

# DANC 2A: BEGINNING MODERN 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; not open to students with credit in DANC 2.
<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

- Create modern dance sequences and express individuality through dance, demonstrating correct body placement and positions while exhibiting flexibility, coordination and core strength
- Identify modern dance steps and movement phrases with correct terminology and analyze rhythmic patterns.

## Description

Introduction to the elementary fundamentals of modern dance technique and training. Course includes the basic vocabulary and practice of beginning modern center barre and floor exercises.

## Course Objectives

The student will be able to:

1. Perform the fundamental exercises of beginning modern dance, including center floor combinations
2. Define the traditional vocabulary of positions and steps in the beginning modern dance class syllabus
3. Identify and explain the progression exercises of the specific order of individual classroom exercises
4. Analyze the historical development of modern dance
5. Increase body awareness and confidence
6. Recognize modern dance relationship to artistic references
7. Appreciate classical and contemporary music as an integral part of the dance class

## Course Content

1. Center floor exercises
  - a. Extensions
  - b. Balances
  - c. Movement phrases

- d. Small jumps
  - e. Big jumps
2. Steps and positions
    - a. Plie
    - b. Tendu
    - c. Degage
    - d. Fall and rebound
    - e. Curves of the back
    - f. Use of breath
    - g. Leg swings
    - h. Developpe
    - i. Grande battement
  3. Historical analysis of modern dance
    - a. Sources and influences of historical periods on the evolution of modern dance
    - b. Transition from classical to modern as an accepted form of performance
  4. Body awareness
    - a. Alignment
    - b. Placement
    - c. Agility
    - d. Endurance and coordination
    - e. Control
  5. Artistic references
    - a. Reference to contemporary dance companies
    - b. Sources and styles of musical accompaniment

## Lab Content

1. Demonstration and practice of beginning modern dance exercises floor and center barre
2. Demonstration and practice of beginning modern dance technique across the floor
3. Demonstration and practice of proper body awareness and alignment

## Special Facilities and/or Equipment

1. Dance studio and audio set-up.
2. Appropriate exercise/dance attire and shoes.
3. 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 instructor evaluation of performance skills  
 Demonstration and explanation of selected exercises  
 Written critique on a live dance performance  
 Final written test on vocabulary and concepts of beginning modern dance technique

## Method(s) of Instruction

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

Lecture presentations and classroom discussion using the language of beginning modern dance technique

Cooperative learning exercises  
Laboratory and demonstration

## **Representative Text(s) and Other Materials**

Nora, Ambrosia. 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