

DANC M20A: MOVEMENT IMPROVISATION I

Originator

bmegill

Co-Contributor(s)
Name(s)

Salas, Robert (rsalas)

Bowen, Nathan (nbowen)

College

Moorpark College

Discipline (CB01A)

DANC - Dance

Course Number (CB01B)

M20A

Course Title (CB02)

Movement Improvisation I

Banner/Short Title

Movement Improvisation I

Credit Type

Credit

Start Term

Fall 2022

Catalog Course Description

Introduces the art and practice of improvisational dance. Focuses on movement generation through the study of time, space, shape, effort and body. Stimulates the discovery of the joy of movement and the entering into a free environment in which to explore the unique and creative language of physical expression.

Course Credit Limitations: Credit will not be awarded for both the honors and regular versions of a course. Credit will be awarded only to the first course completed with a grade of "C" or better or "P". Moorpark College Honors Program requires a letter grade.

Taxonomy of Programs (TOP) Code (CB03)

1008.00 - Dance

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Faculty notes on field trips; include possible destinations or other pertinent information

* Attend a live dance performance

* Attend a dance rehearsal or class

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

Yes

Select the other courses that make up this family

DANC M20AH - Honors: Movement Improvisation I

DANC M20B - Movement Improvisation II

DANC M20C - Movement Improvisation III

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

17.5

Maximum Contact/In-Class Lecture Hours

17.5

Activity**Laboratory****Minimum Contact/In-Class Laboratory Hours**

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

70

Total Maximum Contact/In-Class Hours

70

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

35

Maximum Outside-of-Class Hours

35

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

105

Total Maximum Student Learning Hours

105

Minimum Units (CB07)

2

Maximum Units (CB06)

2

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | identify a variety of improvisation perspectives and practices according to genre, culture, and aesthetic vision. |
| 2 | define, describe, and implement theoretical concepts of body, action, space, time, energy, and relationship. |
| 3 | create and perform an improvisational score for which they have set the parameters and directed the group (or partner) in the score and rule set for the performance. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 1 | utilize relaxation exercises which aid in their awareness of the physical body and their creative impulses. |
| 2 | participate and perform in improvisational exercises which demand physical and mental acuity in relation to a variety of environmental factors and other participants. |
| 3 | define, describe and implement theoretical concepts of body, action, space, time, energy, and relationship. |
| 4 | utilize a variety of materials including props, costumes, masks, and given environmental settings/parameters in their improvisational exercises and performances. |
| 5 | incorporate vocalizations and words into an improvisational setting to help evoke authentic emotions and responses within the context of the exercise or performance. |
| 6 | create their own accompaniment using voice, percussion instruments and/or other devices in a variety of settings and creative situations. |
| 7 | create and perform an improvisational exercise for which they have set the parameters and directed the group (or partner) in the score and rule set for the performance. |

Course Content

Lecture/Course Content

1. (5%) Relaxation and clearing the mind and body for dance

2. (10%) Improvisation as a performance

- How to create a "score" for an improvisational performance
- How to create a rule set and establish parameters for an improvisation exercise

3. (10%) Elements and aspects of effort and energy

4. (10%) Elements and aspects of shape

5. (10%) Elements and aspects of the body

6. (10%) Elements and aspects of time

7. (15%) Elements and aspects of space

8. (15%) Sets/Environmental scripting

- Discussion of the effect of environment on movement.
- If possible, taking the class into different spaces in the Performing Arts Center and exploring the effect of the changes in locale

9. (10%) Music and improvisation

- Students create movement stimulated by recorded music, live music or their own musical creation
- Investigation of different instruments and textures in music

10. (5%) Words or poems as stimuli

- Students each write a poem or bring in a published poem or other text excerpt to use as a foundation for movement generation

Laboratory or Activity Content

1. (5%) Relaxation techniques

Exercises that increase awareness of the body and the effects of stress on the mind and body, and promote release in the joints to facilitate movement

2. (50%) Exercises focusing on the manipulation of time, effort, space, shape and body

3. (10%) Fundamental dance experience as given through a warm-up or conditioning series

4. (15%) Improvisation in site specific environments and settings

5. (10%) Music and improvisation

Students create movement stimulated by recorded music, live music or their own musical creation
Investigation of different instruments and textures in music

6. (5%) Words or poems as stimuli

Students each write a poem or bring in a published poem or other text excerpt to use as a foundation for movement generation

7. (5%) Group sensitivity/partner sensitivity

Collaborating in an improvisation

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Written expression

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Film/video productions
 Group projects
 Individual projects
 Journals
 Laboratory activities
 Oral analysis/critiques
 Performances
 Portfolios
 Problem-solving exams
 Skills demonstrations
 Other (specify)

Other

Written creation (improvisational score using motif notation, poem, screenplay, song)

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
 Class activities
 Class discussions
 Collaborative group work
 Demonstrations
 Distance Education
 Group discussions
 Guest speakers
 Instructor-guided interpretation and analysis
 Internet research
 Large group activities
 Lecture
 Modeling
 Observation
 One-on-one conference
 Small group activities

Describe specific examples of the methods the instructor will use:

- Instructor verbally guides students through exploratory movement practices. Instructor may guide students using visual or auditory stimulus to generate movement ideas.
- Instructor organizes the class into pairs or small groups for witnessing and sharing.

Representative Course Assignments

Writing Assignments

1. Journaling of experiences in, or observation of, improvisation exercises.
2. Critiquing a dance performance or other improvisational performance.
3. Notating or outlining a rule set or score for an improvisational exercise.

Critical Thinking Assignments

1. Assessing the compositional needs of a piece and then executing it impromptu.
2. Performing in an improvisational performance to experience the process of creating a dance as shaped by the rule set and the piece as it develops.
3. Creating a rule set or score for an improvisational exercise.
4. Writing an essay on the interrelatedness of the elements of time, space, shape, effort and body in an improvisation.
5. Reflecting on the influences at play in an improvisational exercise.

Reading Assignments

1. Reading dance theory motif notation symbols or short thematic score.
2. Reading articles or essays about the origins of improvisation in differing contexts and cultures.

Skills Demonstrations

1. Using aspects of the body, action, space, time, energy and relationship for expression and communication.
2. Performing in an improvisational dance event to experience the process of creating a dance as shaped by the rule set and the piece as it develops.

Outside Assignments**Representative Outside Assignments**

1. Attending a master class, lecture or improvisational performance.
2. Creating a rule set or score for an improvisational exercise.
3. Gathering source material or stimuli for an improvisational exercise (text, pictures, poetry, sculpture, painting, etc.).

Articulation**Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
UC Santa Barbara	DANCE 51	Improvisation	3
San Jose State Univ.	DANC 43	Dance Improvisation	1
CSU Channel Islands	PADA 255	Dance Composition and Improvisation	3

Comparable Courses within the VCCCD

THA M17 - Free Dance/Improv. I
DANC V04 - Dance Improvisation

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Palomar College	DNCE 140	Dance Improvisation I	.5-1

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****C1. Fine/Performing Arts**

Proposed

D. Language and Rationality**E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

F. Ethnic Studies/Gender Studies**Course is CSU transferable**

Yes

CSU Baccalaureate List effective term:

Fall 1995

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development**

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****UC TCA**

UC TCA

Approved

IGETC**Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionAlbright, Ann Cooper, and David Gere, eds. *Taken by Surprise: A Dance Improvisation Reader*. Wesleyan UP, 2003.**Resource Type**

Textbook

DescriptionReeve, Justine. *Dance Improvisations: Warm-Ups, Games and Choreographic Tasks*. Human Kinetics, 2013.**Resource Type**

Textbook

DescriptionGuest, Ann Hutchinson. *An Introduction to Motif Notation*. Dance Books Ltd., 2000.

Resource Type

Textbook

DescriptionFranklin, Eric. *Dance Imagery for Technique and Performance*. 2nd ed. Human Kinetics, 2013.**Resource Type**

Textbook

DescriptionWahl, Colleen. *Laban/Bartenieff Movement Studies: Contemporary Applications*. Human Kinetics, 2019.**Library Resources****Assignments requiring library resources**

Students may be asked to watch a video or research a dancer or style of improvisation. Students may use library's print and online resources as source material for a creative project or stimulus material.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Gathering source material or stimuli for an improvisational exercise (text, pictures, poetry, sculpture, and painting, etc.).

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (1%–50% online)
Hybrid (51%–99% online)
100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Find and select an example of improvisational dance performance from the web that exemplifies attention to one or more of the Movement Alphabet concepts from the Language of Dance. Identify the characteristic(s) in the video and the logic behind your decision.
Other DE (e.g., recorded lectures)	Review the recorded lecture on the Movement Alphabet. Identify three concepts with which you feel most comfortable and 3 concepts of which you would like to develop a deeper understanding.

E-mail	Instructor and student will correspond about questions, meetings, assignments, or other course related concerns as needed throughout the course.
Other DE (e.g., recorded lectures)	Dance through the guided Movement Alphabet warm up and reflect in writing about your experience. What challenges do you face with this movement and what self-guided work might you be able to do to improve your overall comfort embodying these concepts?

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Find and select an example of improvisational dance performance from the web that exemplifies attention to one or more of the Movement Alphabet concepts from the Language of Dance. Identify the characteristic(s) in the video and the logic behind your decision.
Other DE (e.g., recorded lectures)	Review the recorded lecture on the Movement Alphabet. Identify three concepts with which you feel most comfortable and 3 concepts of which you would like to develop a deeper understanding.
E-mail	Instructor and student will correspond about questions, meetings, assignments, or other course related concerns as needed throughout the course.
Other DE (e.g., recorded lectures)	Dance through the guided Movement Alphabet warm up and reflect in writing about your experience. What challenges do you face with this movement and what self-guided work might you be able to do to improve your overall comfort embodying these concepts?
Video Conferencing	Participate in a live, guided-movement exploration. In a breakout room, discuss with a partner your intra-personal observations.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Find and select an example of improvisational dance performance from the web that exemplifies attention to one or more of the Movement Alphabet concepts from the Language of Dance. Identify the characteristic(s) in the video and the logic behind your decision.
Other DE (e.g., recorded lectures)	Review the recorded lecture on the Movement Alphabet. Identify three concepts with which you feel most comfortable and 3 concepts of which you would like to develop a deeper understanding.
E-mail	Instructor and student will correspond about questions, meetings, assignments, or other course related concerns as needed throughout the course.
Other DE (e.g., recorded lectures)	Dance through the guided Movement Alphabet warm up and reflect in writing about your experience. What challenges do you face with this movement and what self-guided work might you be able to do to improve your overall comfort embodying these concepts?
Video Conferencing	Participate in a live, guided-movement exploration. In a breakout room, discuss with a partner your intra-personal observations.

Examinations**Hybrid (1%–50% online) Modality**

On campus
Online

Hybrid (51%–99% online) Modality

On campus
Online

Primary Minimum Qualification

DANCE

Review and Approval Dates

Department Chair

02/11/2022

Dean

02/12/2022

Technical Review

02/17/2022

Curriculum Committee

3/1/2022

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

MM/DD/YYYY

Control Number

CCC000525346

DOE/accreditation approval date

MM/DD/YYYY