**Outline of Instruction**

**Division:** Health Sciences  
**Area:** Dance  
**Course Number:** Dance 152  
**Course Name:** Modern Dance I  
**Prerequisite:** None  
**Corequisite:** None  
**Hours Required:** Class: 2  
Lab: 30  
Credits: 1

### Course Description/Purpose

The purpose of this course is to introduce the student to the principles of modern dance techniques designed for the inexperienced dancer. Toning, stretching and strengthening exercises are incorporated to promote the investigation of the body's overall range of motion. Music accompaniment may be utilized to complement the movement. Emphasis is on personal growth with each class and assignment being a new challenge. Attire, terminology and health and safety issues are explained and discussed. Written and skills tests are part of this course. Due to the fact that modern dance can be aerobic, a medical release may be required. This class may be repeated for credit twice (total 3 credits).

### Major Units

- **Preparation for Class**  
  Proper dance attire  
  Health and safety concerns regarding self and others within the dance space  
  Range of motion for variations of alignment from smaller to fuller body movement  
  Allowing for elimination of habitual patterns - non conducive to movement efficiency and clarity  
  Allowing for personal variations for technical skill and growth  
  Awareness and being sensitive to body tension which inhibits the maintenance of good alignment.

- **Health Maintenance/Goal Assessment**  
  Assessment of personal fitness needs  
  goals  
  Discussion or evaluation of goals and achievements for improvement efficiency  
  Benefits of modern dance technique for physical and psychological well being  
  Sensibly applying corrections.

- **Development of Skills**  
  Differentiating between the class segments  
  warm-up  
  center floor locomotor exercise  
  traveling exercise  
  movement phrases

  Differentiating Movement  
  qualitatively  
  dynamically  
  differentiating energy levels for movement efficiency and clarity of dynamic range
Educational Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

Cognitive Each student will be expected to sensibly identify and recognize:

- characteristics of the different dynamic energy levels utilized to accomplish specific exercises, particular movement, or movement phrases
- proper use of the body's structure and mechanics while investigating range of motion
- proper body alignment and posture in promoting good technical skills
- proper etiquette for sharing dance space
- benefits of practicing and repeating proper skills in relation to fulfilling one's personal goals and allowing the body to react mentally and physically.

Performance Each student will be expected to sensibly improve through demonstration and practice of the following skills:

- modern dance technique as exemplified in the warm-up, center floor and traveling exercises
- any choreographed combinations or movement phrases as directed by the instructor
- reasonable skill goals in relation to personal assessment
- written work requested by the instructor
- the ability to pass a written exam based on course material
- safety precautions/considerations while dancing
- proper dance class etiquette.

Attitudinal Each student will be expected to commit themselves to each class period physically, mentally and emotionally:

- students must demonstrate a personal commitment to realize their full potential
- demonstrate a positive attitude and energy level by participation in class regularly and with attention to technique and style
- realize the positive effects of the modern dance training regimen to promote one's own fitness.