GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

DANCE 080B – MODERN II

1. Course Number Course Title Semester Units

DANC 080B Modern II 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 080A or equivalent.

3. Catalog Description

A beginning/intermediate level technique class, which builds on the theories and principles introduced in

Dance 080A, focuses on developing intermediate level skills related to modern dance, and presents dance as

a form of artistic expression. This course covers the history, 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:

1. Discuss the history and methodology of modern dance.
2. Analyze the stylistic differences between various dance forms.
3. Demonstrate knowledge of intermediate modern dance vocabulary through performance of movement

material and written examinations.

1. Identify basic verbal cues as they apply to movement.
2. Demonstrate an awareness of body alignment and mechanics.
3. 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 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 modern dance warm-ups, which focus on complete articulation of the head, torso, and

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

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

presented in Dance 080A.

1. Intermediate 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. Demonstrations and discussions
3. Application of dance vocabulary through movement demonstration and practice
4. DVD and film presentations 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., 2016.

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. Define and discuss beginning to intermediate level vocabulary, terminology and theories of modern

dance.

1. Demonstrate beginning to intermediate level modern dance vocabulary using correct alignment and

movement mechanics.

1. Identify, describe, and demonstrate increasingly complex dynamic and rhythmic qualities specific to

modern dance.

1. 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.