

DANC 159

Introduction to Dance: A Survey of Dance Styles

2 Credits: 3 hours of studio practice a week

Community College of Baltimore County
Common Course Outline

Description

DANC 159 – Introduction to Dance: A Survey of Dance Styles: introduces various dance genres and styles. Includes body alignment and integration, locomotor skills, dynamic variety, and musicality. NOTE: This course is designed for students with no previous dance training.

Overall Course Objectives

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

1. identify basic dance skills and terminology;
2. perform basic 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 dance technique;
12. identify criteria for making aesthetic judgments about dance;
13. recognize the choreographic styles and performance from a live concert;
14. discuss Dance as a vehicle for expressing cultural, historical, political, or social issues; and
15. discuss dance as a means to a healthy lifestyle.

Major Topics

- I. Dance genre and styles knowledge at the introductory level
- II. Introductory knowledge of movement improvisation
- III. Movement knowledge at the introductory level
 - a. Use of Time, Space and Energy
 - b. Terminology
- IV. Dance technique at the introductory level
 - a. Center and across the floor combinations
 - b. Floor work

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- V. History and Aesthetics
 - a. Historical influences
 - b. Aesthetics as a process and product of culture
- VI. Dance and Wellness
 - a. Injury prevention
 - b. 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
- two practical exams
- attendance at the CCBC Dance Concert and a written response
- one written or oral self-evaluation
- 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.

Other Course Information

This course may be repeated up to a maximum of 4 credits.

Date Revised: 5/2/2023

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