

# DANC R112A: INTRODUCTION TO HIP-HOP DANCE

**Originator**

msanchez

**Co-Contributor(s)**
**Name(s)**

Edwards, Amy (aedwards)

**College**

Oxnard College

**Discipline (CB01A)**

DANC - Dance

**Course Number (CB01B)**

R112A

**Course Title (CB02)**

Introduction to Hip-Hop Dance

**Banner/Short Title**

Introduction to Hip-Hop Dance

**Credit Type**

Credit

**Start Term**

Fall 2021

**Catalog Course Description**

This course is an introduction to fundamental hip-hop techniques, rhythms, and styles. Students will develop strength, flexibility, coordination, and endurance along with proper alignment and posture for hip-hop dance. Course activities will include performance of basic routines and sequences and discussion of the historical and cultural aspects of this dance genre.

**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

**Grading method**

Letter Graded

**Alternate grading methods**

Student Option- Letter/Pass  
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 R112B - Beginning Hip-Hop Dance

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class**

**Lecture**

**Activity**

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

52.5

**Maximum Contact/In-Class Activity Hours**

52.5

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

52.5

**Total Maximum Contact/In-Class Hours**

52.5

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

52.5

**Total Maximum Student Learning Hours**

52.5

**Minimum Units (CB07)**

1

**Maximum Units (CB06)**

1

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

- |   |   |
|---|---|
| 1 | Perform basic hip-hop dance sequences in an informal concert.                       |
| 2 | Critically analyze the performance of hip-hop dance in an informal concert setting. |
| 3 | Discuss the historical and cultural influences of hip-hop dance.                    |

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

- |   |  |
|---|--|
| 1 | Practice proper alignment and posture for hip-hop dance.                                       |
| 2 | Perform hip-hop isolations, footwork, and basic movements such as popping, locking, and waves. |
| 3 | Retain movement patterns in across the floor and center sequences and combinations.            |
| 4 | Develop and demonstrate rhythmic interpretation of the movement to music.                      |
| 5 | Differentiate between safe and unsafe execution of various hip-hop movements.                  |
| 6 | Practice basic dance injury-prevention techniques.   |

**Course Content****Lecture/Course Content**

## I. History

## A. "Street" Culture

- B. Urban dance styles
- C. Choreographers
- D. Social/Political influences
- E. Hip-Hop dance vocabulary

II. Warm-up

- A. Isolations and body articulations
- B. Strengthening exercises
- C. Stretching exercises
- D. Body alignment and mechanics as related to hip-hop dance
- E. Injury prevention techniques: safe vs. unsafe execution of movements

III. Hip-Hop Techniques

- A. Locking
- B. Jerking
- C. Rocking
- D. Freezing
- E. Waves
- F. Popping

IV. Across the Floor incorporating movements listed in section III

- A. Rhythmic interpretation of movements in relationship to music
- B. Individual Interpretation

V. Informal Performances

**Laboratory or Activity Content**

I. History

- A. "Street" Culture
- B. Urban dance styles
- C. Choreographers
- D. Social/Political influences
- E. Hip-Hop dance vocabulary

II. Warm-up

- A. Isolations and body articulations
- B. Strengthening exercises
- C. Stretching exercises
- D. Body alignment and mechanics as related to hip-hop dance
- E. Injury prevention techniques: safe vs. unsafe execution of movements

III. Hip-Hop Techniques

- A. Locking
- B. Jerking
- C. Rocking
- D. Freezing
- E. Waves
- F. Popping

IV. Across the Floor incorporating movements listed in section III

- A. Rhythmic interpretation of movements in relationship to music
- B. Individual Interpretation

V. Informal Performances

**Methods of Evaluation**

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

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):**

Group projects  
Individual projects  
Journals  
Performances  
Skills demonstrations

## **Instructional Methodology**

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

Audio-visual presentations  
Collaborative group work  
Class activities  
Class discussions  
Distance Education  
Demonstrations  
Guest speakers  
Instructor-guided use of technology  
Practica  
Small group activities

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

- A. Instructor-led discussions on historical and cultural elements of hip-hop dance.
- B. Instructor-led lecture and discussion on safe and unsafe execution of movements and basic dance injury-prevention techniques.
- C. Instructor demonstrations of steps and movements followed by class practice.
- D. Viewing hip-hop performances on videos, YouTube, or other available media and evaluating performances as a class.
- E. Collaborative groups for graded class presentations.

## **Representative Course Assignments**

### **Writing Assignments**

Journal entries on video viewing

### **Reading Assignments**

Instructor-generated information sheets  
Textbook readings

### **Skills Demonstrations**

Midterm and final performance/skill demonstration. Students are evaluated on execution of steps, style, and choreography, as well as dance technique at the appropriate level.

### **Other assignments (if applicable)**

Viewing of hip-hop dance videos

## Outside Assignments

### District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

### 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

Area F: Ethnic Studies

### CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

#### 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

Duran, E.M. (2019). *Beginning Hip-Hop Dance* (1). Champaign, IL Human Kinetics. 9781492544

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### Resource Type

Other Resource Type

### Description

Documentary - History and Concept of Hip-Hop Dance YouTube Videos.

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**Resource Type**

Other Resource Type

**Description**

YouTube videos.

**Library Resources****Sufficient Library Resources exist**

No

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

Hybrid (51%–99% online)

Hybrid (1%–50% 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)	Discussions on videos Quizzes on readings Practice step sequences Journal entries
E-mail	Frequent communication with students for class updates and assignments
Other DE (e.g., recorded lectures)	Viewing video performances

**Hybrid (51%–99% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards encourages various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course outcomes. Students will be required to respond to one another with substantive comments with the intent of creating a dialog. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.

E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and faculty provided email accounts.
Face to Face (by student request; cannot be required)	The instructor will hold weekly, scheduled office hours either in person or via-web conferencing, for students to be able to meet and discuss course materials or individual progress. Students can request additional in-person or web conferencing meetings with faculty member as needed. Faculty may encourage online students to form “study groups” in person or online.
Other DE (e.g., recorded lectures)	Faculty will use a variety of ADA compliant tools and media integrated within the learning management system to help students reach SLO competency. Tools may include: <ul style="list-style-type: none"> <li>• Recorded Lectures, Narrated Slides, Screencasts</li> <li>• Instructor created content</li> <li>• OC Online Library Resources</li> <li>• Canvas Peer Review Tool</li> <li>• Canvas Student Groups (Assignments, Discussions)</li> <li>• 3rd Party (Publisher) Tools (MyOpenMath)</li> <li>• Websites and Blogs</li> <li>• Multimedia (YouTube, Films on Demand, 3CMedia, Khan Academy, etc.)</li> </ul>
Synchronous Dialog (e.g., online chat)	Instructor will provide a set time each week where they will be available for synchronous chat and be available in the discussion board and can answer questions in live time.
Video Conferencing	Video tools such as ConferZoom can be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Recordings of all live sessions will be made available within the LMS. Video Conferences will be used to facilitate SLOs and student-to-student group meetings will also be encouraged.
Telephone	Students can request for instructor to call or vice versa in order to answer one-on-one questions about course material or student progress.

**100% online Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Synchronous Dialog (e.g., online chat)	- Live sessions in LMS for dance instruction and lectures. - Break out groups for tutorials
Asynchronous Dialog (e.g., discussion board)	Discussions on video dance performances - Quizzes - Reading assignments - Written critiques - Journal entries
Other DE (e.g., recorded lectures)	- Student submission of video performance for midterm and final. - Viewing assigned videos - Recorded lectures on historical and cultural elements of hip-hop dance
E-mail	Frequent communication with individual students. - Weekly updates and announcements
Video Conferencing	Office hours requested by student

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

Online  
On campus



**Hybrid (51%–99% online) Modality**

Online  
On campus

**Primary Minimum Qualification**

DANCE

**Review and Approval Dates**

**Department Chair**

08/10/2020

**Dean**

08/11/2020

**Technical Review**

09/09/2020

**Curriculum Committee**

09/09/2020

**Curriculum Committee**

12/09/2020

**CCCCO**

MM/DD/YYYY

**Control Number**

CCC000599230

**DOE/accreditation approval date**

MM/DD/YYYY