

Montgomery County Community College  
 DAN 102  
 Fundamentals of Modern Dance I  
 3-3-0

**COURSE DESCRIPTION:**

This course provides an introduction to the principles and practice of modern dance. Ongoing dance technique classes will incorporate aspects of modern and postmodern dance, dance improvisation, Bartenieff Fundamentals, Pilates mat work and stretching and relaxation techniques. Through these movement experiences, students will develop their technical dance skills; learn basic concepts of dance design, and further their understanding and cultivation of the body as an instrument of expression. The course will provide a basis for understanding the aesthetic principles of modern dance through movement experiences, critical viewing and analysis of masterworks of modern dance choreography, and class discussions. The class will attend one or more live dance performances.

**REQUISITES:***Previous Course Requirements*

- ENG 010 Basic Writing I or ESL 010 Basic Writing I
- REA 011 Fundamentals of College Reading or REA 017 Vocabulary and Reading Comprehension Development II

*Concurrent Course Requirements*

None

| LEARNING OUTCOMES<br>Upon successful completion of this course, the student will be able to:           | LEARNING ACTIVITIES  | EVALUATION METHODS   |
|--|--|--|
| 1. Execute basic modern dance movements on the floor and standing.                                     | Movement Activities<br>Lecture/Discussion<br>Assigned Readings | Presentations of Student Performance and Choreography                        |
| 2. Execute basic traveling movements and simple jumps and turns.                                       | Movement Activities<br>Lecture/Discussion<br>Assigned Readings | Movement Activities<br>Presentations of Student Performance and Choreography |
| 3. Execute movement with music moving on the correct musical counts as demonstrated by the instructor. | Movement Activities<br>Lecture/Discussion                      | Movement Activities<br>Presentations of Student Performance and Choreography |

| LEARNING OUTCOMES   | LEARNING ACTIVITIES   | EVALUATION METHODS   |
|---|---|--|
| 4. Rehearse and perform a short movement study as part of a small group.  | Movement Activities<br>Lecture/Discussion<br>Assigned Readings<br>AV/Multimedia Materials | Movement Activities<br>Presentations of Student<br>Performance and<br>Choreography |
| 5. Make informed aesthetic judgments through the creation and performance of an original dance work through group process. (Core Goal 7.1 and 7.2)            | Movement Activities<br>Lecture/Discussion<br>Assigned Readings<br>AV/Multimedia Materials | Movement Activities<br>Presentations of Student<br>Performance and<br>Choreography |
| 6. Demonstrate through movement the basic dance concepts of body shape and design, and the use of space, time, force, and flow. (Core Goal 7.2)               | Movement Activities<br>Lecture/Discussion<br>Assigned Readings<br>AV/Multimedia Materials | Movement Activities<br>Presentations of Student<br>Performance and<br>Choreography |
| 7. Identify the relationship of health and wellness issues to a healthy dancing lifestyle. (Core Goal 10.1)   | Lecture/Discussion<br>Assigned Readings   | Written Examinations   |
| 8. Identify the relationship of a healthy dancing lifestyle to career longevity and the ability to continue dancing throughout the lifespan. (Core Goal 10.2) | Lecture/Discussion<br>Assigned Readings   | Written Examinations   |

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:

All movement classes will include warm-up exercises and combinations in the center and traveling across the floor. Each class will emphasize a particular concept or skill. Wellness issues for dancers will be woven throughout the course.

1. Course Introduction
2. Vertical Alignment
3. Moving from Center
4. Articulating the Spine
5. Hip Flexion & Rotation
6. Wellness Issues for Dancers
  - a. relationship of correct technique to injury prevention & career longevity
  - b. injury prevention & care
  - c. optimal nutrition & body composition
  - d. proper training procedures
    - 1) warm-up & cool down
    - 2) proper sequence of exercises
    - 3) phase in
    - 4) strength & flexibility training
    - 5) cross-training
  - e. adequate rest
  - f. avoidance of toxic substances such as cigarettes, alcohol, and drugs
7. Introduction to Effort/Shape
  - a. body shape & design
  - b. space
  - c. time
  - d. force
  - e. flow
8. Introduction to Modern Dance History & Aesthetics
  - a. Modern Dance
  - b. Postmodern Dance
9. Breathing/Relaxation
10. Upper Body/Arms
11. Turns/Spotting
12. Falling & Rolling
13. Jumps
14. Movement Study – Theme & Variations
  - a. Elements of dance design
  - b. Manipulating movement motifs

### LEARNING MATERIALS:

Penrod, James and Janice Gudde Plastino. (2004). *The Dancer Prepares: Modern Dance for Beginners* (5<sup>th</sup> ed.). McGraw-Hill.

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: 5/19/2010  |
| Interim VPAA/Provost Compliance Verification:<br>Victoria L. Bastecki-Perez, Ed.D.     | Date: 11/15/2010 |
| Revised by: Dr. Melinda Copel  | Date: 6/30/2012  |
| VPAA/Provost or designee Compliance Verification:<br>Victoria L. Bastecki-Perez, Ed.D. | Date: 8/27/2012  |
| Revised by: Dr. Melinda Copel  | Date: 7/7/2013   |
| VPAA/Provost or designee Compliance Verification:<br>Victoria L. Bastecki-Perez, Ed.D. | Date: 7/18/2013  |
| Revised by: Dr. Melinda Copel/Debbie Dalrymple   | Date: 02/01/2017 |
| VPAA/Provost or designee Compliance Verification:<br>Victoria L. Bastecki-Perez, Ed.D. | Date: 02/02/2017 |
| Revised by: Debbie Dalrymple   | Date: 01/11/2018 |
| VPAA/Provost or designee Compliance Verification:                                      | Date: 1/30/2018  |



*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.*