



### 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 create an atmosphere in which students can realize and enhance their own creative resources by utilizing the dance medium. This course provides students with opportunities to discover the skills of creative thinking through problem solving exercises which are designed to uncover spatial, kinesthetic and emotional awareness as well as the discovery of movement qualities. Emphasis is on personal growth with each class and assignment challenging the student's own initiative to move physically and think quickly. Attire, terminology and health and safety issues are explained and discussed. Written and creatively challenging skills tests are part of this course. Because some of the class content may involve aerobic components, 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 responsible for identifying and recognizing:

- characteristics of the different qualities preferred and experienced within their own movement capabilities
- characteristics of the different dynamic and energy levels utilized to accomplish a diverse range of spontaneous and physical movement
- differences in alignment when the body is motivated to continuously reposition
- proper etiquette for sharing dance space
- benefits of being an active participant within a creative and supportive environment.

#### Performance

Each student will be able to apply and improve upon the following good work habits:

- mental alertness for physical progress
- release of tension through physical activity
- adapting to and spontaneously reacting to stimulation via:
  - vocal suggestion
  - imagery
  - environment/surroundings/noise/silence
  - others occupying the space
  - instrumentation/music
  - props
- ability to extend oneself beyond one's usual limitations by overcoming physical and psychological inhibitions in relation to personal assessment of one's goals
- ability to retain requested improvised material
- ability to retain methods in which improvised material was produced



MONROE COUNTY  
COMMUNITY COLLEGE

# **Course Outcome Summary**

**Standard Course**

## **DANCE 155 Dance Improvisation I**

- written work requested by the instructor
- the ability to pass a written exam based on course material
- safety precautions/considerations while improvising
- proper dance class decorum.

### **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 physical and psychological benefits of fitting a creative outlet into a daily routine or exercise regimen.

Revised: 2/10/2016 RL