

## FLORIDA STATE COLLEGE AT JACKSONVILLE

## COLLEGE CREDIT COURSE OUTLINE

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| COURSE NUMBER:                         | DAA 2100   |
| COURSE TITLE:                          | Contemporary/Modern Dance Techniques and Composition I   |
| PREREQUISITE(S):                       | None   |
| COREQUISITE(S):                        | None   |
| CREDIT HOURS:                          | 3  |
| CONTACT HOURS/WEEK:                    | 3  |
| CONTACT HOUR BREAKDOWN:                |  |
| Lecture/Discussion:                    | 3  |
| Laboratory:                            |  |
| Other _____:                           |  |
| FACULTY WORKLOAD POINTS:               | 3  |
| STANDARDIZED CLASS SIZE<br>ALLOCATION: | 20   |
| CATALOG COURSE DESCRIPTION:            |  |
|  | This introductory studio course is intended to train students in beginning levels of technique in modern dance. Emphasis is placed on creative exploration of movement, and experimentation with the dynamics of movement. Development also includes readings, observation, and discussion. Students also explore and develop specific exercises for physical alignment, self-awareness, coordination, strength, flexibility, and versatility. |
| SUGGESTED TEXT(S):                     | None. Handouts may be specified per instructor.<br><br>(Appropriate dance wear and supplies may be required of student per discretion of instructor).  |
| IMPLEMENTATION DATE:                   | Fall Term, 1996 (971)  |
| REVIEW OR MODIFICATION DATE:           | Fall Term, 2002 (20031)  |

| COURSE TOPICS  | CONTACT HOURS<br><u>PER TOPIC</u> |
|--|-----------------------------------|
| I. Orientation   | 5                                 |
| A. Syllabus and Course Requirements<br>B. Various Techniques of Modern Dance<br>C. History and Aesthetic: Graham, Hawkins,<br>and Limon  |                                   |
| II. Exercises for Freeing Physical and Creative Expression   | 15                                |
| A. Relaxation/Flexibility Techniques<br>B. Physical Alignment, Centering and Grounding<br>C. Warm-up Strategies/Strengthening<br>D. Focus/Concentration Techniques<br>E. Creativity/Improvisational Techniques |                                   |
| III. Performance Projects and Discussion   | 25                                |

STUDENT COMPETENCIES AND OUTCOMES:

1. Student will have greater understanding of modern dance as an art form and form of creative expression.
2. Student will have understanding of modern dance as a distinct form of dance.
3. Student will have understanding of the beginning level techniques found in modern dance.
4. Student will have knowledge of basic history and aesthetics of modern dance.
5. Student will have enhancement of overall physical coordination and flexibility.
6. Student will have an awareness of physical self, centering, and relaxation techniques.
7. Student will have a practical understanding of the creative process of modern dance.