

DANC 2B: INTERMEDIATE MODERN DANCE

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Prerequisite:	DANC 2A.
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

- Perform the intermediate exercises of Modern dance demonstrating proper body alignment while exhibiting core strength, flexibility, and coordination.
- Identify intermediate steps and technique with correct terminology and analyze musical phrasing.

Description

Continuation into the intermediate fundamentals of modern technique and training. Includes the intermediate vocabulary and practice of center floor and across the floor exercises.

Course Objectives

The student will be able to:

- perform the exercises of intermediate modern technique, including center floor warm-up and across the floor combinations.
- define the traditional vocabulary of steps in the intermediate modern syllabus.
- explain the progression and purpose of the specific order of intermediate classroom exercises.
- analyze the historical development of modern dance.
- increase body awareness and confidence.
- apply the concepts of proper alignment and placement in all activities.
- recognize modern dance as both a physical discipline and an artistic expression.

Course Content

- Center floor barre exercises
 - Alignment
 - Placement
 - Strength
 - Flexibility
 - Agility
 - Endurance
 - Balance
 - Coordination

- Control
- Across the floor
 - Walk
 - Run
 - Jump
 - Hop
 - Skip
 - Leap
 - Turn
 - Grand jete
 - Pas de chat
 - Tour jete
 - Pirouette
 - Tour
 - Sissonne tombe
 - Chaine
- Historical analysis of modern dance
 - Sources and influences of historical periods on modern dance styles
 - Transition from highly specialized training to a universal form of exercise
- Artistic references
 - Reference to contemporary dance companies and performances
 - Sources and styles of accompaniment for modern dance

Lab Content

- Demonstration and practice of intermediate modern across the floor exercises.
- Demonstration and practice of intermediate modern center floor exercises.
- Demonstration and practice of proper body awareness and alignment.

Special Facilities and/or Equipment

Dance studio, comfortable exercise clothing and appropriate modern dance shoes.

Method(s) of Evaluation

- Evaluation of performance skills through the Intermediate level
- Objective exams
- Cooperative learning assignments
- Critique of live dance performance

Method(s) of Instruction

- Lecture presentations and classroom discussions using the terminology and language of intermediate modern dance.
- Cooperative learning exercises.
- Laboratory and demonstration.

Representative Text(s) and Other Materials

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

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

- Written critique of a live dance performance.

B. Optional writing exercises based on recommended reading.

Discipline(s)

Dance