

All course materials, assignments and student resources will be posted and submitted in Canvas

Theory and Technique of **Contemporary (Modern) Dance**; DANC 23A 01

Level I, CRN 48147

CLASS MEETS: TTh 11:30-12:45pm in PE 11U

OFFICE HOURS: 15 minutes before and after each class & by appointment.

PURPOSE OF COURSE: To master the basics of modern dance technique; to enhance the health of the human body through "correct mechanics," strength building and stretching; to master the art of dance performance (learning how to make all movement dance!)

- **Student Learning Outcome:** Perform the basic exercise sequences of contemporary dance technique.
- **Student Learning Outcome:** Perform contemporary dance combinations at a basic level.

PARTICIPATION: Participation is a major portion of your grade (80%). Your second absence will lower your grade 3.8 points, as will each additional absence thereafter, unless made up. Instructor will not automatically drop students. Drop proceedings must be conducted by the student.

WATCH One of the 40 minute Option Collections of videos from our Dance Studio Module's Viewing Room, type a 1 page reflection and SUBMIT in Canvas Grading Module.

MAKE-UPS: After 1 absence, all absences need to be made up (each = -3.8 points). 2nd & 3rd Option reflections must be submitted in Canvas Makeup Module. Taking class with **videos** in the Dance Studio Module's **Practice Makeup Room** needs a few sentences (about what you watched and what you thought about that experience) emailed to me. Makeups are due the last day of instruction. One per absence, except as noted in the Modules.

Acceptable Make-ups. Attendance at these Professional dance concerts can count as two makeups (Must submit 1 page reflection & photo as described in Module):

May 11-12 **Spring Showcase** (*Pacific Ballet Academy; classical ballet*)
Sat. Noon & 5pm Mountain View Center for the Perf. Arts
Sun. noon 500 Castro St, Mountain View, Tickets \$25-30 (650) 903-6000

May 16-19 **Smuin Ballet** (*contemporary ballet*) Dance Series 2
7:30pm, % 2pm Mountain View Center for the Perf. Arts
500 Castro St, Mountain View, Tickets \$25-84 (650) 903-6000

May 25 & 26 **Bayer Ballet** (*classical ballet*) presents Coppelia Suite
6:00 PM Mountain View Center for the Perf. Arts
500 Castro St, Mountain View, Tickets \$20-63 (650) 903-6000

TEXT: **Beginning Modern Dance** With Web Resource by Miriam Giguere
Recommended (in campus bookstore; \$16 rental - \$40 new)

FINAL: **June 25th 11:30am-1:30pm** in PE 11U. (*worth 10 points*)

GRADING POLICY: Factors used in determining your grade:

If . . .

Participation is 100%, (*80% of grade*)

You work hard in class, arriving on time.

Write 1-page reflection on one Option Collection of dance videos* (*worth 10 points*) and

You attend & participate in our **Final Exam** on **June 25th**, (*worth 10 points*)

You will receive an A grade in this class. (90-100 points = A, 80-89 = B, 70-79 = C, 60-69 = D, below 60 = F)

GOALS: TECHNICAL SKILLS we're developing

The ability to:

1. Keep legs straight during foot brushes (*tendus*)
2. Point feet, as they leave the floor
3. Keep pelvis vertical, allowing for full outward rotation of hip sockets in plie'
4. Stretch energy through arms, especially when held out in 2nd position
5. Begin to control the torso (curves, spirals, contractions, etc.)
6. Motivation to work well in class.
7. Ability to maintain concentration in class.

SECONDARY (*more advanced*) Goals for levels II and III (*moving into the driver's seat*)

In addition to mastering the above level I skills:

8. Explore different energy qualities (*rebound, pendular, sustained, and vibratory*)
9. Direct/allow the face to come alive and add to the expression of movement
10. Keep head upright, not slouched forward
11. Consistently use the "turn-out" muscles in the hip sockets
12. Keep shoulders down when lifting arms overhead
13. Learn new movements easily
14. Play with gravity when exploring new movement material

HOW TO CONTACT INSTRUCTOR: email: shawjanet@fhda.edu

My faculty webpage <https://www.deanza.edu/faculty/shawjanet/>

Student Resources:

New to technology? TIPS from our **DA website**

<https://www.deanza.edu/online-ed/students/remoteteaching.html>

OR ask me after class.

Need access to a computer, food or other assistance? **DA website**

<https://deanza.instructure.com/courses/28787/pages/student-extra-help-health-and-well-being-resources>

[Canvas Student Guide](https://deanza.instructure.com/courses/3382/) <https://deanza.instructure.com/courses/3382/>

* **WATCH** & write a 1-page reflection on one of our **Option** Collections of videos located in our Dance Studio Module's **Viewing Room**.