GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

DANCE 080D – MODERN IV

1. Course Number Course Title Semester Units

DANC 080D Modern IV 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

A “C” grade or higher or “Pass” in Dance 080C or the equivalent.

3. Catalog Description

An advanced technique class, which builds on the theories and principles introduced in Dance 080C, focuses on

developing advanced level skills related to modern dance, and presents dance as a form of artistic expression.

This course covers the history, and advanced theories and vocabulary of modern dance. Students will 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:

a. Discuss the history and methodology of modern dance.

b. Analyze the stylistic differences between various dance forms.

c. Demonstrate knowledge of advanced modern dance vocabulary through performance of movement

material and written examinations.

d. Identify and respond immediately to complex verbal cues.

e. Demonstrate an increased awareness of body alignment and mechanics.

f. Evaluate the movement and choreographic qualities of modern dance through video and live performance.

g. 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

Dance/fitness attire

7. Course Content

a. History of modern dance as an art form, including the people, places, and events that have contributed to,

and continue to influence its evolution.

b. Modern dance as a movement form, including advanced level movement vocabulary, technique, style,

expression, and interpretation.

c. Progressive daily modern dance warm-ups, which focus on complete articulation of the head, torso, and

limbs, and include stretches, swings, contractions, releases and stylized movement.

d. Locomotor patterns which increase in complexity and difficulty and are based on movement material

presented in Dance 080C.

e. Advanced level movement combinations using techniques and vocabulary introduced in class.

f. 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

a. Lectures and presentations

b. Application of advanced dance vocabulary through movement demonstration

c. DVD and film presentation for historical lectures as well as evaluative purposes

9. Methods of Evaluating Student Performance

a. Consistent participation in class.

b. Movement midterm and final.

c. Written examinations focusing on vocabulary and theories of modern dance.

d. Written critical analysis of a live dance performance.

10. Outside Class Assignments

a. Attendance at a dance department sponsored master class.

b. Attendance at a department produced dance concert for the purpose of critical analysis.

11. Representative Texts

a. Representative Text(s):

1. Grossmont College Exercise Science and Wellness Department. *The Way to a Long and Healthy*

*Life*. El Cajon, CA: Grossmont College, 7th ed., 2016.

1. Legg, Joshua. *Introduction to Modern Dance Techniques*. Princeton, NJ: Princeton Publishing, 2017.

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

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

a. Define and discuss advanced level vocabulary, terminology and theories of modern dance.

b. Demonstrate advanced level modern dance vocabulary using correct alignment and movement mechanics.

c. Identify, describe, and demonstrate complex dynamic and rhythmic qualities specific to modern dance.

d. 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.