

COURSE OUTLINE

OXNARD COLLEGE

I. Course Identification and Justification:

- A. Proposed course id: DANC R102A
Banner title: Modern Dance I
Full title: Modern Dance I

Previous course id: DANC R102A
Banner title: Modern Dance I
Full title: Modern Dance I

- B. Reason(s) course is offered:
To meet and respond to student demands and community interest, and to expand the curriculum of the dance program. This course meets UC and CSU transfer standards.
- C. Reason(s) for current outline revision:
Course Modification and removal of PE R116A co-listing.

II. Catalog Information:

- A. Units:
Current: 2.00
Previous: 2.00

- B. Course Hours:
- In-Class Contact Hours:
Lecture: 17.5 Activity: 0 Lab: 52.5
 - Total In-Class Contact Hours: 70
 - Total Outside-of-Class Hours: 35
 - Total Student Learning Hours: 105

C. Prerequisites, Corequisites, Advisories, and Limitations on Enrollment:

- Prerequisites
Current:
Previous:

- Corequisites
Current:
Previous:

- Advisories:
Current:
Previous:

- Limitations on Enrollment:
Current:
Previous:

- D. Catalog description:
Current:

This course focuses on the development of modern dance techniques with emphasis on combinations of basic skills. Study of the dance phrase integrating elements of rhythm, design, dynamics, and motivation change will also be covered.

Previous, if different:

This course focuses on the development of modern dance techniques with emphasis on combinations of basic skills. Study of the dance phrase integrating elements of rhythm, design, dynamics, and motivation change will also be covered. (Same as PE R116A)

E. Fees:

Current: \$ None

Previous, if different: \$ None

F. Field trips:

Current:

Will be required: []

May be required: [X]

Will not be required: []

Previous, if different:

Will be required: []

May be required: []

Will not be required: []

G. Repeatability:

Current:

A - Not designed as repeatable

Previous:

1 -

H. Credit basis:

Current:

Letter graded only []

Pass/no pass []

Student option [x]

Previous, if different:

Letter graded only []

Pass/no pass []

Student option []

I. Credit by exam:

Current:

Petitions may be granted: []

Petitions will not be granted: [X]

Previous, if different:

Petitions may be granted: []

Petitions will not be granted: []

III. Course Objectives:

Upon successful completion of this course, the student should be able to:

- A. Identify basic physical needs to maintain a healthy, safe body for dance: i.e. warm-up, proper nutrition and hydration, sleep, conditioning, and injury prevention.

- B. Develop knowledge of the body through fundamental conditioning; i.e. strength, endurance, flexibility, coordination, and agility.
- C. Discuss the origins and history of modern dance.
- D. Identify famous modern dancers and choreographers.
- E. Demonstrate flexibility, strength and skill.
- F. Demonstrate increased endurance and performing abilities.
- G. Discuss musical construction.
- H. Express a dance philosophy.

IV. Course Content:

Topics to be covered include, but are not limited to:

- A. Developmental progression through explanation of:
 - 1. Time intervals
 - 2. Space intervals
 - 3. Direction
 - 4. Action and reaction
 - 5. Motion and momentum
 - 6. Analyzing movement
 - 7. Concentration
- B. Understanding the Physical Laws
 - 1. Motion
 - 2. Momentum
 - 3. Inertia
 - 4. Gravity
 - 5. Action and reaction
 - 6. Discipline
 - 7. Problem solving
 - 8. Safety
 - 9. Goals
- C. History and origins of modern dance
 - 1. Styles and technique
 - 2. Dancers and choreographers

V. Lab Content:

- A. Physical skills related to specific dance performances for improved performance and safety are:
 - 1. Body alignments and back elongations.
 - 2. Flexibility exercises
 - 3. Movement from the center
 - 4. Use of energy
 - 5. Lift and placement
 - 6. Creative expression and body rhythm
 - 7. Articulation
 - 8. Basic locomotion
 - 9. Kinesthetic awareness (awareness of the body in space)
- B. Developmental progression through demonstration and practiced in drills which focus on:
 - 1. Time intervals
 - 2. Space intervals
 - 3. Direction
 - 4. Action and reaction

5. Motion and momentum
 6. Analyzing movement
 7. Concentration
- C. Implementing the Physical Laws
1. Motion
 2. Momentum
 3. Inertia
 4. Gravity
 5. Action and reaction
 6. Discipline
 7. Problem solving
 8. Safety
 9. Goals

VI. Methods of Instruction:

Methods may include, but are not limited to:

- A. Skills will be presented in a developmental progression by explanation, demonstration and participation.
- B. Physical demonstration of dance by the instructor will serve as a model for students.
- C. Students and the instructor will participate physically throughout the class period.
- D. Students will utilize music to assist with dance routines and physically apply the exercise being taught.
- E. Students will work with a partner in order to assist one another with the conditioning exercises.
- F. The instructor will use a dance fitness evaluation at the beginning of the semester, mid-term and at the end of the semester.

VII. Methods of Evaluation and Assignments:

- A. Methods of evaluation for degree-applicable courses:

Essays

Problem-solving assignments (Examples: Math-like problems, diagnosis & repair)

Physical skills demonstrations (Examples: Performing arts, equipment operation)

For any course, if "Essays" above is not checked, explain why.

- B. Typical graded assignments (methods of evaluation):

1. Physical demonstration of the basic dance routine taught in class. Students will be evaluated on basic concepts of performance technique, kinesthetic awareness, rhythm, and use of space.
2. Physical demonstration of calisthenics. Students will be evaluated on basic movements and steps.
3. Increase in fitness and cardiovascular conditioning to be determined by evaluation. Students will develop and implement individual plans to improve dance fitness and conditioning and be evaluated on progress made.
4. Points will be given for class participation and attendance.
5. Paper (3-5 pages) on a renowned dancer, choreographer, or dance company.
6. Written exams on the history of dance will include multiple choice and short essay questions.

- C. Typical outside of classroom assignments:

1. Reading

- a. Textbook assignments and teacher handouts. Students will read descriptions and history of dance technique covered in class, and biographical information on dancers and choreographers.
 - 2. Writing
 - a. Students will write a report on a renowned dancer, choreographer, or dance company.
 - 3. Other
 - a. Students will observe professional dancers perform and discuss the performance in class.
- VIII. Textbooks and Instructional Materials:
 - A. Textbooks/Resources:
 - 1. Penrod, J (2004). The Dancer Prepares: Modern Dance for Beginners (5th/e). (Latest edition) McGraw-Hill.
 - 2. Franklin, E (2003). Conditioning for Dance (Latest edition) Human Kinetics.
 - 3. Videos of accomplished dancers
 - 4. Music
 - B. Other instructional materials:
- IX. Minimum Qualifications and Additional Certifications:
 - A. Minimum Qualifications:
 - 1. Dance (Masters Required)
 - B. Additional certifications:
 - 1. Description of certification requirement:
 - 2. Name of statute, regulation, or licensing/certification organization requiring this certification:
- X. Approval Dates

CC Approval Date: 05/13/2015

Board Approval Date: 05/13/2015

Course ID: 1762