

# DANC M12A: MODERN DANCE I - FUNDAMENTALS

## Originator

rsalas

## College

Moorpark College

## Attach Support Documentation (as needed)

Domains of the Learning Dance Rubric MC 2021.docx  
Technique rubric MC Curriculum Assessment 2021.docx

## Discipline (CB01A)

DANC - Dance

## Course Number (CB01B)

M12A

## Course Title (CB02)

Modern Dance I - Fundamentals

## Banner/Short Title

Modern Dance I - Fundamentals

## Credit Type

Credit

## Start Term

Fall 2023

## Catalog Course Description

Covers the fundamentals of modern dance techniques based on the teaching of modern dance masters such as Graham, Humphrey, Limon and Laban. Develops fundamental modern technique, basic locomotor movements, movement dynamics and qualities, elements of modern dance history, evaluation and application of dance composition, and the understanding and appreciation of modern dance as an art form.

## 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**

Will not be required

**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?**

No

**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 | obtain the overall fitness level and technique to meet the needs of a foundation level modern dance class or performance. |
| 2 | describe and demonstrate aesthetic components and cultural values of modern dance.  |
| 3 | demonstrate knowledge in areas of history, theory and philosophy of modern dance  |

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

- |   |  |
|---|--|
| 1 | demonstrate improvement in flexibility, strength, endurance and general coordination and alertness.  |
| 2 | perform basic modern dance movement technique and choreography.  |
| 3 | demonstrate knowledge of basic anatomy: the movement and function of bones, joints and skeletal muscles.   |
| 4 | work cooperatively with classmates, as well as individually, in solving problem situations in modern dance.  |
| 5 | recognize basic musical construction and demonstrate accuracy in movement responses in relationship to rhythm, accent, tempo and phrasing.               |
| 6 | demonstrate knowledge in the areas of history, theory and philosophy of modern dance.  |
| 7 | explain the relationship of physical movement (kinetic chains) and emotional expression (effort life) as an inroad to authentic movement and expression. |

- |   |   |
|---|---|
| 8 | demonstrate evaluative skills by observing and critiquing innovation and technical skill in classroom assignments and projects.   |
| 9 | evaluate and demonstrate an appreciation of dance as an art form as experienced through attendance and viewing of "live" concerts, films and videos; appraise in writing the various aspects of a dance production. |

## Course Content

### Lecture/Course Content

#### 1. (12%) Basic Locomotor Moves

- Triplets
- Level changes
- Directions
- Focus and intent

#### 2. (6%) Critical Thinking/Performance

- Attend and critique a modern performance
- Participate in solo or group performances

#### 3. (12%) Modern Dance History

- Historical figures
- Roots and development

#### 4. (13%) Movement Dynamics and Qualities

- Percussive
- Sustained
- Swing
- Falls
- Vibratory
- Suspended

#### 5. (6%) Improvisation and Exploration

- Contact improvisation
- Creativity
- Negative space

#### 6. (12%) Shapes and Sculpture

- Axial awareness
- Shape, form and design

#### 7. (39%) Modern Dance Technique

- Develop technique
- Contract and release
- Fall and recovery
- Strength and limitations
- General body mechanics
- Musicality

### Laboratory or Activity Content

1. (25%) Dynamics, space, shape and improvisation
2. (50%) Modern technique, alignment, strengthening, performance
3. (25%) Critical thinking and analysis of performance and choreography

## 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  
Journals  
Performances  
Problem-solving exams  
Quizzes  
Recitals  
Reports/papers

Skills demonstrations  
 Skills tests or practical examinations  
 Written analyses  
 Other (specify)  
 Classroom Discussion  
 Projects  
 Participation  
 Reports/Papers/Journals

### Other

Instructor will assess student level of performance according to the department rubric for technique courses as attached to this COR, addressing the interwoven components of the dancer's performance in sequencing/memory, alignment and facility, coordination/agility, musicality, and expression/embodiment. This rubric allows space for students to self-direct their learning toward their areas of weakness and interests for skills development and performance.

## Instructional Methodology

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

Class activities  
 Demonstrations  
 Distance Education  
 Group discussions  
 Guest speakers  
 Laboratory activities  
 Lecture  
 Modeling  
 Readings  
 Other (specify)

### Specify other method of instruction

Participation (rehearse and perform) in an end-of-semester performance.

### Describe specific examples of the methods the instructor will use:

1. The instructor will introduce a movement combination using Graham technique (contraction and release, Graham 4th, spirals) .
2. Instructor models and talks through a series of warm up activities and floor work which the students follow and perform.
3. Instructor leads the class through an observation and analysis activity looking at sample modern dance technique videos; Graham, Humphrey, and Laban and choreography.
4. Instructor will assess student level of performance according to the department rubric for technique courses as attached to this COR, addressing the interwoven components of the dancer's performance in sequencing/memory, alignment and facility, coordination/agility, musicality, and expression/embodiment. This rubric allows space for students to self-direct their learning toward their areas of weakness and interests for skills development and performance.

## Representative Course Assignments

### Writing Assignments

keep a journal recording reactions to class discussions and assignments.  
 research and write a report on the life and contributions of a well-known dancer.

### Critical Thinking Assignments

research the life and contributions of a well-known modern choreographer. Analyze their choreography and choreograph a movement sequence in a particular choreographer's style. Be prepared to discuss your choices using the LOD language and Laban concepts of movement.

write evaluations/critiques of a dance concert/dance company performance using LOD concepts and language. Identify movement choices, movement qualities and describe your findings using Language of Dance vocabulary.

### Reading Assignments

Use the Language of Dance handout: The movement alphabet - the verbs, to define the following terms: Any action, stillness, flexion extension, rotation and travelling. Be prepared to demonstrate these concepts and present the corresponding notation symbol for each "term" on a flash card.

Read excerpts from Vaslav Nijinsky's diary and look at his writing through a lens of mental health and creativity.

### Skills Demonstrations

Synthesize and performed combinations and/or choreography that is demonstrated by the faculty member.

Demonstrate concepts of negative space and weight support in an improvisational movement exchanges with a partner

## Outside Assignments

### Representative Outside Assignments

Attend a dance performance or concert.

View assigned dance videos.

## Articulation

### Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
UC Riverside	DNCE 67A	Beginning Modern dance Technique	2
CSU Dominguez Hills	DAN 220	Modern Dance I	2
CSU Long Beach	DANC 111B	Beginning Modern Dance	2

### Comparable Courses within the VCCCD

DANC R102A - Modern Dance I

DANC V10A - Modern I

## District General Education

### A. Natural Sciences

### B. Social and Behavioral Sciences

### C. Humanities

#### C1. Fine/Performing Arts

Approved

### D. Language and Rationality

### E. Health and Physical Education/Kinesiology

### F. Ethnic Studies/Gender Studies

### Course is CSU transferable

Yes

### CSU Baccalaureate List effective term:

F1995

## CSU GE-Breadth

### Area A: English Language Communication and Critical Thinking

### Area B: Scientific Inquiry and Quantitative Reasoning

### Area C: Arts and Humanities

#### C1 Arts: Arts, Cinema, Dance, Music, Theater

Approved

### Expiration term:

Fall 2012

**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

**Description**Hackney, Peggy. *Making Connections: Total Body Integration through Bartenieff Fundamentals*. Routledge, 2015.**Resource Type**

Textbook

**Description**Legg, Joshua. *Introduction to Modern Dance Techniques*. Princeton Books, 2011.**Resource Type**

Textbook

**Description**Penrod, James, and Janice Gudde Plastino. *The Dancer Prepares: Modern Dance for Beginners*. 5th ed., McGraw-Hill, 2004.**Library Resources****Assignments requiring library resources**

Research an individual modern choreographer or dancer using the Library's print and online resources.

**Sufficient Library Resources exist**

Yes

**Example of Assignments Requiring Library Resources**

Research and define the various areas of study that make up the Laban movement theories and technique.

**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:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Narrated Lectures, Instructor created content, Discussions - for hybrid classes, face-to-face class time will provide opportunities for students to discuss amongst themselves (in groups or pairs) and ask questions about the material to facilitate SLOs and course outcomes.
Other DE (e.g., recorded lectures)	Recorded Lectures, Narrated Slides, Screencasts, Instructor created content, Discussions, Websites and Blogs, Multimedia (YouTube, Films on Demand, 3CMedia, Khan Academy, etc.)
Synchronous Dialog (e.g., online chat)	Communication, Online office hours, Online group discussions.



**Hybrid (51%–99% online) Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Narrated Lectures, Instructor created content, Discussions - for hybrid classes, face-to-face class time will provide opportunities for students to discuss amongst themselves (in groups or pairs) and ask questions about the material to facilitate SLOs and course outcomes.
Other DE (e.g., recorded lectures)	Recorded Lectures, Narrated Slides, Screencasts, Instructor created content, Discussions, Websites and Blogs, Multimedia (YouTube, Films on Demand, 3CMedia, Khan Academy, etc.)
Synchronous Dialog (e.g., online chat)	Communication, Online office hours, Online group discussions.

**100% online Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Narrated Lectures, Instructor created content, Discussions - for hybrid classes, face-to-face class time will provide opportunities for students to discuss amongst themselves (in groups or pairs) and ask questions about the material to facilitate SLOs and course outcomes.
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Synchronous Dialog (e.g., online chat)	Communication, Online office hours, Online group discussions.

**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**

09/19/2022

**Dean**

09/20/2022

**Technical Review**

11/03/2022

**Curriculum Committee**

11/15/2022

**DTRW-I**

MM/DD/YYYY

**Curriculum Committee**

MM/DD/YYYY

**Board**

MM/DD/YYYY

**CCCCO**

MM/DD/YYYY

**Control Number**

CCC000526144

**DOE/accreditation approval date**

MM/DD/YYYY