

## **DANC 108**

### **Introduction to Hip Hop 1**

2 Credits

Community College of Baltimore County  
Common Course Outline

#### **Description**

**DANC 108 – Introduction to Hip Hop 1:** introduces the technique and fundamentals of hip hop; includes floor work, body alignment and integration, center and locomotor skills, dynamic variety, and musicality. This course is designed for students with little or no previous dance training.

#### **Overall Course Objectives**

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

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

#### **Major Topics**

- I. Technique principles of Hip Hop at the fundamental level as related to:
  - a. Use of time, space and energy
  - b. Terminology
  - c. Isolations
  - d. Floor work
  - e. Center and across the floor movement sequences

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

For more information, see your professor's syllabus.

- f. Fundamentals of performance
  - g. Improvisation
- II. History and Aesthetics
  - a. Historical influences
  - b. Aesthetics of Hip Hop throughout its historical development
  - 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, compression and elevation)

### **Course Requirements**

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

- Daily physical demonstration of dance technique
- One written exam
- A written or oral self-evaluation
- Attendance at the CCBC Dance Concert and a written response
- Two practical exams (midterm and final)

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.

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