

DANC 120

Introduction to Contemporary Modern Dance 1

2 Credits

Community College of Baltimore County
Common Course Outline

Description

DANC 120 – Introduction to Contemporary Modern Dance 1: introduces the technique and fundamentals of contemporary modern dance; 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. identify basic contemporary modern dance skills and terminology;
2. perform basic contemporary modern 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. recognize 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 and awareness of others when performing and engaging in group activities;
10. demonstrate effective oral, written and critical thinking skills as they apply to modern dance technique;
11. identify criteria for making aesthetic judgments about contemporary modern dance;
12. recognize the choreographic styles and performance from a live concert and articulate appropriate criteria for making aesthetic statements about dance;
13. identify the major styles of modern dance from its historical roots through contemporary choreographers;
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 of Contemporary Modern dance at the fundamental level as related to:
 - a. Use of Time, Space and Energy
 - b. Terminology
 - c. Musicality and dynamics
 - d. Floor work
 - e. Center and across the floor combinations
 - f. Performance skills

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

For more information, see your professor's syllabus.

- 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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