

**Common Course Outline**  
**DANC 220**  
**Intermediate Modern Dance I**  
**2 Credits**

**The Community College of Baltimore County**

**Description**

**DANC 220 – 2 credits – Intermediate Modern Dance I** builds on the technical skills introduced in Dance 121 with increasing demand of more complex use of centering, core support, breath support, full articulation of the body in three-dimensional space, and development of performance qualities.

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 121 or consent of Dance Coordinator

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. develop greater fluency in modern dance technique and performance skills;
2. use greater strength and a greater range of mobility;
3. analyze all training, practice, and performance from an anatomically correct standpoint;
4. demonstrate an integration of core strength in all combinations and phrase work;
5. experiment with improvisation skills;
6. expand expressive and qualitative range of movement and performance;
7. develop musicality, dynamics, clarity, and articulation in time and space;
8. demonstrate an integrated sensitivity to tempo, rhythm, dynamics of musical accompaniment, and individual breath phrasing;
9. demonstrate an increased level of self-awareness, awareness of others, and spatial awareness when performing and engaging in group activities;
10. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self correct;
11. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
12. demonstrate effective oral, written and critical thinking skills as they apply to modern dance technique;
13. analyze the choreographic styles and performance from a live concert and articulate appropriate criteria for making aesthetic statements about dance;
14. differentiate the 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 lifestyle.

## **Major Topics**

- I. Technique at the intermediate level
  - A. Use of Time, Space and Energy
  - B. Terminology
  - C. Musicality
  - 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
- Attendance at a live modern 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.