GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

DANCE 080C – MODERN III

1. Course Number Course Title Semester Units

DANC 080C Modern III 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 080B or the equivalent.

3. Catalog Description

An intermediate/advanced level technique class which builds on the theories and principles introduced in

Dance 080B, focuses on developing intermediate/advanced level skills related to modern dance, and

presents dance as a form of artistic expression. This course covers the history, and intermediate/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 intermediate/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

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

Modern dance as a movement form, including discussions about intermediate/advanced level

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 080B.

1. Intermediate/advanced level movement combinations using techniques and vocabulary introduced in

class.

1. 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. Demonstrations and discussions

c. Application of dance vocabulary through movement demonstration and practice

d. DVD and film presentations 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

1. Representative Text(s):
2. Grossmont College Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 7th ed., 2016.
3. Legg, Joshua. *Introduction to Modern Dance Techniques*. Princeton, NJ: Princeton Publishing, 2017.
4. 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 intermediate to advanced level vocabulary, terminology and theories of modern

dance.

b. Demonstrate intermediate to advanced level modern dance vocabulary using correct alignment and

movement mechanics.

c. Identify, describe, and demonstrate increasingly 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.