

DANC-1530: CONTEMPORARY/MODERN DANCE I

Cuyahoga Community College

Viewing: DANC-1530 : Contemporary/Modern Dance I

Board of Trustees:

2016-05-26

Academic Term:

Fall 2019

Subject Code

DANC - Dance

Course Number:

1530

Title:

Contemporary/Modern Dance I

Catalog Description:

First in a three-course sequence. Introduce and practice fundamental movement vocabulary and concepts of modern/contemporary dance. Warm up, center, and traveling movement sequences practiced on the floor, standing, and through studio space. Emphasis on body awareness, spatial awareness, and musicality. Discover the body as an expressive instrument. Build biomechanical, aesthetic, and historical foundations for further contemporary/modern dance training. May be repeated up to four times for credit.

Credit Hour(s):

2

Lab Hour(s):

4

Requisites

Prerequisite and Corequisite

DANC-1501 Dance Fundamentals.

Outcomes

Course Outcome(s):

Develop foundational strength, flexibility, range of motion, and body awareness to increase clarity and expressive potential of the body.

Objective(s):

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

Course Outcome(s):

Perform fundamental modern/contemporary movement vocabulary.

Objective(s):

1. Complete a modern/contemporary technique class that progresses from warm up to more complex movement sequences and phrases.
2. Retain, recall, and perform movement sequences and phrases with leadership of instructor.
3. Apply individual and group corrections or feedback.
4. Demonstrate improvement in executing basic exercises with proper alignment, muscular control and support, and accuracy.

Course Outcome(s):

Develop basic knowledge of modern/contemporary dance concepts and cultural context.

Objective(s):

1. Experience and discuss modern/contemporary choreography and performance.
 2. Discover and discuss general modern/contemporary dance history.
 3. Define basic modern/contemporary dance terminology.
 4. Develop awareness of personal choice, expression, and creative process through the following: basic improvisation, creative problem solving, and movement studies.
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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 modern/contemporary dance performance of a professional level
9. Verbal reflection/observation and written critique of related film/documentary screenings or live modern/contemporary dance performance
10. Research assignment
11. Group project/assignment

Course Content Outline:

1. Body Awareness
 - a. Alignment/Organization of the body
 - i. Parallel, inward, and outward rotation of the leg
 - ii. Point, flex and sequential articulation of the foot and ankle
 - iii. Articulation of the spine/vertebral column
 - iv. Flexion, extension, and rotation
 - v. Use of ballet-based positions and actions
 - b. Movement on various planes (transverse, sagittal, frontal)
 - c. Patterns of connectivity
 - i. Breath
 - ii. Core-distal
 - iii. Head-tail connection
 - iv. Upper/lower connectivity
 - v. Sense of body-half/body side
 - vi. Sense of cross/contra-lateral
 - vii. Verticality (vestibular)
2. Self-care and injury prevention
 - a. Basic conditioning exercises focusing on entire body
 - b. Development of strength, flexibility, and range of motion
 - c. Warm up and cool down
3. Modern/contemporary dance concepts
 - a. Core support
 - b. Stability and mobility
 - c. Movement efficiency
 - d. Opposition
 - e. Suspension
 - f. Gravity and momentum
 - i. Transfer of weight
 - ii. Use of or resistance to gravity
 - g. Rhythm/Phrasing/Musicality
 - h. Connection between the mind and the body (e.g. use of visualization and imagery techniques, or somatic studies/practices)
4. Technique Class Framework
 - a. Warm up and/or floor work, developmental exercises and/or standing center sequences, locomotor movement phrases, and cool down
 - b. Space

- i. Simple level changes
 - ii. Pathways and locomotion
- c. Shapes of the body in space
- d. Time
 - i. Variety in speed and duration of sequences
 - ii. Rhythm and musicality
 - 1. Simple rhythm patterns, meters (duple, quadruple, triple)
 - 2. Breath rhythm
- e. Effort/energy
 - i. a. Simple dynamic and quality changes
 - ii. b. Efficiency
- f. Terminology
- 5. Creative Process
 - a. Basic improvisation and movement studies
 - b. Creative problem solving
- 6. Performance
 - a. Focus and concentration
 - b. Spatial Awareness (kinesthetic awareness)
 - c. Musicality
 - d. Commitment, intention, mind-body connection, and stage presence
 - e. Energy and effort
 - f. Class/Studio etiquette
 - g. Professionalism
- 7. History and styles
 - a. Influential people
 - b. General historical/cultural context and timeline of modern/contemporary dance

Resources

Ailey, Alvin and P. Bailey. *Revelations: The Autobiography of Alvin Ailey*. New York: Birch Lane Press/Carol Publishing Co, 1995.

Anderson, Jack. *Ballet Modern Dance: A Concise History*. 2nd ed. New Jersey: Princeton Book Co., 1992.

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Horosko, M. *Martha Graham: The evolution of her dance theory and training 1926-1991*. NJ: A Capella Books, 1991.

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Rose, A. *Dunham Technique: "A Way of Life."*. Dubuque: Kendall/Hunt Publishing Company, 1990.

Schlaich, Joan and Betty DuPont. *The Art of Teaching Dance Technique*. Reston, Virginia: National Dance Association-American Alliance for Health, Physical Education, Recre, 1993.

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Resources Other

Other Media (Video/Website):

- Celichowska, Renata. (Writer & Director). *The Erik Hawkins Modern Dance Technique* [Book and DVD]. New Jersey: Princeton Book Co-Dance Horizons, 2000.
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