



WEST LA COLLEGE
MODERN DANCE I
DATQ 141 SECTION#3779/ FA 2015

Instructor: M. Funderburk

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Class Hours: MW 5:10-6:35pm

Location: PECS Studio A

Office Hours: MW 3:30-5PM TuTh 2:30-3:30PM

COURSE DESCRIPTION:

This course teaches technique, principles, terminology and the practice of modern contemporary and lyrical dance at the introductory level. Students will undergo and in depth exploration of how the body is used in modern dance technique with a focus on alignment, body part initiation, movement organization and sequencing. Students will develop coordination, flexibility, and cardiovascular strength using various movement combinations.

RECOMMENDED TEXT:

Penrod, James and Gudde Plastino, Janice. The Dancer Prepares ISBN-13: 978-0072557268

REQUIRED ATTIRE/ CLASS ETIQUETTE:

No oversized clothing: for the instructor needs to be able to appropriately identify and correct movement accuracy and alignment. No hanging jewelry, arm bangles and necklaces are to be worn during class to prevent injury to yourselves as well as classmates. No gum will be allowed in the studio. All phones must be turned on silent and checking phones or texting during class session is **strictly prohibited**. Emergencies must be discussed prior to class with the professor.

COURSE OBJECTIVES:

Upon successful completion of this course, students will be able to develop and execute...

- ❖ Distinguish and analyze various technical movements and their origin (including the historical background of the modern dance pioneers)
- ❖ Differentiate between aerobic and anaerobic exercise and assess the value of both. Utilize principles of posture, alignment, weight placement, conditioning, flexibility, balance and control as they apply to introductory Modern Dance Technique.

- ❖ Recall, demonstrate, and compare various movements and terminology.
- ❖ Demonstrate increased physical endurance, range of motion, and improved neuro-muscular coordination. Increase understanding of body structure, sequencing, patterning, and range of motion.
- ❖ Analyze and examine the potential of body movement for communication and artistic expression. Increase memorization and performance skills.

COURSE CONTENT:

- ❖ Historical background of Modern Dance, and its growth in the early 1900's.
- ❖ Dance class structure and etiquette.
- ❖ Components of fitness and anaerobic vs. aerobic activity as it relates to modern dance training.
- ❖ Posture, alignment, weight placement, conditioning, flexibility, balance and control as applied in an introductory modern dance technique class.
- ❖ Principles of a modern dance warm up at the introductory level, including: basic floor work, foot and arm positions both parallel and turned out, elevations in parallel 1st, spine articulation, introductory conditioning exercises.

STUDENT LEARNING OUTCOMES:

1. Distinguish between correct and incorrect alignment of the hip, foot, and knee for demi plie in parallel position.
2. Demonstrate rolling down through the spine in parallel position, with correct alignment of the neck, shoulders, spine, knees and feet.

COURSE REQUIREMENTS AND ASSIGNMENT GUIDELINES:

Daily Technical and Concentrated Participation

All students are required to attend class daily and apply and implement instructor's corrections and technical improvement notes on a daily basis. The student is expected to practice any alignment issues from improper technique habits before, during and after class. An individual and self-assessment will be addressed and assessed per class session.

Skill Mastery Practicum

Movement phrases and combinations practiced in class will be assessed for technical competency. The assessment will examine students' improved technical ability and application, understanding of timing, phrasing with movement engagement and combination (specific steps) accuracy. Exam will be mid semester- date TBA.

Dance Concert Critique

A concert analysis will be required of all students. All students must attend the Fall Dance Concert here at WLAC. A detailed class discussion and written guide handout will be given to students prior to the concert. A 2- page typed and stapled analysis of one dance work on the concert program will be required. Paper is due one week after the performance.

Group Movement Project

Students will develop movement phrases incorporating modern dance concepts and vocabulary studied over the course of the semester to create a dance. The dance must include spatial variations, level changes, stationary and traveling sequences with varying dynamic and timing changes. Project will be presented during finals week.

GRADING:

Daily Technical Growth and Development/ Participation	50%
Skill Mastery Midterm	20%
Concert Analysis	10%
Final Group Project	20%

90-100%= A 80-89%=B 70-79%=C 60-69%=D 59% and lower=F

CLASS POLICIES:

Students are expected to attend each class session. Poor attendance, Non-Participation, Improper Dress and Tardies will affect your daily growth/participation grade. Students will be allowed 3 absences. Students may be dropped from the course after 6 absences or disruptive behavior. Students who arrive after 15 minutes of class beginning will not be allowed to take class. For a make-up for non-participation, the student may take observation notes and turn in a typed copy analysis to the instructor by the next class session to be excused. For missed classes, a student may take another on campus dance/activity class with a signed make-up form from the instructor. (**only 3 make-ups are allowed**)

Consistent in and outs during the class session will not be acceptable and may result in dismissal from the class.

ACADEMIC INTEGRITY:

In accordance with code 9803.28, academic dishonesty is prohibited. Violations of academic integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade. Academic dishonesty of any type, such as cheating or knowingly furnishing false information, by a student provides grounds for disciplinary action by the instructor or college. In written work, no material may be copied from another without proper quotation marks, footnotes, or appropriate documentation.

STUDENT CONDUCT:

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the standards of Student Conduct in the Schedule of Classes for more information.

RECORDING DEVICES:

State law in California prohibits the use of any electronic listening or recording device in a classroom without prior consent of the instructor and college administration. Any student who needs to use electronic aids must secure the consent of the instructor. If the instructor agrees to the request, a notice of consent must be forwarded to the Vice President of Academic Affairs for approval (WLAC College Catalog)

CAMPUS RESOURCES:

Office of Disabled Student Programs and Services (DSP&S)

Student Services Building (SSB) 320/ 310.287.4450

West Los Angeles College recognizes and welcomes its responsibility to provide and equal educational opportunity to all disabled individuals. The office of Disabled Students Programs and Services has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology (WLAC College Catalog).

INSTRUCTIONAL SUPPORT (TUTORING) AND LEARNING SKILLS CENTER:

Heldman Learning Resources Center (HLRC)/ 310.287.4486

Improve your reading, language, vocabulary, spelling, math fundamentals and chemistry knowledge with convenient, self-paced computer-aided courses in the Learning Skills Center. Increase your knowledge and learning success: sign up for tutoring in various college subjects (WLAC College Catalog).

LEARNING SERVICES:

Heldman Learning Resources Center (HLRC)/ 310.287.4269 & 310.287.4486

The WLAC Library provides instruction on how to use the online catalog, periodical and research databases. In addition to a large college of books, periodicals and videos the WLAC Library has course textbooks which students may use while in the Library. Web access is available in LIRL as well as meeting rooms. The upper floors provide a beautiful view ideal for study (WLAC College Catalog)

CLASS SCHEDULE/ MOVEMENT CONCEPTS

- ❖ Floor, center, and axial exercises and patterns.
- ❖ Strength, flexibility and stamina by executing extended center exercises of modern dance vocabulary.
- ❖ Correct alignment during center, traveling sequences and combinations as well as incorrect alignment habits that result in injury.
- ❖ Develop and improve technical skills.
- ❖ Learn methods and tools for choreography and performance skills through directed class projects.
- ❖ Identifying correct technique and alignment execution.
- ❖ A sense of spatial awareness and moving throughout the space.
- ❖ A communal understanding of a dance studio experience and encounters.

- ❖ Phrasing, timing and rhythmical perception and dynamics.
- ❖ Use of weight and musicality.
- ❖ Usage of the spine
- ❖ X-rolls
- ❖ Spirals, triplet, under-curve, inversions, movement initiation, contra-lateral movement, lateral movement
- ❖ Efforts- sustained, swinging, sharpness
- ❖ Body and feet positions
- ❖ Folding in the hip joint, flat back, head and tail bone connection, heel rocks
- ❖ Traveling sequences, isolation and articulation and development, expansion of the movement
- ❖ Flexion and extension of the limbs
- ❖ Strengthening and toning and lengthening the hamstrings
- ❖ Use of parallel positions, rotation and neutral stances