

Las Positas College
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Course Outline for KIN ID

INTRODUCTION TO DANCE

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN ID — INTRODUCTION TO DANCE — 1.00 - 2.00 units

Introduction to the distinct movements and techniques characteristic of ballet, modern dance, and jazz dance. The course will focus on the development of coordination, rhythm, strength, flexibility, alignment, and basic dance movement combinations in each of the three dance genres. In addition, knowledge of musculoskeletal alignment, movement safety, and dance appreciation skills will be included.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Dance

Family: Kinesiology Dance

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

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 correct body alignment for dance participation as represented by the "line of gravity" linking;
- B. Differentiate between the various dance genres of Jazz dance, Ballet, and Modern dance in form and technique
- 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. **Demonstration** -
- B. Hand-outs
- C. Student participation in class
- D. Video-DVDs
- E. **Lecture** -

VII. TYPICAL ASSIGNMENTS:

- A. Replication of choreographed movement warm-ups and phrases
- B. Demonstrate replicated combinations and dance movements

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
- B. Class Participation
- C. Class Performance
- D. Other

1. Methods:

- a. Students perform practiced dance combinations for Instructor in small groups; points awarded for successful execution
- b. Individual feedback given to students to improve performance
- c. Final Exam

IX. TYPICAL TEXTS:

1. Legg, J. *Introduction to Modern Dance Techniques.*, Princeton Book Company, 2011.
2. Hammond, S.N.. *Ballet: Beyond the Basics.*, Waveland Press, Inc., 2011.
3. Guariano, L., and W. Oliver. *Jazz Dance.*, University Press of Florida, 2014.
4. Written hand-outs will be provided.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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