CASPER COLLEGE COURSE SYLLABUS
THEA 1430:01 MODERN DANCE 1/1
PEAC 1430:01 MODERN DANCE 1/1

Semester/Year: Summer 2006
Lecture Hours: 3  Credit Hours: 1 CR

Class Time: 8:00-10:00  Days: M-F  Room: KT 159 and site locations
June 12th – July 7th.

Instructor’s Name: KELLEEN GILSTAD
Instructor’s Office #: KT 156    Phone: 265-5497-home
Office Hours: By appointment only!

Course Description: This course will be an introduction to the principles and techniques of Modern Dance. Dancers will focus on technique, terminology and the execution of the basic and intermediate steps, as well as the discovery of movement in space and time. (Cross listed with PEAC 1430)

*The study of dance often requires physical contact, either teacher-to-teacher (in terms of physical alignment & muscle use) or student-to-student (in the course of improvisation, partnering, or ensemble work). If you have any concern or reservations about the appropriateness of physical contact please talk to the instructor immediately.

Statement of Prerequisites: None

Course Goals:
1) To introduce the student to principles and techniques in Modern Dance.
2) To develop the ability to perform movement patterns, qualities of movement and musical analysis as it relates to Modern Dance.
3) To develop muscular coordination, agility and kinesthetic sense at an intermediate level of difficulty. To prepare the student for Modern Dance I/II
4) To gain an understanding and appreciation of Modern Dance as a disciplined art form.
5) To develop self-awareness through physical activity and introduction to contemporary art forms.

Outcomes:
A. Technical:
   1. An evaluation of technique will occur at the end of each week for both technique and improvisation.
   2. The final exam will include an improvisation/manipulation study in a designated site.

B. Academic:
   1. Reading assignments: The history of Modern Dance and its significance as it relates to other artistic trends throughout its development.
   2. Class discussions

Methodology: This is a hands on type of class.
Class Organization: Classes will adhere to the following format:
1. Warm-up (floor, strength work, and standing)
2. Locomotor Movements
3. Introduction to elements of music; incorporation into class material
4. Development of movement sequences for evaluation
5. Studies in improvisation and manipulation of movement phrases

Basic Technique:
Alignment-Balance-Stretching (lying, sitting standing)

Warm-up:
1. Floor (incorporating above alignment concepts)
2. Pilates exercises for strength and flexibility (level 1 and 2)

Locomotor Movements:
1. 8 basic steps (walk, run, leap, hop, jump, slide, gallop, and skip) taken to various levels and spatial orientations.
2. Variations and combined sequences of steps

Qualities of Movement:
1. Space
2. Level
3. Direction
4. Energy/Force
5. Improvisational studies

Introduction to Basic Music Analysis
1. Basic and Intermediate meters
   a. 2/4, 3/4, 4/4
   b. Triplets
   c. 5’s, 7’s, 9’s, and 13’s

Evaluation Criteria: You will be evaluated based on your own progress in the class and your assigned work.
1. Attendance:
   Your goal is perfect attendance. Missed dance classes are impossible to make up, so any absence is discouraged. Because attendance is so important, it will be a major part of your grade for this class. I recognize that many of you are heavily committed to departmental productions and I will always try to take this into account, however, students cannot assume that production commitments take precedence over academic assignments. Absence from one class is permitted without penalty. Classes missed beyond this point will result in a 3% reduction (per class missed) in your final grade. Tardies will result in a loss of 1/2 of a class period. (Please note that there is no such thing as an excused absence at Casper College. Absences for any reason will be recorded).

2. Clothing
   1. Bare feet and form fitting clothes required—leotards and tights for women, plus shirts and shorts or tights for men.
   2. Dance belts are required for men.
   3. No bulky or dangling jewelry and no loud prints.
   4. Modern pants are acceptable for either sex.
3. Basic Technique:

Grading:
Technical demos, improvisations = 55%
Attendance = 15%
Class participation = 30%

Grading Scale:

- 90-100% A
- 80-89% B
- 70-79% C
- 60-69% D
- 50-59% F

Required Text, Readings, Materials: Penrod and Plastino *The Dancer Prepares: Modern Dance for Beginners*.

Last Date to Withdraw with a W Grade: The Final Date for Withdrawal from the course or to change to Audit will be July 12th. This date will be strictly followed.

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

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Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty - Cheating & Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

*It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see the instructor at your earliest convenience*.

Calendar or Schedule indicating course content:

General Schedule:
- Mondays-technique, strengthening and stretching
- Tuesdays-technique/technique – based improv
- Wed. – 1 hour floor or ballet barre
- 1 hour combination work
- Thurs.-Technique review and evaluation
- Technique/Improv- based choreography
- Friday-Site Improv roughly based from technique focus of the week.
Technique Schedule:

Week 1 – Planar Geometry, basic positions and locomotors
Week 2 – Carving and Contractions
Week 3 – Spirals and 3\textsuperscript{rd}/4\textsuperscript{th} dimension work; alternatives to accompaniment
Week 4 – Spatial Awareness; general schedule may be amended to incorporate more intensive site work.

Note - Class Rules:

1. No gum or candy in class
2. If you are more than 15 minutes late for class you need to observe the class.
3. Anytime you are observing class, you need to take specific notes on combinations and corrections if you want partial credit for that class period.

* Due to the large span of experience among the students in this class, I will teach this class at various levels to attempt to challenge all who are taking it. This class will also be somewhat unconventional in some of the improvisational approaches. We will be doing some projects and exercise that are above the challenging level. It is expected of you to take each assignment to your fullest capability. CHALLENGE YOURSELF, CHALLENGE OTHERS, AND NEVER SETTLE FOR MEDIocre.