

COURSE OUTLINE

Modern Dance I

Course Description

DN 130. Modern Dance I. 2 hours credit. This course will enable the introductory level student to explore the art theory and history of Modern Dance. The student will participate in movement expression through technique, improvisation, composition and performance.

Course Relevance

The student will become more physically fit, increase his/her muscle memory, gain strength, stamina and flexibility while opening channels of creativity and self expression.

Required Materials

Proper dance attire is required including leotards and tights for women and T-shirts and dance pants for men. The student dancer will dance in bare feet. .

Supplemental Materials

Readings and video viewings will be supplied by the instructor.

Learning Outcomes

The intention is for the student to be able to

1. Perform warm up exercises necessary for successful movement
2. Demonstrate introductory principles of body alignment
3. Explain key concepts in Modern Dance
4. Participate in performance both through improvisation and structured choreography

Primary Learning PACT Skills that will be Developed and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

1. Aesthetic Response
 - By learning dance steps and experiencing the art of Modern Dance through choreography, the student will have an aesthetic response that goes beyond the fundamentals of technique and into the realm of artistic expression and experience. The student will be able to communicate this through intelligent discussion and written critique.

Secondary skills (developed but not documented):

- Teamwork
- Health Management
- Self-Concepts
- Critical Thinking

Non-Verbal Communication
Listening
Reading
Time Management
Problem Solving

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. Writing an exit aesthetic response self-assessment demonstrating what the student has learned
2. Assessing a video-taped performance

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Development of Modern Dance technique
 - B. Execution of proper technique in regards to body alignment
 - C. The development of dance in a historical context
 - D. The principals of choreography and design
 - E. Healthy lifestyle through dance and exercise
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Gender roles in dance
 - B. Health and fitness for a performer in contemporary society
 - C. Technical limitations imposed by age and body structure
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Diversity and the right of the individual to experience art
 - B. Understanding of the muscle-skeletal systems of the body
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Exposure to Modern Dance technique and terminology at an introductory level
 - B. The execution of dance steps and combinations
 - C. Proper stretching and strengthening exercises
 - D. Awareness of the significance of art to a enlightened society
 - E. The ability to speak with intelligence and insight on the subject of Modern Dance
 - F. The ability to make connections from dance to other art forms

Learning Units

- I. Introduction to classroom procedures and syllabus
 - A. Policy and requirements
 - B. Terminology introduction
- II. Alignment principles
 - A. Core support
 - B. Economy of effort
 - C. Vertical and horizontal axis
- III. Laban movement analysis

- IV. Nonlocomotor/axial and locomotor movements
- V. Development of technical skills
 - A. Explore the interrelationships among the elements of space, time, force, and flow of energy
 - B. Experiences and identify movement qualities, such as swing, suspend, collapse, percussive, flick, dab, float, and wring
 - C. Explore Modern Dance concepts such tension and relaxation, contract and release, fall and recovery
- VI. Advance technical dance skills through improvisation
- VII. Advance technical dance skills through improvisation
 - A. Independently improvise, create, and perform a dances based on his/her own life experience
 - B. Create a dance phrase accurately repeats it, and then vary it making changes in the time, space, force, and/or energy flow
- VII. Advance technical dance skills through choreography
 - A. Create a composition
 - B. Shares dance composition/choreography with others
- IX. Advance technical dance skills through choreography
 - A. Create a composition
 - B. Shares dance composition/choreography with others
- X. Overview of the history of Modern Dance
- XI. Technique class and performance preparation
- XII. Performance week

Learning Activities

Learning activities will include participation in dance technique, group discussions, assigned readings, video presentations, performance and assessment.

Grade Determination

Grade determination will be based on class attendance and participation, completion of assessment tasks and final performance project.