

DANCE (DANC)

DANC 002 HEALTH AND FITNESS FOR DANCERS

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Physical, psychological and professional health and fitness issues and needs of dancers and dance related activities. Analysis and exploration of effective training and conditioning, diet and fitness, injury prevention and care, and positive behaviors for career and lifelong wellness. Assessment skills regarding diet and training products and the impact of substance abuse. For dancers and individuals interested (in careers) in dance and dance-related alternatives, including, but not limited to, performance, choreography, teaching, training and physical therapy; open to all students. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: *Audit, Letter Grade*

DANC 003 CONDITIONING FOR DANCERS

1 unit

Transfer Credit: CSU; UC

Exercises as mental and physical preparation for dance. Use of floor mat exercises and a floor barre to increase flexibility, balance, strength, body alignment and use of turn out. Relaxation and visualization techniques. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade*

DANC 004H FLAMENCO DANCE

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Dance skills and techniques specific to Flamenco Dance and other related folkloric dances of Spain. Practice includes: music, rhythms and accent, instruments and tonal qualities; body carriage and style; steps, patterns and combinations; variations and whole dances. Historical and multi-cultural aspects of Flamenco dance and music will be considered, discussed, and embodied. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 005A SOCIAL DANCE I

1 unit

Transfer Credit: CSU; UC

Skills in popular social dances of the late 19th to mid-20th century, providing a chronological survey. Topics include: Cha Cha, Charleston, Foxtrot, Mambo, Merengue, Polka, Rhumba, Swing, Samba, Salsa, Tango, Waltz. Provides dance students with a strong foundation in partnering skills and proficiency in vernacular genres of American dance, including their cultural and historical origins. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 005B SOCIAL DANCE II

1 unit

Transfer Credit: CSU; UC

Intermediate skills in popular social dances of the late 19th to mid-20th century, providing a chronological survey. Topics include: Cha Cha, Charleston, Foxtrot, Mambo, Merengue, Polka. Rhumba, Swing, Samba, Salsa, Tango, Waltz. Trains continuing social dancers in more complex partnering skills, providing further information and experience in vernacular genres of American dance, including their cultural and historical origins. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 006A TAP DANCE I

1 unit

Transfer Credit: CSU; UC

Beginning fundamentals of tap dance technique; basic traditional tap steps and combinations, elementary rhythmic and syncopated structures and stylistic patterns. Historical and cultural influences, basic vocabulary of the idiom. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 006B TAP DANCE II

1 unit

Transfer Credit: CSU; UC

Prerequisite(s): *DANC 006A*

Fundamentals of tap for advanced beginners. Study of traditional steps in various meters and rhythmic styles, with variations and added vocabulary. Increased emphasis on technique and expressive styling. Detailed study of tap history and cultural influences. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 006C TAP DANCE III

1 unit

Transfer Credit: CSU; UC

Prerequisite(s): *DANC 006B or equivalent*

Intermediate tap technique, with sequences of increased complexity, tempo and duration. Introduction to close-to-the-floor dancing and air tricks. Close attention to musicality, styling and carriage of the arms and upper body. Participation in concert performance. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 006D TAP DANCE IV

1 unit

Transfer Credit: CSU; UC

Prerequisite(s): *DANC 006C or equivalent*

Intermediate and advanced tap technique, with continued emphasis on showmanship and the expression of narrative through dance. Close attention to musicality, styling and carriage of the arms and upper body. Introduction to further tricks and to improvisation. Creation of a concert piece for performance. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 008A BEGINNING COMPOSITION AND CHOREOGRAPHY

2 unit

Transfer Credit: CSU; UC

Recommended Preparation: *DANC 009A, 011A, 014A, or 015A, or the equivalent*

Introduction to the elements and basic principles of dance composition and choreography and their application to all styles of dance, including, but not limited to ballet, ethnic, jazz, modern and tap; exploration and experimentation through lectures, improvisation and problem solving with varied literal and nonliteral themes, differing forms, working methods and processes, musical forms and alternative accompaniments in order to design and create movement phrases and compositions for individual and group arrangements. Final projects presentation/performance. Total of 18 hours lecture and 54 hours laboratory.

Grade Mode: *Letter Grade, Pass/No-Pass*

DANC 008B INTERMEDIATE COMPOSITION AND CHOREOGRAPHY**2 unit***Transfer Credit: CSU; UC***Prerequisite(s):** DANC 008A

Exploration and application of compositional elements in designing and creating movement phrases and compositions of greater length and complexity with emphasis on technique and presentation; experimentation with self-constructed/designed accompaniment of nontraditional style including sounds, silence, voice, words and phrases. Solo or group composition presentation/performance. Total of 18 hours lecture and 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**DANC 009A MODERN DANCE I****1 unit***Transfer Credit: CSU; UC*

An introduction to the art and discipline of modern dance technique through fundamental skills and beginning technique practices. Emphasis is on awareness of the body as an expressive instrument. Study and practice of the basic dance elements of space, time and energy are engaged through movement combinations, traveling in space, floor and center work and creative exploration. Total of 54 hours laboratory.

Grade Mode: Letter Grade**DANC 009B MODERN DANCE II****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** DANC 009A

The study of the art and discipline of modern dance technique at an advanced beginning level. Emphasis is placed on developing the body as an expressive instrument, focusing on technical skills and aesthetic concepts. Increasing complexity in movement phrasing, dynamics, spatial clarity, musicality and creative exploration is introduced. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass**DANC 009C MODERN DANCE III****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** DANC 009B

Intermediate modern dance; explores the craft of contemporary modern dance technique at an intermediate level. Emphasis is on increasingly complex movement material including floor and aerial work, spatial clarity and design, energy dynamics, alignment, rhythmic abilities, musicality, elements of choreographic composition and performance qualities. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass**DANC 009D MODERN DANCE IV****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** DANC 009C

Advanced technique skills in contemporary modern dance; emphasis is focused on the dancer as "artist" with continuing development of dynamic articulation of the body in motion, physicality, expressivity and presence. Enhanced experiences in the observation and analysis of movement, as well as elements of choreography and staging are explored. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade**DANC 010 MODERN DANCE PRODUCTION****2 unit***Transfer Credit: CSU; UC***Recommended Preparation:** Audition or completion of DANC 009A, 009B, 009C

Participation in dance performance and staging. Maximum credit: 8 units, 2 units each semester. Maximum of 4 enrollments allowed in the Dance Production Family: DANC 010, 022A, 022B. Total of 108 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass**DANC 011A BALLETT I****1 unit***Transfer Credit: CSU; UC*

Beginning level Classical Ballet technique emphasizing proper placement and alignment, use of turn-out, musicality, quality of movement, a creative approach to learning the art-form, self-awareness, artistry, and expression. Recommended: Previous dance experience. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass**DANC 011B BALLETT II****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** DANC 011A

Second level Beginning Classical Ballet technique emphasizing proper placement and alignment, use of turn-out, musicality, quality of movement, a creative approach to learning the art-form, self-awareness, artistry, and expression. Total of 54 hours laboratory.

Grade Mode: Letter Grade**DANC 011C BALLETT III****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** DANC 011B

Development of intermediate level ballet technique and artistry. Emphasis on technique and combinations of increasing complexity and duration, leading to greater endurance, control, and progressively refined, artistic, and dynamic execution and performance. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass**DANC 011D BALLETT IV****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** DANC 011C

Second level Intermediate Classical Ballet. Continues to emphasize proper placement and technique while performing steps that have greater difficulty and combinations that have greater complexity. Continued development of an integrated and embodied experience of musicality, artistry, expression, and the performance skills and strength that prepare students for advanced work. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade**DANC 012 IMPROVISATION****1 unit***Transfer Credit: CSU; UC*

Improvisation in dance and choreography. For all levels of dance. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

DANC 013 PILATES-BASED METHOD FOR ALIGNMENT AND CORRECTION**1 unit***Transfer Credit: CSU; UC credit limitations*

Alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. Mat work with emphasis exercises on improved body alignment, strength, flexibility, control, coordination and breathing. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***DANC 014A HIP HOP DANCE I****1 unit***Transfer Credit: CSU; UC*

Foundations of hip hop dance, including basic vocabularies, style, rhythms and cultural conventions of the urban and popular genre. Includes daily warm-ups, phrases, dances and opportunities to "freestyle," using footwork, coordination, gestures, patterns and floor work typical of hip hop dance. Total of 54 hours laboratory.

Grade Mode: *Letter Grade, Pass/No-Pass***DANC 014B HIP HOP DANCE II****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** *DANC 014A*

Intermediate level hip hop dance, including more complex vocabularies, styles, rhythms and cultural conventions of the urban and popular genre. The class may include daily warm-ups, phrases, dances and opportunities to "freestyle," using footwork, coordinations, gestures, patterns and floor work typical of hip hop dance. The course will consider Hip Hop as a global cultural phenomenon, highlighting it as part of the African Diaspora, techno culture, and mass entertainment. Total of 54 hours laboratory.

Grade Mode: *Letter Grade, Pass/No-Pass***DANC 015A JAZZ DANCE I****1 unit***Transfer Credit: CSU; UC*

Foundation for techniques, steps, combinations and routines in jazz dance. Development of muscular control, endurance and flexibility. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***DANC 015B JAZZ DANCE II****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** *DANC 015A*

Techniques, steps, combinations and routines in jazz dance. Development of muscular control, endurance and flexibility at an advanced beginner level. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***DANC 015C JAZZ DANCE III****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** *DANC 015B or equivalent*

Intermediate study of jazz dance techniques and composition. Development of muscular control, endurance and flexibility at an intermediate level. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***DANC 015D JAZZ DANCE IV****1 unit***Transfer Credit: CSU; UC***Prerequisite(s):** *DANC 015C or equivalent*

Advanced study of jazz dance techniques and composition. Development of muscular control, endurance and flexibility at an advanced level. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***DANC 020 INDEPENDENT STUDY****1 unit***Transfer Credit: CSU***Prerequisite(s):** *Completion of two dance courses and approval of student project*

Individual projects relating to dance including, but not limited to research, written reports or papers, community project, choreography, demonstration, master class, recital or concert. Total of 54 hours laboratory.

Grade Mode: *Audit, Letter Grade***DANC 021A DANCE HISTORY: CULTURAL AND SOCIAL HERITAGE****3 unit***Transfer Credit: CSU; UC*

Survey of world dance forms, including analysis of styles, forms and roles of dance in diverse cultures, from earliest rituals to contemporary and global developments. Examination of folk, popular, theatrical and social dance traditions and evaluation as these forms relate to geography, folklore, cultural identity, aesthetics, and social values. Total of 54 hours lecture.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***DANC 021B DANCE HISTORY: SPECTACLE AND PERFORMANCE ART****3 unit***Transfer Credit: CSU; UC*

Survey of dance as performance and art form in varying cultural and historical contexts, including spectacle, theater and theatricals, entertainment, performance and concert art; dance as literature, criticism, theory and choreographic design; relationship to other art forms; study of prominent and influential choreographers, productions, performers and writers and collaborative projects with composers and artists. Total of 54 hours lecture.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***DANC 022A DANCE PERFORMANCE I****2 unit***Transfer Credit: CSU; UC***Recommended Preparation:** *Completion of one of the following technique courses: DANC 009A or DANC 011A or DANC 015A; and completion of or enrollment in DANC 008A***Enrollment Limitation:** *Retention based on successful audition*

Development and staging of original student dance compositions culminating dance performance/s. Emphasis is placed on development of performance skills. Cultivation of personal artistry as a performer and choreographer. Requires participation in a dance performance. Maximum credit 4 units, 2 units each semester. Maximum of 4 enrollments in the Dance Production Family: DANC 010, 022A, 022B. Total of 108 hours laboratory and 36 hours by arrangement. This course may be scheduled using the "To Be Arranged" (TBA) scheduling format.

Grade Mode: *Audit, Letter Grade*

DANC 022B DANCE PERFORMANCE II

2 unit

Transfer Credit: CSU; UC

Prerequisite(s): DANC 022A

Enrollment Limitation: *Retention based on successful audition*

Creation, development and staging of original student dance compositions presented in a culminating dance performance/s. Development and refinement of performance skills. Cultivation of personal artistry as a performer and choreographer. Requires participation in a dance performance. Maximum credit: 4 units, 2 units each semester. Maximum of 4 enrollments allowed in the Dance Production Family: DANC 010, 022A, 022B. Total 108 hours laboratory and 36 hours by arrangement. This course may be scheduled using the "To Be Arranged" (TBA) scheduling format.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

DANC 023 DANCE REPERTOIRE

1 unit

Transfer Credit: CSU; UC

Recommended Preparation: *Previous dance experience*

Enrollment Limitation: *Audition*

Participate as a dancer in an original or repertoire dance piece under the direction of a professional choreographer (including guest artists and PCC dance faculty). Provides intermediate and advanced-level dance students the opportunity to engage in a variety of professional choreographic and rehearsal practices, being involved in artistic processes from inception through completion. Intermediate and advanced dancers will be expected to work as collaborators of an ensemble, practicing professionalism within rehearsals and final productions. Dance styles may include modern, postmodern, contemporary, jazz, hip hop, tap, ethnic dance styles, and more. Dancers will need to audition for each professional choreographer at the start of the semester. Total of 54 hours laboratory.

Grade Mode: *Letter Grade, Pass/No-Pass*

DANC 025 MOVEMENT FOR CHILD DEVELOPMENT

2 unit

Transfer Credit: CSU

Survey of movement teaching techniques, activities and experiences that promote child growth and development from infancy through age eight. Focus is on development of the whole child, enhancing the physical, cognitive and social/emotional domains, through creative, non-competitive movement activities. Child developmental theory, principles and movement practices are engaged. Total of 27 hours lecture and 27 hours laboratory.

Grade Mode: *Audit, Letter Grade*

DANC 026 MUSIC FOR DANCE

2 unit

Transfer Credit: CSU; UC

Historical relationship between music and dance, including exposure to major genres and traditions of dance music. Strategies for listening, embodying, and pairing dance with music. Basic music production techniques, copyright law, and sound effects. Develops musicality in dance, in preparation for choreographing with music, dance teaching, and working with composers. Total of 27 hours lecture and 27 hours laboratory.

Grade Mode: *Letter Grade*