

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 160 - MODERN DANCE (1 CR.)

COURSE DESCRIPTION

Teaches the basic techniques of creative dance. Skills include self-expression, contemporary routines, dance forms, and basic choreography. Lecture 1 hour. Laboratory 1 hour. Total 2 hours per week.

GENERAL COURSE PURPOSE

The purpose of this course is to acquire skills and gain knowledge regarding modern dance as an art form. This purpose is met through self-discovery, and self-expression and traditional modern dance technique.

COURSE OBJECTIVES

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

- A. perform elementary technique exercises, progressing towards a larger movement vocabulary
- B. perform beginning dance combinations and locomotor patterns
- C. demonstrate a knowledge of movements learned
- D. demonstrate safe dance conditioning and modern dance techniques

MAJOR TOPICS TO BE INCLUDED

- A. Dance exercises include ballet and modern warm-ups such as stretches, placement, traditional ballet and modern foot work and arm positions
- B. Center exercises exploring variations of shape, force, level, direction, rhythm, tempo
- C. Locomotor movements and dances: triplets, pas de bourre, turns, leaps
- D. Strength and flexibility training: warm-ups, floor exercises, standing exercises
- E. Dance appreciation discussing historical perspectives
- F. Build upon movements through dance to create a means of expression
- G. Music selections