

DANC-1501: DANCE FUNDAMENTALS

Cuyahoga Community College

Viewing: DANC-1501 : Dance Fundamentals

Board of Trustees:

2016-05-26

Academic Term:

Fall 2019

Subject Code

DANC - Dance

Course Number:

1501

Title:

Dance Fundamentals

Catalog Description:

Introduction and practice of fundamental ballet, modern/contemporary, and jazz dance techniques. Creative exploration through basic dance improvisation and choreography. Emphasis on development of body and spatial awareness, strength, flexibility, and coordination within various dance forms. Exercises and basic dance combinations performed on the floor, at the ballet barre, and traveling through the studio space. Reflection on cultural and historical context. Discussion of related topics.

Credit Hour(s):

3

Lecture Hour(s):

2

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Develop foundational strength, flexibility, range of motion, and awareness.

Objective(s):

1. Discuss the principles of basic anatomy, proper alignment, and coordination.
2. Utilize conditioning techniques and principles to increase strength, flexibility, range of motion, stability, and mobility.
3. Develop increased body, spatial, and musical awareness.

Course Outcome(s):

Recognize and perform fundamental movement vocabulary of ballet, modern/contemporary, and jazz.

Objective(s):

1. Complete a movement class that progresses from warm up to phrases that travel across the floor.
2. Identify and apply appropriate class etiquette.
3. Perform axial and locomotive movements that include basic level and directional changes.
4. Retain, recall, and perform basic movement sequences with leadership of instructor.
5. Apply individual and group corrections or feedback.

Course Outcome(s):

Develop basic knowledge of concepts of ballet, modern/contemporary, and jazz.

Objective(s):

1. Discuss the historical and cultural contexts of each dance form.
 2. Develop awareness of personal choice, expression, and creative process through basic improvisation, creative problem solving, movement studies, and composition.
 3. Experience and discuss selected choreography.
 4. Define and utilize basic dance terminology.
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Methods of Evaluation:

1. Daily class participation and effort
2. Journals and written reflection.
3. Self-Assessments / Self-Evaluations
4. Peer Evaluation
5. Demonstration/Performance of technical sequences
6. Written quizzes or tests
7. Practical exam
8. Attendance of a live dance performance of a professional level
9. Verbal reflection/observation and written critique of related film/documentary screenings or live modern/contemporary dance performance

Course Content Outline:

1. Awareness
 - a. Body
 - i. Alignment/Organization of the body
 1. Parallel, inward, and outward rotation of the leg
 2. Point, flex and sequential articulation of the foot and ankle
 3. Articulation of the spine/vertebral column
 4. Flexion, extension, and rotation
 5. Shape and aesthetic line related to ballet, modern/contemporary, and jazz techniques.
 - ii. Bones and muscles
 - iii. Breath
 - iv. Core support
 - v. Stability and mobility
 - vi. Movement efficiency
 - vii. Somatic practices, visualization and imagery techniques
 - b. Space
 - i. Movement on various planes (transverse, sagittal, frontal)
 - ii. Movement at various levels (low, middle, high)
 - iii. Stationary and locomotor movement
 - iv. Movement with simple direction changes and transfer of weight.
 - v. Awareness of self in relation to others and the surrounding space (kinesthetic awareness)
 - c. Time
 - i. Tempo, rhythm, coordination, musicality
 - ii. Simple rhythm patterns, meters (duple, quadruple, triple)
 - d. Effort, dynamic, and qualities of movement (e.g., Laban movement concepts, etc.)
 - e. Studio etiquette
2. Self-care and injury prevention
 - a. Warm up and cool down
 - b. Basic conditioning exercises focusing on entire body
 - c. Development of strength, flexibility, and range of motion
 - d. Anatomy, nutrition, and hydration
3. Introductory technique, terminology, and concepts of ballet, modern/contemporary, and jazz dance
 - a. Ballet
 - i. Positions of the feet (with use of parallel and outward rotation of legs)
 - ii. Positions of the arms
 - iii. Basic barre sequences and movements
 1. Demi plié in parallel, rotated 1st, 2nd, and 3rd positions
 2. Relevé

3. Battement tendu and battement dégagé in parallel and outward rotation
4. Rond de jambe à terre
5. Cou-de-pied, coupé, retiré, passé, pas de bourrée
6. Jump (sauté) preparation (articulation through plié-relevé-plié in parallel, 1st, and 2nd)
- iv. Basic center combinations: port de bras, tendu, and adagio
- v. Basic locomotor movements: walk, skip, chassé, preparation for tours chaîné, spotting
- b. Modern/Contemporary
 - i. Developmental movement sequences on the floor, in the center, and traveling through the space (e.g., Breath, articulation of the spine, curving, swinging, rolling, contracting, triplets, prances, core-distal, head-tail, upper-lower connection; sense of body-half/body side and cross/contra-lateral, fall/recovery, contraction/release, etc.)
 - ii. Improvisation and creative exploration
- c. Jazz
 - i. Positions of the feet and legs (parallel and outward rotation of legs)
 - ii. Positions of the arms
 - iii. Developmental movements and sequences in center and across the floor
 1. Body isolations
 2. Plié in 1st and 2nd positions (in parallel and outward rotation) and relevé
 3. Battement tendu and battement dégagé in parallel and outward rotation
 4. Cou-de-pied, coupé, retiré, passé
 5. Jump (sauté) preparation (articulation through plié-relevé-plié in parallel, 1st, and 2nd)
 6. Port de bras
 7. Step-touch and grapevine
 8. Jazz Square
 9. Ball change (e.g., kick ball-change)
 10. Pivot turns
 11. Pas de bourée
 - iv. Basic locomotor movements and sequences
 1. Stylized walks
 2. Chassé
 3. Preparation for tours chaîné, spotting
 4. Skip or flea hop, and run
 5. Stylized movement combinations with simple rhythmic, tempo, and direction changes
4. Creative exploration and basic choreography
 - a. Basic improvisation and movement studies
 - b. Creative problem solving
 - c. Individual and group work
 - d. Choreographic tools and elements of movement (space, levels, pathways, relationship, shape, time, tempo, effort, repetition, inspiration for development of movement)
 - e. Giving and receiving peer feedback
5. Performance
 - a. Focus and concentration
 - b. Spatial Awareness (kinesthetic awareness)
 - c. Commitment, intention, mind-body connection
 - d. Energy, attitude, and effort
 - e. Movement retention, rehearsal, and performance
6. History and context of ballet, modern/contemporary, and jazz dance
 - a. Influential people and choreographic works
 - b. General historical/cultural context

Resources

Cohen, Selma Jean. *The Modern Dance: Seven Statements of Belief*. Wesleyan University Press, 1996.

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Gates, Alice A. *A New Look at Movement: A Dancer's View*. Burgess Printing, 1968.

Ghislin, Brewster. *The Creative Process*. Menton Paperback, 1958.

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Giguere, Miriam. (2014) *Beginning Modern Dance*, Champaign, IL : Human Kinetics,.

Robey, J. (2015) *Beginning Jazz Dance*, Champaign, IL : Human Kinetics.

Krasnow, D. Wilmerding-Pett, M. V. (2015) *Motor Learning and Control for Dance*, Champaign, IL : Human Kinetics.

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Resources Other

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