

Common Course Outline
DANC 120
Fundamentals of Modern Dance I
2 Credits

The Community College of Baltimore County

Description

DANC 120 – 2 credits – Fundamentals of Modern Dance I introduces the fundamentals of modern dance technique; includes floor work, body alignment and integration, locomotor skills, dynamic variety, and musicality.

Note: This course is designed for students with no previous dance training.
This course may be repeated up to a maximum of 4 credits.

2 Credits: 3 hours of studio practice a week

Overall Course Objectives

Upon completion of this course students will be able to:

1. identify basic modern dance skills and terminology;
2. perform basic modern dance skills with effective technique and efficient body alignment according to individual anatomical structure;
3. demonstrate strength and a range of mobility;
4. demonstrate an integration of core strength in all combinations and phrase work;
5. apply basic principles of movement improvisation;
6. recognize tempo, rhythm, and dynamics of musical accompaniment;
7. utilize kinesthetic perception in order to self-evaluate and self-correct;
8. demonstrate appropriate studio etiquette;
9. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and overall movement efficiency;
10. demonstrate self-awareness and awareness of others when performing and engaging in group activities;
11. demonstrate effective oral, written and critical thinking skills as they apply to modern dance technique;
12. identify criteria for making aesthetic judgments about modern dance;
13. recognize the choreographic styles and performance from a live concert and articulate appropriate criteria for making aesthetic statements about dance;
14. identify the major styles of modern dance from its historical roots through contemporary choreographers;
15. discuss Modern Dance as a vehicle for expressing cultural, historical, political or social issues; and
16. discuss dance as a means to a healthy life style.

Major Topics

- I. Technique at the fundamental level
 - A. Use of Time, Space and Energy
 - B. Terminology
 - C. Musicality and dynamics
 - D. Floor work
 - E. Center and across the floor combinations
 - F. Performance skills
- II. History and Aesthetics
 - A. Historical influences
 - B. Aesthetics of modern dance
 - C. Aesthetics as a process and product of culture
- III. Dance and Wellness
 - A. Injury prevention
 - B. P.R.I.C.E treatment of injuries (prevent, rest, ice, compress, elevate)
 - C. Nutrition and hydration

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

- Attendance and active participation in class activities and discussion
- A minimum of two practical exams (midterm and final)
- Attendance at the CCBC Dance Concert and a written response
- A written or oral self-evaluation
- A minimum of one written exam

Written Assignments: Students are required to utilize appropriate academic resources.