

Las Positas College
 3000 Campus Hill Drive
 Livermore, CA 94551-7650
 (925) 424-1000
 (925) 443-0742 (Fax)

Course Outline for KIN ID
INTRODUCTION TO DANCE
Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN ID — INTRODUCTION TO DANCE — 0.50 - 2.00 units

Introduction to the distinct movements and techniques characteristic of ballet, modern dance, and jazz dance.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Demonstrate correct body alignment for dance participation as represented by the "line of gravity" linking;
- B. Differentiate between the various dance genres of Jazz dance, Ballet, and Modern dance in form and technique
- C. Perform proper technique in each dance genre

V. CONTENT:

- A. Posture, body alignment, and placement
 - 1. Alignment reference points
 - 2. Alignment exercises
- B. Jazz Dance
 - 1. Foot positions
 - 2. Arm positions
 - 3. Basic body positions
 - 4. Stretching technique
 - a. Floor
 - b. Standing
 - 5. Strength-building exercises
 - 6. Body isolations
 - 7. Balance exercises
 - 8. Locomotor movements
 - 9. Turns
 - 10. Aerial movements
 - 11. Floor work
- C. Ballet
 - 1. Turn-out
 - 2. Foot positions
 - 3. Arm positions
 - 4. Dance principles
 - 5. Barre exercises
 - 6. Center movements
 - 7. Across-the-floor movements
- D. Modern Dance
 - 1. Axial movements
 - 2. Locomotor movements
 - 3. Time measurement (beat and meter)
 - 4. Space
 - 5. Dynamics
 - 6. Improvisation

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -

- B. Hand-outs
- C. Student participation in class
- D. Video-DVDs
- E. **Lecture** -

VII. TYPICAL ASSIGNMENTS:

- A. Replication of choreographed movement warm-ups and phrases
- B. Demonstrate replicated combinations and dance movements

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Class Performance
4. Other:
 - a. Methods:
 1. Students perform practiced dance combinations for Instructor in small groups; points awarded for successful execution
 2. Individual feedback given to students to improve performance
 3. Final Exam

B. **Frequency**

1. Frequency:
 - a. Participation recorded daily
 - b. Individual performance of combinations danced in small groups for assessment occurs three times per semester

IX. TYPICAL TEXTS:

1. Hammond, S.N. *Ballet Basics*. 5th ed., McGraw-Hill, 2003.
2. Legg, J. *Introduction to Modern Dance Techniques*., Princeton Book Company, 2011.
3. Kraines, M.G., Pryor E. *Jump into Jazz*. 5th ed., McGraw-Hill, 2004.
4. Written hand-outs will be provided.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own dance apparel and footwear