

I. Course Overview:

Upon successful completion of this course, the students should be able to demonstrate correct body alignment during floor warm-up and centre exercises, and perform basic jazz dance combinations.

II. Units:

Unit 1. Floor Warm-up, Body Alignment

General Outcome:

- 1.0 The students should be able to initiate correct spinal alignment through a specific series of on-the-floor conditioning exercises necessary for proper preparation to dance.

Specific Learning Outcomes:

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

- 1.1 Demonstrate awareness of skeletal form and correct placement of body parts.
- 1.2 Understand deep breathing as related to muscular oxygenation and correct use with each exercise.
- 1.3 Recognize deep breathing as a meditation and focus on inner attitude to precede action
- 1.4 Demonstrate proper dance posture and centering.
- 1.5 Understand floor warm-up as personal and necessary maintenance for the dancer's body/instrument.

Unit 2. Technique and Centre Exercises

General Outcome:

2.0 The students should be able to demonstrate jazz exercises with correct technique and alignment.

Specific Learning Outcomes:

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

2.1 Execute the following:

- 2.1.1 Pliés (in parallel and turn-out)
- 2.1.2 Tendus (in parallel and turn-out)
- 2.1.3 Flexibility stretches
- 2.1.4 Battements (degagé, grand)
- 2.1.5 Arm movements
- 2.1.6 Pivots

2.2 Perform the following turns (in parallel position):

- 2.2.1 Chainé
- 2.2.2 Pencil turns (en dehors, en dedans)
- 2.2.3 3-Step turns
- 2.2.4 Spotting technique for all turns

2.3 Execute the following jumps:

- 2.3.1 Sautés (parallel, turn-out)
- 2.3.2 Chassés
- 2.3.3 Passé

2.4 Execute the following leaps:

- 2.4.1 Grand jeté
- 2.4.2 Stag split

2.5 Execute the following movements at varying tempos:

2.5.1 Jazz walks (with various isolations)

2.5.2 Jazz pas de bourrée

2.5.3 Hops

2.5.4 Kicks (straight leg, in pliéd, in attitude)

2.6 Perform opposing movements with:

2.6.1 Hops

2.6.2 Jumps

2.6.3 Shoulders and Arms

2.7 Perform various special movements:

2.7.1 Jazz falls

2.7.2 Falls and Levels

Unit 3. Isolation: Training the Centers of Movement

General Outcome:

3.0 The students should be able to gain an understanding of isolation (moving individual parts of their bodies and body centers independently of each other).

Specific Learning Outcomes:

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

3.1 Perform isolation movements of the:

- 3.1.1 Head
- 3.1.2 Shoulders
- 3.1.3 Chest
- 3.1.4 Pelvis
- 3.1.5 Arms
- 3.1.6 Legs

3.2 Perform isolation movements in positions such as:

- 3.2.1 Lying down
- 3.2.2 Sitting
- 3.2.3 Standing
- 3.2.4 Walking

3.3 Perform a series of isolations in varying musical tempos.

Unit 4. Contraction: Release in Jazz Dance

General Outcome:

4.0 The students should be able to gain an understanding of the movement principles of contraction-release.

Specific Learning Outcomes:

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

4.1 Perform movements using various combinations of:

- 4.1.1 Relaxation
- 4.1.2 Flexion
- 4.1.3 Extension
- 4.1.4 Release

4.2 Perform body exercises using the hands, arms, legs, feet, and upper body in various positions, such as:

- 4.2.1 Lying down
- 4.2.2 Sitting
- 4.2.3 Kneeling
- 4.2.4 Standing

Unit 5. Even and Uneven Locomotor Movements

General Outcome:

5.0 The students should be able to gain an understanding of motion and locomotion.

Specific Learning Outcomes:

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

5.1 Perform

5.1.1 Jazz Walk

5.1.2 Jazz Running

5.1.3 Jazz Hopping

5.1.4 Jazz Jumping

5.1.5 Swinging

5.1.6 Jazz Turning (individually and in combination)

Unit 6. Improvisation in Jazz Dance

General Outcome:

6.0 The students should be able to apply their understanding of improvisation (experimenting with body movement).

Specific Learning Outcomes:

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

6.1 Move in the following dimensions:

- 6.1.1 Movement patterns
- 6.1.2 Forms in space
- 6.1.3 Rhythms
- 6.1.4 Music
- 6.1.5 Imagination
- 6.1.6 Communication games
- 6.1.7 Solo
- 6.1.8 Partner
- 6.1.9 Group

Unit 7. Choreography, Composition and Jazz Dance

General Outcome:

- 7.0 The students should be able to demonstrate the elements of jazz dance through an original composition of jazz choreography.

Specific Learning Outcomes:

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

- 7.1 Demonstrate a variety of opening positions and locations.
- 7.2 Demonstrate themes as related to music, movement, and content.
- 7.3 Identify the components of a composition.
- 7.4 Differentiate rhythmic patterns.
- 7.5 Perform a dance style appropriate to the choice of music and time period.
- 7.6 Utilize space effectively in choreography.
- 7.7 Perform an original and creative composition of jazz dance.

Special Student Projects:

Each student will choreograph a dance to the following specifications:

1. Choose his/her own music.
2. Maintain a 2-3 minute time limit.
3. Choose his/her own props.
4. Write his/her own dance.
5. Perform the dance for class.
6. Be video taped while performing.
7. Write a critique of his/her own dance after viewing the tape.