

Las Positas College
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Course Outline for KIN ID

INTRODUCTION TO DANCE

Effective: Summer 2008

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:

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: 4

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:
 - 1. Side view – top of ear, middle of shoulder girdle, center of hip, back of kneecap, and front of ankle bone
 - 2. Back view – center of head, midpoint of all vertebrae, cleft of buttocks, midway between heels
- B. Differentiate between various dance genre
 - 1. Jazz dance – mirroring social history, reflecting ethnic influences and cultural changes
 - 2. Ballet – harmonious designs in space, traditional vocabulary of movements, classical phrasing
 - 3. Modern dance – incorporation of unlimited variety of movement, emphasis on experimentation and improvisation,
- 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. **Lecture** -
- B. **Demonstration** -
- C. Student participation in class
- D. Video-DVDs
- E. Hand-outs

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. Written hand-outs will be provided.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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