

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

I. CATALOG DESCRIPTION:

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

Beginning level instruction in the Contemporary Modern Dance technique. Emphasis on proper body alignment and body connectivity will be addressed. Students will be introduced to the elements of dance and transfer these elements into their technical practice.

1.00 Units Lab

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:

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

- A. Technical skill acquisition
 1. Alignment
 2. Spine and foot articulation
 3. Core connectivity
 4. Balance
 5. Flexibility
 6. Strength
 7. Movement clarity
- B. Motion in contemporary technique
 1. Locomotor movement
 - a. Walk
 - b. Run
 - c. Leap
 - d. Jump
 - e. Hop
 - f. Gallop
 - g. Skip
 - h. Non-pedal ways
 1. Rolling
 2. Crawling
 2. Axial
 - a. Stretching
 - b. Shaking
 - c. Pushing
 - d. Bouncing
 - e. Twisting
- C. Energy in contemporary technique
 1. Qualities of Movement
 - a. Sustainment
 - b. Suspension
 - c. Swinging

- d. Swaying
- 2. Degrees of Energy
- D. Space in contemporary technique
 - 1. Shape
 - 2. Direction
 - 3. Level
- E. Time in contemporary technique
 - 1. Metric rhythm
 - a. Beat
 - b. Meter
 - c. Accent
 - d. Tempo
 - e. Duration
 - f. Rhythm
 - 2. Non metric-irregular rhythms
 - a. Breath
 - b. Wind
 - c. Water
- F. Improvisation in contemporary technique
- G. Influential figures in Contemporary/Modern dance

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Physical demonstration of combinations learned in class
- B. Written, oral and/or demonstration of modern dance terminology
- C. Written or oral presentation identifying an influential figure in contemporary/modern dance.

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. Brandstetter, Gabriele. *Poetics of Dance*. 1st ed., Oxford University Press Inc., 2015.
- 3. National Strength and Conditioning Association. *Essentials of Strength Training and Conditioning*. 4th ed., Human Kinetics, 2016.
- 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