

**Common Course Outline**  
**DANC 108**  
**Fundamentals of Hip Hop**  
**2 Credits**

**The Community College of Baltimore County**

**Description**

**DANC 108 – 2 credits – Fundamentals of Hip Hop** introduces the technique of and cultural influences on the contemporary hip hop dance style. The course provides practice of hip hop technique and explores the cultural influences of music, graffiti, text and attire on this dance form.

Note: This course is designed for students with no previous dance training.

**2 Credits:** 3 hours of studio practice per week.

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. perform basic hip hop dance skills with effective technique;
2. apply basic principles in creative and improvisational group activities;
3. utilize appropriate terminology in written and oral communication;
4. demonstrate musicality and awareness of tempo and rhythm of musical accompaniment;
5. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
6. identify criteria for making aesthetic judgments about dance;
7. discuss the creative process and contributions of various pioneers and contemporary hip hop artists;
8. identify the differences between the various hip hop styles;
9. demonstrate self-awareness and awareness of others when performing and engaging in group activities;
10. demonstrate effective oral, written and critical thinking skills as they apply to dance technique and appreciation;
11. identify dance as a vehicle for expressing cultural, historical, political or social issues; and
12. discuss dance as a means to a healthy lifestyle.

**Major Topics**

- I. Technique at the fundamental level
  - A. Use of time, space and energy
  - B. Terminology
  - C. Isolations
  - D. Floor work
  - E. Center and across the floor movement sequences

- F. Fundamentals of performance
- G. Improvisation
- II. History and Aesthetics
  - A. Historical and technological influences
  - B. Dance as an art form
  - 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, compression and elevation)
  - C. Nutrition and hydration

### **Course Requirements**

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

#### **Grading/exam**

- 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.