

Las Positas College  
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## Course Outline for KIN DT

### DANCE TECHNIQUES

Effective: Fall 2017

#### I. CATALOG DESCRIPTION:

KIN DT — DANCE TECHNIQUES — 0.50 - 2.00 units

Dance warm-up exercises followed by combinations including elements of jazz, ballet, and modern dance forms.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

Family: Kinesiology Dance

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

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Explain the benefits of dance and understand how it relates to a healthy body
- B. Demonstrate various dance styles and their technique with advanced sophistication and skill than beginning dance techniques
- C. Demonstrate appropriate warm up and cool down as a means to prevent dance-related injury
- D. Explain and demonstrate the fundamentals of training required in dance as a performing art
- E. Participate in more advanced dance classes with an appreciation for their structure and content

#### V. CONTENT:

- A. Warm-ups – Opening movements to prepare the body for fuller participation in the remainder of each class meeting
  1. Range of motion
  2. Flexibility
  3. Alignment
  4. Strength
  5. Various positions, including standing, lying, sitting, and barre work
- B. Movement patterns to gain coordination and phrasing, and to increase skill level
  1. Locomotor movements
  2. Turns
  3. Aerial movements
  4. Floor work
- C. Dance Combinations to learn sequencing, rhythm, and floor patterns (in greater detail and at a higher skill level than taught in "Introduction to Dance")
  1. Jazz dance
  2. Ballet
  3. Modern dance

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Student participation in class
- C. Hand-outs
- D. **Demonstration** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Follow Instructor through various choreographed movement exercises and phrases
- B. Learn and perfect dance combinations shown by Instructor

#### VIII. EVALUATION:

- A. **Methods**

1. Exams/Tests
2. Class Participation
3. Class Performance
4. Other:

- a. Methods-

1. Students perform practiced dance combinations in small groups; points awarded for successful execution
    2. Individual feedback given to students to improve performance
    3. Final Exam

**B. Frequency**

1. Frequency -- Participation recorded daily

**IX. TYPICAL TEXTS:**

1. Written hand-outs will be provided

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

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