

DANC 220

Contemporary Modern Dance I

2 Credits

Community College of Baltimore County
Common Course Outline

Description

DANC 220 – Contemporary 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.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. develop greater fluency in contemporary 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. demonstrate effective oral, written and critical thinking skills as they apply to modern dance technique;
14. differentiate the styles of modern dance from its historical roots through contemporary choreographers; and
15. 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

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- d. Floor work
 - e. Center and across the floor combinations
 - f. Performance skills
- II. History and Aesthetics
- a. Historical Influences
 - b. Aesthetics of contemporary modern dance
 - c. Aesthetics as a process and product of culture
- III. Dance and Wellness
- a. Injury prevention
 - b. Nutrition and hydration
 - c. P.R.I.C.E treatment of injuries (prevent, rest, ice, compress, elevate)

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- 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 and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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