. Rothe. *Fit and Well*. San Francisco, CA: McGraw Hill, 2011.

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

- A. Written critique of a live dance performance.
- B. Optional writing exercises based on recommended reading.

## **Discipline(s)**

Dance