

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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