

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

Course Outline for DANC 1

INTRODUCTION TO DANCE

Effective: Spring 2018

I. CATALOG DESCRIPTION:

DANC 1 — INTRODUCTION TO DANCE — 1.00 units

Introduction to the dance technique specific to ballet, modern and jazz dance. Similarities and differences found in each dance form will be explored. The history of ballet, modern and jazz dance will be examined.

1.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Dance

	<u>MIN</u>
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 the basic technical skills associated with ballet, modern and jazz dance.
- B. Identify major historical influential figures in ballet, modern and jazz dance.
- C. Define vocabulary terms common to ballet, modern and jazz dance.

V. CONTENT:

- A. Ballet Technique Unit
 1. Barre warm-up
 2. Center floor
 - a. Eight body positions
 - b. Adagio
 - c. Pirouettes
 - d. Petit allegro
 3. Across the floor
 - a. Allegro
 4. History
 - a. Influential ballet figures
 5. Vocabulary
- B. Modern Techniuqe Unit
 1. Center floor warm-up
 2. Center floor work
 - a. Alignment
 - b. Strength
 - c. Flexibility
 3. Across the floor work
 - a. Locomotive
 - b. Traveling patterns
 4. Introduction to elements of dance
 5. History
 - a. Influential modern dance figures
 6. Vocabulary
- C. Jazz Dance Unit
 1. Warm-up
 2. Center floor
 - a. Isolations
 - b. Alignment
 - c. Strength
 - d. Flexibility
 3. Across the floor

- a. Turns
 - b. Leaps
 - c. Jazz walks
- 4. History
 - a. Influential jazz dance figures
- 5. Vocabulary

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Audio-visual Activity** -
- C. **Observation and Demonstration** -
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Physical demonstration of combinations learned in class
- B. Written or oral presentation of dance terminology specific to ballet, modern and jazz
- C. Written or oral presentation identifying an influential figure in ballet, modern or jazz dance history

VIII. EVALUATION:

Methods/Frequency

- A. Quizzes
- B. Papers
- C. Class Performance
- D. Final Class Performance
- E. Other
 - 1. Skills assessment

IX. TYPICAL TEXTS:

- 1. *Building Ballet Technique II: A Self-Improvement Guide for Dancers*. Volume 2 ed., CreateSpace Independent Publishing Platform, 2015.
- 2. *Dance Anatomy and Kinesiology*. Second ed., Human Kinetics, 2016.
- 3. *Learning About Dance/Dance as an Art Form and Entertainment*. seventh ed., Kendall Hunt, 2016.
- 4. *Jazz Dance/ A History of the Roots and Branches*. First ed., University Press of Florida, 2014.

X. OTHER MATERIALS REQUIRED OF STUDENTS: