

Las Positas College
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Course Outline for DANC 4B
MODERN/CONTEMPORARY DANCE B
Effective: Fall 2018

I. CATALOG DESCRIPTION:

DANC 4B — MODERN/CONTEMPORARY DANCE B — 1.00 units

Elementary to Intermediate level instruction in the Contemporary Modern Dance technique. Continued emphasis on proper body alignment and body connectivity will be addressed. Students will be expected to incorporate the elements of dance into their technical practice.

1.00 Units Lab

Strongly Recommended

DANC 4A - Modern/Contemporary Dance A
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Dance

	MIN
Lab Hours:	54.00
Total Hours:	54.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. DANC4A

1. Demonstrate an increase in proper body alignment, spine and foot articulation, core connectivity, balance, flexibility, strength and clarity of movement
2. Demonstrate the elements of dance: body, motion, energy, space and time
3. Define vocabulary terms common to contemporary dance

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate body connectivity through movement phrases and patterns
- B. Apply senses, intentions and emotion to movement
- C. Combine locomotor and axial movement
- D. Illustrate various pathways in space
- E. Define and move in the sagittal, vertical and horizontal planes
- F. Apply focus to communicate intent
- G. Experiment with time
- H. Describe contributors to Modern/Contemporary dance

V. CONTENT:

A. Technique and theory acquisition

1. Body connectivity
 - a. Breath
 - b. Head-tail
 - c. Core-distal
 - d. Upper-lower
 - e. Body half
 - f. Cross-lateral
2. Body initiation
3. Patterns
4. Body systems
5. Inner self
 - a. Senses
 - b. Emotions

- c. Thoughts
 - d. Intentions
 - e. Imagination
- B. Combining locomotor and axial movement into sequences
- C. Intermediate elements of energy
 - 1. Attack
 - 2. Tension
 - 3. Force
 - 4. Weight
 - 5. Flow
- D. Intermediate elements of space
 - 1. Pathways
 - 2. Plane
 - a. Sagittal
 - b. Vertical
 - c. Horizontal
 - 3. Focus
 - a. Inward
 - b. Outward
 - c. Direct
 - d. Indirect
 - 4. Relationships in space
 - a. Over
 - b. Under
 - c. Alone
 - d. Connected
- E. Timing relationships
 - 1. Before
 - 2. After
 - 3. Unison
- F. Contact improvisation
- G. Contributions to modern/contemporary dance
 - 1. Schools of dance
 - 2. Modern/contemporary dance companies
 - 3. Choreographic trends

VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** -
- B. **Classroom Activity** -
- C. **Discussion** -
- D. Improvisation in the contemporary/modern genre
- E. **Observation and Demonstration** -
- F. **Demonstration** -
- G. **Student Presentations** -
- H. **Individualized Instruction** -

VII. TYPICAL ASSIGNMENTS:

- A. Physical demonstration of movement phrases learned in class
- B. Written review of a live performance
- C. Written or oral presentation of a contributor to the modern/contemporary dance genre

VIII. EVALUATION:

- A. **Methods**
 - 1. Exams/Tests
 - 2. Papers
 - 3. Oral Presentation
 - 4. Class Participation
 - 5. Lab Activities
 - 6. Class Performance
 - 7. Final Class Performance
 - 8. Other:
 - a. Skills assesment
- B. **Frequency**
 - 1. On going informal evaluations and skilss assessments.
 - 2. One terminology exam
 - 3. One oral presentation
 - 4. One concert review (paper)
 - 5. Two class performances
 - 6. One final class performances
 - 7. Daily lab activities and participation

IX. TYPICAL TEXTS:

- 1. Tufnell, Miranda, and Chris Crickmay. *Body Space Image*. 1st ed., Dance Books Ltd, 2014.
- 2. National Strength and Conditioning Association. *Essentials of Strength Training and Conditioning*. 4th ed., Human Kinetics, 2016.
- 3. Brandstetter, Gabriele. *Poetics of Dance*. 1st ed., Oxford University Press Inc., 2015.
- 4. 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.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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