

COURSE OUTLINE

Dance 150
Physical Reintegration

I. Catalog Statement

Dance 150 is an experimental movement class for students with learning disabilities and/or minor physical limitations. Areas covered include exploration of body image awareness and integration of sensory modalities with motor processes. Also included is orientation and relaxation with the integration of both into the student's daily life through dance movement.

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

Prerequisite: None.

II. Course Entry Expectations

Note: Verification of disability must be on file in the Disabled Student Center.

III. Course Exit Standards

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

1. present a simple movement combination, integrating minimal and maximal range of motion;
2. describe inner and outer awareness and its impact on social integration;
3. analyze personal application of relaxation techniques;
4. design individual exercises to improve motor skill.

IV. Course Content

Total Faculty Contact Hours=40 hours

A. Mechanics of Relaxation

Lecture: 4 hours – Laboratory: 4 hours

1. Breathing
2. Contraction and release
3. Immobility
4. Reaction to immobility
 - a) Hyperactivity

- b) Hypnosis and sleep
 - 5. Pulse rate
 - a) at the beginning of class
 - b) after physical activity
- B. Inner Awareness Lecture: 3 hours – Laboratory: 5 hours
 - 1. Body scanning
 - 2. Memorizing imprint
 - 3. Centering
- C. Outer Awareness Lecture: 3 hours – Laboratory: 5 hours
 - 1. Personal space
 - 2. Communal space
 - 3. Eye contact
- D. Minimal Movement Lecture: 3 hours – Laboratory: 5 hours
 - 1. Isolation of body parts
 - 2. Slow movement of isolated body parts
 - 3. Rapid movement of isolated body parts
- E. Maximal Movement Lecture: 3 hours – Laboratory: 5 hours
 - 1. Movement of body parts to their limits
 - 2. Isolated
 - 3. In groups
 - 4. In space

V. Methods of Instruction

The following instructional methodologies may be used in the course:

- 1. classroom lecture and demonstration;
- 2. movement explorations;
- 4. videos 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 of GCC Dance Department performance;
- 2. on-line research of the genre;
- 3. written evaluation of the performance attended.

VII. Methods of Evaluation

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

- 1. movement exams;
- 2. class participation in critiques, analysis, and evaluation of dance performance;
- 3. objective exams;

4. journal;
5. final exam.

VIII. Textbooks

Official course handouts.

IX. Student Learning Outcomes

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

1. present a simple movement combination, integrating minimal and maximal range of motion;
2. describe inner and outer awareness and its impact on social integration;
3. analyze personal application of relaxation techniques;
4. design individual exercises to improve motor skill.