

College of San Mateo
Official Course Outline

1. **COURSE ID:** DANC 121.1 **TITLE:** Modern Dance I

Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours

Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Beginning level instruction in the Contemporary Modern Dance style, including warm-up and floor movement with an emphasis on proper techniques, creativity, style and self expression. Students will learn short dance phrases and will be expected to choreograph and perform a modern dance by the end of the semester.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate beginning level modern footwork, gestures and movement sequences
2. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.
3. Critically evaluate and objectively discuss modern dance at a beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

Students will execute the following at the beginning level:

1. Demonstrate individual and group modern dance steps and movement patterns
2. Understand and demonstrate the rhythm inherent to the dance form
3. Demonstrate an understanding of improvisation in modern dance
4. Identify and demonstrate technique, exercises and vocabulary that lead to the mastery of steps and movement particular to this dance form
5. Develop coordination, balance, strength, flexibility, endurance and control through this dance form
6. Develop creative expression through this dance form
7. Demonstrate understanding of a dance form and skill acquisition through performance
8. Develop an awareness and appreciation of the cultural forces and individuals that contributed to the origins of this art form
9. Develop an ability to critically appreciate and evaluate concert dance
10. Complete an instructor choreographed modern dance and a two minute student choreographed dance

6. **COURSE CONTENT:**

Lecture Content:

N/A

Lab Content:

At a beginning level:

1. Preparation for dancing and skill acquisition
 - A. Warm-up, strength and flexibility exercises
 - B. Introduction of various rhythmic patterns, footwork, turns and arm and back work
 - C. Drills for skill acquisition, control, balance, coordination and endurance
2. Instructor-choreographed movement and dance
 - A. Modern and/or contemporary style dance technique
 - B. Movement combinations with rhythmic structure in center and across floor
 - C. Practice of dance choreography incorporating previously introduced movement patterns
 - D. Improvisation with dance choreography

- E. Demonstration of dance patterns introduced in class
- F. Cool down and flexibility exercises
- 3. Explanation and demonstration of intricate rhythmic structure as it relates to the dance
- 4. Exploration of vocabulary, technique, music and concepts as they relate to this dance form.
- 5. Explanation of the history, geography and cultural forces that shaped this dance form
- 6. Analysis of costumes, sets and /or props and utilized in this dance form
- 7. Student will perform original choreographed dance at end of the semester

TBA Hours Content:

N/A

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Individualized Instruction
- H. Observation and Demonstration
- I. Other (Specify): Suggested representative methods of instruction may include the following:
 Demonstration of proper Modern and/or Contemporary dance technique, physical drills of skill-building technique exercises that become more complex throughout the semester. Drilled practice of steps, turns, leaps, body isolations and combinations of movements. Verbal and hands-on correction of alignment, rhythm and performance techniques. Additional assignments may include: in-class lectures analyzing historical, cultural, social and individual forces that contributed to the origins of this art form; in-class discussions and review analyzing this cultural dance form using video presentations and reading assignments (10-20 pages in length) with expected student written responses of 500-750 words; in-class lectures and presentations on vocabulary, technique, and costume; lectures on the types of music and rhythms inherent to this dance form; practical and improvisational demonstrations of dance technique and patterns of movement; recommended live concert attendance, audio and/or video presentations followed by student written responses of 500-750 words utilizing critical thinking skills to analyze, compare and contrast the presentation to the practical classroom experience; in-class discussion and critique of individual and/or group presentations and accompanying art project; and in-class presentations and discussions on an individual's artistic interpretation of this dance form.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Possible assignments may include:

- Written assignment instruction includes a sample budget spreadsheet and handout of questions to inspire their essay; a grant proposal (plus attached budget spreadsheet) of a modern dance concert performance, written by the student as if they were a choreographer.
- Written personal assessments requiring critical analysis of dance technique, artistic expression and skill acquisition
- 2-3 pages written analysis of student final choreography
- Critical thinking skills will be applied in a research paper on historical, performance, music, costumes and/or established dancer/famous choreographer of this dance form to better inform their own performance experience

Reading Assignments:

Possible assignments may include:

- Instructor generated handout on dance vocabulary
- Reading assignments of articles and essays on music, costumes, technique, cultural or historical aspects of this dance form with student written critical analysis

Other Outside Assignments:

Possible assignments may include:

- Execution of dance steps and pattern introduced in class with attention to rhythmic structure and appropriate technique
- physical drills of skill-building technique exercises that become more complex throughout the semester
- Drilled practice of steps, turns, leaps, body isolations and combinations of movements

- Peer evaluations: verbal and hands-on correction of alignment, rhythm and performance techniques
- Critical thinking skills evaluating live or video presentations in in-class discussions
- Student presentations of instructor and/or student choreographed dance patterns
- Presentation of student's original choreographed work 2 minutes in length
- Participation in in-class improvisational exercises
- Critical thinking skills will be applied in an in-class presentation on historical, performance, music, costumes and/or established dancer/famous choreographer of this dance form to better inform their own performance experience

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- Class Participation
- Class Performance
- Class Work
- Exams/Tests
- Final Class Performance
- Final Performance
- Final Public Performance
- Group Projects
- Homework
- Lab Activities
- Papers
- Projects
- Research Projects
- Typical evaluation methods may include:
 - Practical skills testing: Each student will demonstrate the physical techniques developed in class
 - Evaluation of research paper or in-class presentation for content and knowledge of subject matter
 - Evaluation of written / verbal assignments for content
 - Evaluation of in class discussions analyzing, critiquing a professional dance concert or video from personal perspective and application of performance review styles
 - Objective tests and final examination on aspects of history, music, terminology and/or cultural aspects of this dance form
 - Evaluation of student's final performance in instructor's choreographed dance at midterm and at end of semester for application of technical skills, style, and creative expression
 - Through in class discussion, students are required to use critical thinking skills to analyze, evaluate and critique student/staff and live performances
 - Evaluation of personal assessments for thorough and concise analysis of skill acquisition
 - Evaluation of student choreographed work and accompanying paper and art work
 - Assessment of student's semester length technical dance progression and improvement in structured improvisational exercises during course

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- Topf, Nancy. *A Guide to a Somatic Movement Practice: The Anatomy of Center*, ed. University Press of Florida, 2022

Other:

- Possible selections may be instructor-generated handouts on modern dance vocabulary, technique, theory and history. Handouts may also include material about musical interpretation, choreography and dance as artistic/cultural expression.

Origination Date: October 2023
Curriculum Committee Approval Date: November 2023
Effective Term: Fall 2024
Course Originator: Denaya Dailey