

## **DANC 223**

### **Intermediate Contemporary Modern Dance 2**

2 Credits

Community College of Baltimore County  
Common Course Outline

#### **Description**

**DANC 223 – Intermediate Contemporary Modern Dance 2:** provides continued training in contemporary modern dance technique at an intermediate level with emphasis on refining technical skills, performance quality, depth of physicality, expression, and individual style in complex dance sequences.

**Pre-requisites:** DANC 222 or consent of the Dance Coordinator

#### **Overall Course Objectives**

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

1. perform contemporary modern dance skills with greater performance quality, technical clarity and efficient body alignment according to individual anatomical structure at the intermediate level;
2. demonstrate a consistent use of strength and range of mobility in contemporary modern dance movement at the intermediate level;
3. accurately analyze all training, practice, and performance from an anatomically correct standpoint;
4. perform all combinations and phrase work with an integration of core strength at the intermediate level;
5. demonstrate fluency in the use of improvisation skills at the intermediate level;
6. perform contemporary modern dance movement with refined expressivity and range of movement at the intermediate level;
7. demonstrate increased sophistication in the use of musicality, dynamics, and movement articulation in time and space;
8. perform with a high degree of accuracy the various tempos, rhythms, dynamics of musical accompaniment, and individual breath phrasing in movement combinations at an intermediate level;
9. demonstrate a refined level of self-awareness, awareness of others, and spatial awareness when performing and engaging in group activities;
10. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self-correct;
11. assess their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
12. utilize effective oral, written and critical thinking skills as they apply to dance technique and appreciation;
13. analyze various styles of modern dance from its historical roots through contemporary choreographers;

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For more information, see your professor's syllabus.

14. analyze the choreographic styles and performance elements from a live concert and articulate appropriate criteria for making aesthetic statements about dance;
15. apply dance as a means to a healthy lifestyle; and
16. examine dance as a vehicle for expressing cultural, historical, political or social issues.

### **Major Topics**

- I. Technique principles of Contemporary Modern Dance at the intermediate level as it relates 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
- II. History and Aesthetics
  - a. Historical influences
  - b. Aesthetics of Modern Dance over time
  - c. Aesthetics as a process and product of culture
  - d. Elements of Modern Dance choreography and performance
- 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 critique
- 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.

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