

# DANC 2B: INTERMEDIATE MODERN 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 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

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

## 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.
- 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  
Cooperative learning assignments  
Critique of live 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 terminology and language of intermediate modern dance  
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