

Montgomery County Community College
 DAN 101/ESW 101
 Introduction to Dance Studies
 3-3-0

COURSE DESCRIPTION:

This course provides an introduction to the study of dance at the college level. The course is designed for dance majors or anyone with a serious interest in pursuing dance studies. The course focuses on the development and care of the dancer’s instrument. Students will learn and practice the fundamental principles of correct dance technique common to Western dance forms. The course addresses practical concerns of dance training including: injury prevention, cardiorespiratory fitness and endurance, strength training, stretching for flexibility, diet and nutrition, and caring for the dancing body.

REQUISITE(S):

Previous Course Requirements

- * ENG 010A Basic Writing or ENG 011 Basic Writing II or ESL 011 Basic Writing II with a minimum grade of “C”
- * REA 011 Fundamentals of College Reading or REA 017 Vocabulary and Reading Comprehension Development II with a minimum grade of “C”

Concurrent Course Requirements

None

| LEARNING OUTCOMES: Upon successful completion of this course, the student will be able to: | LEARNING ACTIVITIES | EVALUATION METHODS |
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| 1. Demonstrate the four body alignments that are essential for correct body placement in Western dance forms (e.g., ballet, modern dance, jazz). | Movement Activities Assigned Readings Lecture/Discussion Written Assignments | Movement Activities Written Examinations |

| LEARNING OUTCOMES | LEARNING ACTIVITIES | EVALUATION METHODS |
|---|---|---|
| 2. Demonstrate the correct technique for performing the following basic dance movements: spinal roll down, contraction & release, demi-plié, grande-plié, tendue, dégagé, développé, grand battement, simple jumps, balances, simple turns with spotting, isolations. | Movement Activities Assigned Readings Lecture/Discussion Written Assignments | Movement Activities Written Examinations |
| 3. Identify and locate bones of particular importance to dance technique and training. | Movement Activities Assigned Readings Lecture/Discussion Written Assignments | Movement Activities Written Examinations |
| 4. Create an individualized plan for endurance, strength training, and stretching. | Movement Activities Assigned Readings Lecture/Discussion Written Assignments | Movement Activities Written Examinations Fitness Plan |
| 5. Create an individualized diet plan for optimal nutrition and body composition | Assigned Readings Lecture/Discussion AV/Multimedia Materials Written Assignments | Written Examinations Nutrition Plan |
| 6. Create a computer-based presentation using appropriate presentation software. | Lecture/Discussion Computer Assignment In-class presentation with peer feedback | Class Presentation Fitness Plan |

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Course Introduction
2. Dance Class Etiquette, Procedures & Attire
3. Injury Prevention
4. Warm-up and Cool down
5. Vertical Alignment and Body Placement
6. Turnout
7. Mechanics and Correct Execution of Fundamental Dance Movements
 - a. Spinal roll down

- b. Contraction & release
 - c. Demi-plié & grand plié
 - d. Tendue & dégagé
 - e. Grand battement
 - f. Balances
 - g. Developpé
 - h. Simple turns with spotting
 - i. Isolations
 - j. Jumps
9. Basic Skeletal Anatomy for Dancers
 - a. Skeletal System
 - b. Skull
 - c. Vertebral column – spine
 - d. Axial skeleton
 - e. Upper extremities
 - f. Pelvis
 - g. Lower extremities
 10. Dance Fitness for Improved Technique & Performance
 - a. Increasing endurance through cardiorespiratory training
 - b. Strength & muscle endurance training for dancers
 - c. Increasing muscle elasticity through stretching
 11. Creating a Computer-Based Presentation
 - a. Choosing an appropriate presentation program
 - b. Guidelines for using text
 - c. How to insert images and video links
 - d. Proper citation of sources
 - e. Applying aesthetic principles to your presentation
 12. Diet and Nutrition
 - a. Nutritional considerations for dancers
 - b. Determining body composition
 - c. Determining individual dietary needs
 13. Caring for the Dancing Body

LEARNING MATERIALS:

Required texts:

Tom Welsh. *Conditioning for Dancers* (Univ. Press of Florida, 2009.)

Robin D. Chmelar and Sally Fitt. *Diet for Dancers: A Complete Guide to Nutrition and Weight Control* (Princeton Book Co., 1990.)

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

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| Prepared by: Dr. Melinda Copel | Date: 2/9/2008 |
| VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. | Date: 6/17/2008 |
| Revised by: Dr. Melinda Copel | Date: 6/2012 |
| VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. | Date: 8/24/2012 |
| Revised by: Dr. Melinda Copel | Date: 7/13/2013 |
| VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. | Date: 7/18/2013 |
| Revised by: Dr. Melinda Copel/Debbie Dalrymple | Date: 2/1/2017 |
| VPAA/Provost or designee Compliance Verification: Victoria Bastecki-Perez, Ed. D. | Date: 2/2/2017 |
| Revised by: Dr. Melinda Copel/Debbie Dalrymple | Date: 8/12/2017 |
| VPAA/Provost or designee Compliance Verification: | Date: 8/28/2017 |



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.