GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

DANCE 080A – MODERN I

1. Course Number Course Title Semester Units

DANC 080A Modern I 1.5

Semester Hours

1 hour lecture (16-18 hours); 2 hours laboratory (32-36 hours); 32-36 outside-of-class hours for lecture;

80-90 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

A beginning level technique class, which focuses on basic skills related to modern dance and presents dance

as a form of artistic expression. This course also covers the history, theories and basic vocabulary of modern

dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long

health and wellness. Students will be required to attend one live dance concert produced by the dance

department and one department sponsored master class.

4. Course Objectives

The students will:

1. Discuss the history and methodology of modern dance.
2. Analyze the basic concepts of stylization as it relates to dance.
3. Demonstrate knowledge of basic modern dance vocabulary through performance of movement material

and written examinations.

1. Demonstrate an awareness of basic body alignment and mechanics.
2. Evaluate the movement and choreographic qualities of modern dance through video and live

performance.

1. Demonstrate knowledge of the principles of physical fitness as well as healthy life-style choices and

evaluate their impact on an individual’s health and well-being.

5. Instructional Facilities

1. Dance studio with mirrors
2. Occasional use of video camera, and video monitor

6. Special Materials Required of Student

Appropriate dance/fitness attire

7. Course Content

1. The history of modern dance as an art form, including discussions about the people, places, and events

that have contributed and continue to influence its evolution.

1. Modern dance as a movement form, including movement vocabulary, technique, style, expression, and

interpretation.

1. Progressive daily dance warm-ups, which focus on articulation of the head, torso, legs and feet as well

as strength and flexibility training.

1. Basic locomotor steps such as walking, running, skipping, jumping, leaping, hopping and progressive

dance combinations utilizing these forms.

1. Beginning level movement combinations using techniques and vocabulary introduced in class.
2. Aspects of physical fitness and healthy life-style choices as they pertain to dance and their implications to

life-long health and well-being.

8. Method of Instruction

1. Lectures and presentations
2. Application of dance vocabulary through movement demonstration and practice
3. DVD and film presentation for historical lectures as well as evaluative purposes

9. Methods of Evaluating Student Performance

1. Consistent participation in class.
2. Movement midterm and final.
3. Written examinations focusing on vocabulary and theories of modern dance.
4. Written critical analysis of a live dance performance.

10. Outside Class Assignments

1. Attendance at a dance department sponsored master class.
2. Attendance at a department produced dance concert for the purpose of critical analysis.

11. Representative Texts

1. Representative text(s):
2. Grossmont College Exercise and Wellness Department. *The Way to a Long and Healthy Life*. El

Cajon, CA: Grossmont College. 7th ed., 2015.

1. Legg, Joshua. *Introduction to Modern Dance Techniques*. Princeton, NJ: Princeton Publishing, 2017.
2. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Correctly define and discuss basic vocabulary, terminology and theories of modern dance.
2. Demonstrate basic modern dance vocabulary using correct alignment and movement mechanics.
3. Identify, describe, and demonstrate dynamic and rhythmic qualities specific to modern dance.
4. Develop aesthetic values as they relate to dance and, based upon these values, will be able to critically

think about, and analyze dance as an art form.