



Course Information

Division	Humanities and Social Sciences
Contact Hours	2
Lab	30
Total Credits	1

Prerequisites RDG 090 and ENGL 090 or qualifying scores on accepted placement tests

Course Description

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).

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



MONROE COUNTY
COMMUNITY COLLEGE

Course Outcome Summary

Standard Course

DANCE 152 Modern Dance I

- 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.

Revised: 2/10/2016 RL