

## **DANC 121**

### **Introduction to Contemporary Modern Dance 2**

2 Credits

Community College of Baltimore County  
Common Course Outline

#### **Description**

**DANC 121 – Introduction to Contemporary Modern Dance 2:** continues the study of contemporary modern dance at the fundamental level; includes floor work, body alignment and integration, center and locomotor skills, dynamic variety, and musicality at the fundamental level.

**Pre-requisites:** DANC 120 or consent of the Dance Coordinator

#### **Overall Course Objectives**

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

1. perform an increased level of fundamental contemporary modern dance skills with effective technique and efficient body alignment according to individual anatomical structure;
2. perform fundamental contemporary modern dance skills;
3. utilize greater strength and a range of mobility;
4. perform movement phrases and combinations with an integration of core strength;
5. demonstrate the use of tempo, rhythm, and dynamics of musical accompaniment;
6. utilize kinesthetic perception in order to self-evaluate and self-correct;
7. demonstrate appropriate studio etiquette;
8. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and overall movement efficiency;
9. demonstrate self-awareness, awareness of others, and spatial awareness when performing and engaging in group activities;
10. demonstrate effective oral, written and critical thinking skills as they apply to modern dance technique;
11. analyze criteria for making aesthetic judgments about contemporary modern dance;
12. analyze the choreographic styles and performance from a live concert and articulate appropriate criteria for making aesthetic statements about dance;
13. discuss dance as a means to a healthy lifestyle; and
14. discuss dance as a vehicle for expressing cultural, historical, political or social issues.

#### **Major Topics**

- I. Technique principles of Contemporary Modern Dance at the fundamental level as it relates to:
  - a. Use of Time, Space and Energy
  - b. Terminology
  - c. Musicality and dynamics
  - d. Floor work

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

For more information, see your professor's syllabus.

- e. Center and across the floor combinations
  - f. Performance skills
- II. History and Aesthetics
  - a. Historical influences
  - b. Aesthetics of Modern Dance 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, compress, elevate)

### **Course Requirements**

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

- Daily physical demonstration of dance technique
- Two practical evaluations (mid-term and final)
- Attendance at the CCBC Dance Concert and a written response
- A written or oral self-evaluation assignment
- 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.

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