

CENTRAL WASHINGTON UNIVERSITY

THE CENTER FOR TEACHING AND LEARNING

DEPARTMENT OF HEALTH, HUMAN PERFORMANCE AND NUTRITION

PHYSICAL EDUCATION -MODERN DANCE I

Course Information:

Title: PED 201A Modern Dance I (2 credits)
Days and Time: 1:00-2:50 M/W
Location of Class: Nicholson Pavilion 106

Faculty Information:

Instructor: Therese Young
Office Hours: M/W 11-12 T/TH 10-11 F-11-12
Office: NP 106 (located in Dance Studio)
Phone: 963-1937
E-mail: youngth@cwu.edu

Course Description: This is a beginning modern dance course designed for dancers with little or no previous modern dance experience. It serves as an introduction to the modern idiom by providing a strong foundation through structured technique, exploration of movement themes, and creative movement studies.

. This class experience will contribute to students meeting the following CWU and State standards:

CWU Center for Teaching and Learning

CTL.1.1	STANDARD: Candidates demonstrate subject matter knowledge in areas of endorsement
CTL.1.2	STANDARD: Candidates demonstrate a thorough understanding of pedagogical content knowledge
CTL.1.3	STANDARD: Candidates demonstrate a thorough understanding of professional and pedagogical knowledge and skills
CTL.1.4	STANDARD: Candidates reflect dispositions expected of professional educators
CTL.1.5	STANDARD: Candidates demonstrate a positive impact on student learning.

Washington State Dance Standards

S1.1 defines the basic concepts and vocabulary of dance.

S2.2 creates dance using choreographic processes.

S3.1 demonstrates use of movement elements, expressive qualities, and technical proficiency in performing dance.

K3.2 understands basic principles of anatomy, nutrition, kinesiology, movement analysis, and injury prevention.

Learner Outcomes

Assessment of Outcome

Demonstrate the ability to define (both orally and in written format) and perform modern dance vocabulary.

Students will identify vocabulary through written and skill tests.

Demonstrate spatial and kinesthetic awareness.

Students will demonstrate through classroom movement explorations and improvisations.

Demonstrate knowledge of basic rhythmic structure.

Students will correctly perform rhythms within classroom combinations.

Demonstrate the use of dynamics and their implications for self-expression.

Students will incorporate dynamic changes in movement studies.

Apply theoretical knowledge of correct modern technique in class.

Students will demonstrate good alignment principles and appropriate body mechanics while dancing in class.

Define and demonstrate basic compositional structure.

Students will create and assess compositional projects.

Course Content:

Technique – modern dance exercises to develop strength, control of center, balance, and flexibility, along with standard dance positions.

Qualities of movement – exploration of energy, dynamics, time and space.

Introduction to basic locomotor movements.

Explorations with rhythms and meters.

Creative approach to technique- explorations in movement (improvisations)

Beginning elements in dance composition.

Movement combinations by instructor.

Learning Experiences / Instructional Methods and Activities

-active participation in the dance technique class

- movement exploration
- compositional studies
- written and / or skill tests on terminology and concepts
- midterm chance composition project
- peer and /or self-evaluation

--Class Attendance: Attendance at all classes is expected and will be incorporated into the final grade for the course. Roll will be taken daily.

Absences may be excused with a doctor's note, hospital documentation, attendance at a mandatory school function with prior notice from the supervising faculty member, or instructor's discretion for extenuating circumstances. After two absences your grade will drop and continue to drop with any additional absences.

--Daily Class Participation: To be considered in attendance, students are expected to dress appropriately for the activity, be in class on time, demonstrate a positive attitude about learning and demonstrate social skills appropriate to the activity.

Grading: Final Grades will be based on:

- | | |
|---|------------|
| a) Daily class participation and progress | 60% |
| b) Mid-term Chance composition project | 15% |
| c) Final Project | 25% |

General Information

For classes where lockers are appropriate, the student may sign up for a locker with the attendant in the women's or men's locker room. The student must provide his / her own combination lock.

Students are responsible for their own valuables (cell phones, jewelry, purses, etc.)

Special Requirements:

-No gum. -no dangling jewelry.

Special clothing requirements:

Women: Leotards are required. Tights without feet, leggings or jazz pants are advisable for leg coverings. Leg warmers are optional.

Men: Leotards or snug T-shirts and a dance belt are strongly recommended. Tights without feet, jazz pants or running pants are recommended for leg coverings.

Modern is danced barefoot, no shoes required.

Safety Policies

Safety rules specific to this activity class include:

Attention to correct technique and body alignment is required throughout the class sessions.

Do not attempt ballistic movements, such as jumps or leaps, until the muscles are warmed-up.

Do not attempt intense stretches, such as splits, until the warm-up is completed and then only if personal flexibility permits.

Do not wear footed tights, socks or slippery shoes on the dance floor.

All injuries must be reported to the instructor immediately.

Campus police shall transport injured students needing professional medical attention to the appropriate medical facility.

For serious injuries an ambulance will be called with the consent of the victim or implied consent is given if the victim is unconscious.