

DANC-2630: CONTEMPORARY/MODERN DANCE III

Cuyahoga Community College

Viewing: DANC-2630 : Contemporary/Modern Dance III

Board of Trustees:

2015-05-28

Academic Term:

Fall 2019

Subject Code

DANC - Dance

Course Number:

2630

Title:

Contemporary/Modern Dance III

Catalog Description:

Last in a three-course sequence. Further practice of movement vocabulary and concepts of contemporary/modern dance with emphasis on increasing physical competence and application. Warm up, center, and traveling movement sequences practiced on the floor, standing, and through studio space. Further emphasis on body awareness, spatial awareness, musicality, clarity, and quality of movement. Utilize the body as an expressive instrument. Build biomechanical, aesthetic, and historical foundations for further contemporary dance training. May be repeated up to four times for credit.

Credit Hour(s):

2

Lab Hour(s):

4

Requisites

Prerequisite and Corequisite

DANC-2530 Contemporary/Modern Dance II, or departmental approval.

Outcomes

Course Outcome(s):

A. Utilize foundational strength, flexibility, range of motion, and awareness to demonstrate increased clarity and expressive potential of the body.

Objective(s):

1. 1. Apply understanding of basic anatomy, biomechanics, proper alignment, and coordination.
2. 2. Apply understanding of proper conditioning techniques and principles to class work.
3. 3. Demonstrate increased strength, flexibility, range of motion, stability, and mobility.
4. 4. Demonstrate increased body and spatial awareness.

Course Outcome(s):

B. Perform intermediate modern/contemporary movement vocabulary with increased clarity and awareness.

Objective(s):

1. 6. Utilize personal choice in expression and in performance of movement sequences.
 2. 1. Complete a modern/contemporary technique class that progresses at a faster pace with increased focus, attention to detail, and physical competency.
 3. 2. Retain, recall, and perform movement sequences and phrases independent of instructor accompaniment.
 4. 3. Apply individual and group corrections or feedback.
 5. 4. Demonstrate mastery in executing intermediate exercises with proper alignment, muscular control and support, and accuracy.
 6. 5. Demonstrate an understanding of musicality, dynamics, and qualities of movement.
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Course Outcome(s):

D. Recall and further develop knowledge of modern/contemporary dance concepts and cultural context.

Objective(s):

1. 1. Utilize modern/contemporary terminology with accuracy.
 2. 2. Demonstrate use of personal choice, expression, and creative process through the following: improvisation, creative problem solving, and movement studies.
 3. 3. Experience and discuss modern/contemporary choreography and performance.
 4. 4. Demonstrate knowledge of and discuss general modern/contemporary dance history with accuracy.
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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. 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. 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
 - iii. Simple, compound, and mixed rhythm patterns, meters (e.g. duple, quadruple, triple, quintuple, sextuple, septuple)
 - iv. Breath rhythm
- e. Effort/energy
 - i. Simple and complex dynamic and quality changes
 - ii. Efficiency
- f. Terminology
- 5. Creative Process
 - a. 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.

Aschenbrenner, J. *Katherine Dunham: A Dancing Life*. Urbana and Chicago: University of Illinois Press, 2002.

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Campbell, M. K. *A Pedagogical Study of the Merce Cunningham Dance Technique*. Winchester, VA: Shenandoah University, 2004.

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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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McDonagh, D. *Martha Graham: A biography*. New York: Praeger, 1973.

Nikolais, A. and M. Louis. *The Nikolais/Louis Dance Technique: A Philosophy and Method for Modern Dance*. New York: Routledge, 2005.

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Perces, M.B., A. M. Forsythe, and C. Bell. *The Dance Technique of Lester Horton*. New Jersey: Princeton Book Co, 1992.

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.

Stodelle, Ernestine. *The Dance Technique of Doris Humphrey and Its Creative Potential*. New Jersey, Princeton Book Co, 1978.

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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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