Course Description/Purpose

The purpose of this course is to introduce the student to the study of jazz through movement, vocabulary and toning, isolations in jazz techniques and stretching and strengthening exercises inherent to this form of dance. Music will be utilized in each class to complement the jazz dance styles chosen for study. 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 jazz dance is aerobic by nature, a medical release may be required. This class may be repeated for credit twice (total 3 credits).

Major Units

• Preparation/Class Consideration
  Proper dance attire
  Health and safety concerns regarding self and others within the dance space
  Anatomical health and safety concerns regarding proper techniques
    range of motion for variations of alignment from smaller to fuller body movement
    allowing personal variations for technical skill and growth
    awareness of body tension

• Health Maintenance/Goal Assessment
  Assessment of personal fitness needs
    goals
  Discussion or evaluation of goals and achievements
  Benefits of jazz dance technique for physical and psychological well being
  Dialogue/support system/feedback

• Development of Skills
  Differentiating the class segments
  Differentiating movement
    stylistically
    historically
    dynamically
    differentiating energy levels for movement efficiency and clarity of dynamic range
    musically
    rhythmically
    use of syncopation

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 identify and recognize:

- characteristics of the different styles of jazz dance discussed within the semester
- characteristics of the different dynamic/energy levels utilized to accomplish specific styles or particular movements
- correct technique for proper alignment
- etiquette for sharing the dance space
- benefits of practicing and repeating proper skills in relation to fulfilling one's personal goals.

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

- jazz dance technique as exemplified in the warm-up, center floor exercises, and traveling locomotor movements
- 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:

- a student must demonstrate a personal commitment to realize their full potential
- demonstrate a positive attitude and energy level by attending class regularly and promptly
- realize the positive effects of the jazz dance training regimen to promoting one's own fitness.