DAN 100A.02: Modern Dance I

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SYLLABUS
DAN 100A, Section 2, Modern Dance I, 2 credits, CRN 30527
Spring Semester 2007
Prerequisites: None
Instructor: Linda Parker
721-8753, lerch-parker@msn.com
Class Time/Place: T, H 2:10-3:30
PAR/TV rm. 005

Course Description: This course is designed to introduce students kinesthetically and intellectually to the art of modern dance. Fundamental positions, steps and vocabulary are introduced and practiced to develop strength, stamina, coordination and flexibility. Correct body alignment and basic anatomical terms are emphasized to increase movement efficiency and to avoid injuries.

GENERAL EDUCATION COMPETENCY REQUIREMENT:
Expressive Arts

OBJECTIVES:
Develop an appreciation of modern dance as an art form.
Discover dance as a means of expression as well as a physical exercise.
Create an educated dance audience.
Stimulate students to become interested in all local arts productions.
Develop an appreciation for the human body – especially their own.
Achieve an understanding of basic anatomy and its application to dance.
Give students an overview of modern dance history.
Achieve an understanding of music tempos, meters and their use in dance.

GRADING: Attendance is important in any field, but vital in the field of dance. Learning to dance requires that your body do it. Students won’t gain flexibility, and strength, or in their ability to pick up movement or generate their own movement by hearing about what happened from a classmate, or reading a book. In other words, there is no way to make up the material missed. So, students are expected to be in every class. However, knowing that unpredictable circumstances can arise, the Dance Department gives each student two absences. Students may also make up two classes. Make-up classes can be done by watching and writing a one-page observation of another dance class that is either a more advanced level of the style they are studying or a different style, or by participating in another section of the same level and style of class that they are taking. Students who have used their two absences and two make-ups will be docked one-third of a grade for every absence following. Three late arrivals, or leaving class early, will equal one absence. Three watched classes equal one absence. Grading is different from many other fields in that a student’s work is not as quantifiable as it is in some other subjects, such as history or math. For this reason the Dance Department does not have a point breakdown, but rather general guidelines. To receive an “A” a student
must show signs of aptitude for dance technique and musicality, have an energetic and attentive attitude, progress over the semester, be at the top level of the class, and fulfill the attendance, critique and exam requirements.

**METHODOLOGIES:** The class period includes a technical warm-up which develops into expanded movement combinations. Students are directed by the instructor by means of explanation and demonstration. The following skills and information will be addressed.

- Basic alignment, centering, balance
- Basic locomotion- walk, run, skip, slide, chasse, gallop, jump
- Basic dance concepts: **TIME**-slow, fast, accelerating, decelerating, rhythmic, arrhythmic, skill in counting. **SPACE**-direction, focus, line in space, volume, distance, level, spoke, arc, carve, peripheral, central, transverse, negative/positive. **SHAPE**-alive stillness, projection of total shape. **MOTION**-motor base, kinesthetic awareness **ENERGY**-dynamics, free flow, bound flow.
- Basic movement qualities-swing, percussive, sustained, collapsing, pulsating, vibrating, explosive, suspended
- Basic axial movement-flexion, extension, rotation
- Relaxation-techniques for relaxation, efficiency of energy in motion
- Rhythmic awareness-beat, measure, accent, rhythmic patterns, counting
- Basic positions of the arms and feet
- Simple turns with and without spotting
- Flexibility and strengthening exercises
- Use of breath and vocalization
- Use of weight-fall, recovery, suspension, elevation, landing, and sharing weight with partners
- Creative work and movement exploration-mirroring, initiating movements from a variety of body parts, introduction to composition
- Movement combinations involving increasing ability in concentration and performance skills.
- Movement combinations involving increasing ability in kinesthetic awareness, coordination and articulation
- Learning to evaluate dance
- Introduction of modern dance history through lectures, videotapes and movement techniques and phrases of the “pioneers”

**CRITERIA:** Students’ achievement is judged primarily by observation and evaluation of their progress over the course of the semester. Attendance is essential for development of strength and flexibility.

**Students with disabilities or special needs should contact the instructor.**
**Academic Misconduct and the Student Conduct Code:** All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at [http://www.umt.edu/SA/VPSA/Index.cfm/page/1321](http://www.umt.edu/SA/VPSA/Index.cfm/page/1321).

**Drama/Dance Policy:** All Drama/Dance students must have an in-depth knowledge of the practices and procedures outlined in the Department of Drama/Dance Handbook. The Handbook is available online at [http://www.sfa.umt.edu/drama/index.html](http://www.sfa.umt.edu/drama/index.html).