

COURSE OUTLINE

**Dance 101
Introduction to Dance**

I. Catalog Statement

Dance 101 provides a variety of experiences in movement relative to the acquisition of concepts and skills necessary to develop a basic understanding of dance as a performing art form.

Total Lecture Units: 1.0

Total Laboratory Units: 0.5

Total Course Units: 1.5

Total Lecture Hours: 16.0

Total Laboratory Hours: 24.0

Total Faculty Contact Hours: 40.0

Prerequisite: None.

II. Course Entry Expectations

Skill Level Ranges: Reading 5; Writing 5; Listening-Speaking 5; Math 1.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. identify and define the basic elements of dance;
2. demonstrate and explain correct body alignment, joint and muscle action;
3. perform a basic movement pattern;
4. discuss the fundamental aspects in dance and their relationship to the body as an instrument of expression.

IV. Course Content

Total Faculty Contact Hours=40 hours

A. Introduction

Lecture: 4 hours

1. Elements of dance
2. Performance aspect
3. Dance techniques

B. Dynamics (individual and in groups)

Lecture: 4 hours – Laboratory: 8 hours

1. Force patterns

2. Energy expenditure
 3. Time
 4. Rhythm (even and uneven)
 5. Meter and accents
 6. Quality of movement
 7. Speed
- C. Use of Space (individual and in groups) Lecture: 4 hours – Laboratory: 8 hours
1. Direct
 2. Focus
 3. Levels
 4. Pathways
 5. Shapes
 6. Floor design
 7. Air design
- E. Movements in Relation to Ideational Sources
and Sensory Stimuli Lecture: 4 hours – Laboratory: 8 hours
1. Words
 2. Sounds
 3. Objects
 4. Situations

V. Methods of Instruction

The following instructional methodologies may be used in the course:

1. classroom lecture and demonstration;
2. warm up and performance of movement patterns;
3. interpretation and practical application of the elements of dance;
4. video and multimedia presentations;
5. in-class critiques, done individually and in groups.

VI. Out of Class Assignments

The following out of class assignments may be used in this course:

1. attendance at GCC dance departments performances;
2. on-line research of the genre;
3. written evaluation of the performance attendance.

VII. Methods of Evaluation

The following methods of evaluations may be used in this course:

1. movement exams;
2. class participation in critiques, analysis, and evaluation of dance performance;
3. written exams;
4. written essays;
5. final exams.

VIII. Textbooks

Craine, Debra and Mackrell, Judith. *The Oxford Dictionary of Dance*. New York: Oxford University Press, 2010.

12th Grade Textbook Reading Level. ISBN: 0199563446

Schrader, Constance. *A Sense of Dance*, 2nd Edition, Champaign, IL: Human Kinetics, 2005.

12th Grade Textbook Reading Level. ISBN: 0736051899 & ISBN: 78073605187.

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

1. identify and define the basic elements of dance;
2. demonstrate and explain correct body alignment, joint and muscle action;
3. perform a basic movement pattern;
4. discuss the fundamental aspects in dance and their relationship to the body as an instrument of expression.