

DANC 220
Contemporary Modern Dance 1
2 Credits

Community College of Baltimore County
Common Course Outline

Description

DANC 220 – Contemporary Modern Dance 1: builds on the technical skills introduced in DANC 121. Students focus on the use of centering, core support, breath support, and full articulation of the body in three-dimensional space. This course is designed for students with previous dance training.

Overall Course Objectives

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

1. develop greater fluency in contemporary modern dance technique with effective technique and efficient body alignment according to individual anatomical structure;
2. analyze all training, practice, and performance from an anatomically correct standpoint;
3. demonstrate an integration of core strength in all combinations and phrase work;
4. experiment with improvisation skills;
5. expand expressive and qualitative range of movement;
6. develop musicality, dynamics, clarity, and articulation in time and space;
7. demonstrate an integrated sensitivity to tempo, rhythm, dynamics of musical accompaniment, and individual breath phrasing;
8. demonstrate an increased level of self-awareness, awareness of others, and spatial awareness when performing and engaging in group activities;
9. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self-correct;
10. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
11. demonstrate effective oral, written and critical thinking skills as they apply to dance technique and appreciation;
12. differentiate the various styles of modern dance from modern dance's historical roots through contemporary choreographers;
13. analyze the choreographic styles and performance from a live concert and articulate appropriate criteria for making interpretations and judgments about dance;
14. discuss dance as a means to a healthy lifestyle; and
15. discuss dance as a vehicle for expressing cultural, historical, political or social issues.

Major Topics

- I. Technique principles of Contemporary Modern Dance as related to:
 - 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 Modern Dance over time
 - 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 exams (midterm and final)
- Attendance at the CCBC Dance Concert
- Attendance at a live professional dance performance and written response
- A written 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.

Date Revised: 3/4/2025