

Common Course Outline
DANC 121
Fundamentals of Modern Dance II
2 Credits

The Community College of Baltimore County

Description

DANC 121 – 2 credits – Fundamentals of Modern Dance II provides continued training in modern dance at the fundamental level. Students refine on floor work, body alignment and integration, locomotor skills, dynamic variety, and musicality at the fundamental level. This course may be repeated up to a maximum of 4 credit hours.

2 Credits: 3 hours of studio practice a week

Pre-requisites: DANC 120 or consent of the Dance Coordinator

Overall Course Objectives

Upon completion of this course students will be able to:

1. perform an increased level of fundamental modern dance skills with effective technique and efficient body alignment according to individual anatomical structure;
2. accurately apply fundamental modern dance skills and terminology;
3. utilize greater strength and a range of mobility;
4. perform movement phrases and combinations with an integration of core strength;
5. apply effective use of the principles of movement improvisation;
6. demonstrate the use of 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 an increased level of self-awareness, awareness of others, and spatial awareness 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 and analyze criteria for making aesthetic judgments about modern dance;
13. analyze the choreographic styles and performance from a live concert and articulate appropriate criteria for making aesthetic statements about dance;
14. identify various 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 written response
- A written or oral self-evaluation
- A minimum of one written exam

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