

Course Overview:

Upon successful completion of this course, the students should be able to understand and appreciate modern dance as an art form, demonstrate correct body alignment, and understand their bodies as a means of expression using aspects of time, space, and energy.

II. Units:

Unit 1. History

General Outcome:

1.0 The students should be able to understand the history and development of modern dance.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

1.1 Identify the following dance pioneers (but certainly not limited to) and identify their styles of dance:

- 1.1.1 Ted Shawn
- 1.1.2 Ruth St. Denis
- 1.1.3 Isodora Duncan
- 1.1.4 Doris Humphrey
- 1.1.5 Martha Graham
- 1.1.6 Jose Limon
- 1.1.7 Lester Horton

Unit 2. Time, Space, and Energy

General Outcome:

2.0 The students should be able to demonstrate flexibility, balance, and control of movement in relation to time, space, and energy.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 2.1 Execute a pattern of movement involving various time durations.
- 2.2 Execute movement throughout various dimensions of space.
- 2.3 Execute actions involving different forces of energy.
- 2.4 Recognize the effects one element has on another.
- 2.5 Perform improvisations based on time, space, and energy efforts.

Unit 3. Axial Moves

General Outcome:

3.0 The students should be able to perform movements of the body around its own axis while remaining in one location on the floor.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to perform axial techniques from:

3.1 Standing positions, including:

- 3.1.1 Front and side curves
- 3.1.2 High release
- 3.1.3 Flat backs
- 3.1.4 Laterals
- 3.1.5 Drop swings
- 3.1.6 Bounces and double bounces
- 3.1.7 Ripples
- 3.1.8 Primitive squats
- 3.1.9 Deep lunges
- 3.1.10 Leg swings
- 3.1.11 Various ballet vocabulary (plié, tendu, degagé, relevé, etc.)

3.2 Kneeling positions, including:

- 3.2.1 Prone
- 3.2.2 Side
- 3.2.3 Hinge descents and ascents
- 3.2.4 Flexions
- 3.2.5 Extensions

3.3 Sitting positions, including:

- 3.3.1 Bounces
- 3.3.2 Sternum presses
- 3.3.3 Hip presses
- 3.3.4 Coccyx balance
- 3.3.5 Foot isolations

3.4 Lying positions, including:

- 3.4.1 Supine

- 3.4.2 Side
- 3.4.3 Prone
- 3.4.4 Leg swings
- 3.4.5 Neutral pelvis

Unit 4. Locomotor Patterns

General Outcome:

- 4.0 The students should be able to understand different principles of traveling movement.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 4.1 Demonstrate the following locomotor moves—individually and in combination:
 - 4.1.1 Hop
 - 4.1.2 Skip
 - 4.1.3 Jump
 - 4.1.4 Leap
 - 4.1.5 Walks, pedestrian and dance
 - 4.1.6 Run
 - 4.1.7 Prance
 - 4.1.8 Arch-spring
 - 4.1.9 Triplet
 - 4.1.10 Gallop, chassé
 - 4.1.11 Slide

Unit 5. Miscellaneous Skills

General Outcome:

5.0 The students should be able to understand the elements of design using various movements skills and variations on those skills.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

5.1 Demonstrate the following skills:

- 5.1.1 Fall and recovery
- 5.1.2 Tilts
- 5.1.3 Pitches
- 5.1.4 Suspension
- 5.1.5 Table balances
- 5.1.6 Pencil turns
- 5.1.7 Weight sharing
- 5.1.8 Counterbalance
- 5.1.9 Rolls (front, side, backwards)

Unit 6. Improvisation

General Outcome:

6.0 The students should be able to demonstrate improvisational skills within and outside of a vocabulary of dance movement.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

6.1 Utilize breath and movement exercises to free mind and body for an improvisational exploration.

6.2 Demonstrate improvisation with, but not limited to:

6.2.1 Props (tangible or imagined)

6.2.2 Sound

6.2.3 Voice

6.2.4 Partners

6.2.5 Group study

6.3 Maintain an open awareness of surroundings within the student's personal exploration.

6.4 Understand and demonstrate improvisation as a performance art.

