



MERCER
COUNTY COMMUNITY COLLEGE

COURSE OUTLINE

Course Number
DAN103

Course Title
Modern Dance I

Credits
2

Hours:
Lecture/Lab/Other
1/2/0

Co- or Pre-requisite

None

Implementation
Semester & Year
Fall 2022

Catalog description:

Introduces the techniques and motor skills of modern dance, including basic body skills, placement, alignment, and continuity.

General Education Category:
Not GenEd

Course coordinator:
Jody P Gazenbeek-Person, x3524, gazenbej@mccc.edu

Required texts & Other materials: NONE

Course Student Learning Outcomes (SLO):

Upon successful completion of this course the student will be able to:

1. obtain a heightened awareness of the body; build physical, aesthetic, and performance skills; and develop an appreciation for the art form of dance.
[Supports ILG # 6 & 11; PLO # 1]
2. understand and execute the fundamental principles, practices, and vocabulary common to a variety of modern dance techniques. [Supports ILG # 6 & 11; PLO # 1]
3. create long-lasting and direct changes in movement, coordination, posture and efficiency through somatic learning. [Supports ILG # 6 & 11; PLO # 1]
4. describe and examine basic concepts of nutrition .
[Supports ILG # 6 & 11; PLO # 1]

Course-specific Institutional Learning Goals (ILG):

Institutional Learning Goal. 6. Humanities. Students will analyze works in the fields of art, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language.

Institutional Learning Goal 11. Critical Thinking: Students will use critical thinking skills understand, analyze, or apply information or solve problems.

Program Learning Outcomes for DANCE AA & DANCE AFA (PLO)

- 1 Master the physical discipline and time investment necessary to carry out professional concerts;
- 2 Choreograph independently to create their own dances;
- 3 Work collaboratively with artistic and production staff;
- 4 Create successful auditions by preparing materials and exhibiting professional conduct

Units of study in detail – Unit Student Learning Outcomes:

Unit I [Movement Combination—a short movement sequence] [Supports SLOs #1 – 4]

Learning Objectives

The student will be able to...

- learn the movement sequence accurately and be able to repeat consistently
- demonstrate at least one or two pathways to and from the floor.
- demonstrate proper use of weight and momentum in relationship to gravity.
- sustain concentration.

Unit II [Floor work and Center work] [Supports SLOs #1 – 4]

Learning Objectives

The student will be able to...

- move consistently on the beat.
- explore movement within their personal kinesphere.
- maintain torso alignment while moving.
- move with focus.

Unit III [Adagio—a slow sequence emphasizes form, balance, coordinated leg and arm movements]

[Supports SLOs #1 – 4]

Learning Objectives

The student will be able to...

- clearly replicate forms in space
- articulate legs and arms with awareness of proper pelvic, spinal and scapular alignment.
- articulate the spine.
- demonstrate a general sense of balance, strength and flexibility.

Unit IV [Across the Floor—moving through space from one side of the room to opposite side] [Supports SLOs #1 – 4]

Learning Objectives

The student will be able to...

- jump without undue strain.
- hold spinal alignment, articulate feet, and keep shoulders down to accomplish jumps.
- maintain focus.
- achieve adequate height in the leap while maintaining dynamic alignment.
- demonstrate rhythmic accuracy

Unit V [Somatic Learning and Nutrition] [Supports SLOs #1 – 4]

Learning Objectives

The student will be able to...

- prevent muscular injuries through relaxation, balance, and proper coordination.
- improve and maintain posture and flexibility.
- Integrate “mind” and “body” to help direct locomotor intentions more effectively.
- the ability to feel, sense, and control psychomotor interactions with the environment.
- Develop strategies to decrease stress
- Explain what constitutes a proper diet
- List some myths and facts concerning nutrition

Evaluation of student learning:

1. Periodic written and oral evaluation given to students to explain their progress in technique exercises and modern reparatory.

2. Terminology and Dance History quizzes.
3. Mid-Term and Final evaluation of the students' individual technical performance. (Satisfactory performance of given midterm and final piece of modern reparatory.)