GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

DANCE 094A – HIP HOP I

1. Course Number Course Title Semester Units

DANC 094A Hip Hop 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 course designed to introduce and progressively develop street dance skills by

integrating movement patterns with theoretical explanations of weight, posture, rhythm, and interpretation of style.

Emphasis is placed on developing muscle memory, stamina, and movement skills related to hip hop dance.

Lectures cover hip hop as a performing art, and tool for social, political, and cultural expression. Dance videos are

used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will

learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are

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. Demonstrate knowledge of beginning hip hop vocabulary through performance of movement material.

b. Analyze stylistic similarities and differences between hip hop and various other dance forms.

c. Identify basic verbal cues as they apply to movement.

d. Evaluate and discuss concert dance in terms of style, performance, and composition through video and live

performance.

e. Discuss and interpret the historical and political significance of American Street Dance and how it influences,

is informed by, and otherwise relates to other cultural forms.

f. Demonstrate knowledge of the principles of physical fitness as well as healthy lifestyle choices and evaluate

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

5. Instructional Facilities

* 1. Mirrored dance studio or gymnasium
  2. Occasional use of video camera, and television monitor

6. Special Materials Required of Student

a. Electronic storage media

b. Knee pads

c. Athletic shoes

d. Loose fitting athletic attire

7. Course Content

a. The history of hip-hop dance as an art form, including the people, places, and events that have contributed

and continue to influence its evolution.

b. Hip hop as a movement form, including beginning level movement vocabulary, style, and interpretation.

c. Progressive daily warm ups that cover complete articulation of the head, shoulders, rib cage, hips and include

stretches, isolations, and stylized movement.

d. Beginning locomotor patterns, emphasizing style and rhythmic qualities.

e. Beginning level, center floor combination 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 lifelong health and well-being.

8. Method of Instruction

a. Lectures and presentations

b. Demonstrations and discussions

c. Application of dance vocabulary and movement patterns through movement demonstration and practice

d. DVD and film presentations for lectures as well as evaluative purposes

9. Methods of Evaluating Student Performance

a. Consistent participation in class.

b. Movement midterm and final (videotaped and evaluated).

c. Written critical analysis of a live dance concert.

10. Outside Class Assignments

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

b. Attendance at a dance department sponsored master class.

11. Representative Texts

a. Representative Text(s):

1) Durden, E. Moncell. *Beginning Hip Hop Dance*. Champaign, IL: Human Kinetics Publishing, 2019.

2) Grossmont College Department of Exercise Science and Wellness. *The Way to a Long and Healthy Life*.

El Cajon, CA Grossmont College, 7th ed., 2016.

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. Correctly define and discuss the basic terminology, theories, and cultural significance of Hip-Hop dance.

b. Demonstrate beginning level Hip Hop dance vocabulary and movement patterns with clarity and rhythmic

accuracy.

c. Identify, discuss, and demonstrate dynamic and rhythmic qualities specific to Hip Hop dance and how they

relate to performance.

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.