DANCE Courses

DANC 130. Pilates and Conditioning Fundamentals. 2 units
Term Typically Offered: F, SP
Introduction to Joseph Pilates’ Physicalmind conditioning method. Development of ideal physical fitness for the attainment and maintenance of a uniformly developed body and sound mind. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 131. Beginning Ballet. 2 units
Term Typically Offered: F, W, SP
Fundamentals of ballet technique stressing alignment, turn-out, five basic positions, seven movements of dance, and terminology. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 132. Beginning Modern Dance. 2 units
Term Typically Offered: F, W, SP
Fundamentals of modern technique stressing alignment, off-centered use of torso, floorwork, movement phrases, and improvisation exercises. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 133. Beginning Jazz Dance. 2 units
Term Typically Offered: F, W, SP
Introduction of jazz dance techniques stressing a variety of styles, alignment, isolation, polyrhythms, syncopation, improvisation, and phrasing. Performance technique and presentation of simple dance phrases. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 134. Beginning Ballroom Dance. 2 units
Term Typically Offered: F, W, SP
Selected ballroom dances including the cha-cha-cha, foxtrot, merengue, rumba, samba, swing, tango, waltz, and line dance hustle. Emphasis on alignment, etiquette, leading and following, performance techniques, and presentation of simple dance phrases. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 135. International Folk Dance. 2 units
Term Typically Offered: TBD
Introduction to international folk dances including round, longway, and square sets. Study of various dance steps, formation, positions, historical and cultural background. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 210. Active Wellness. 4 units
GE Area D4
Term Typically Offered: SP
Investigation of health and wellness ideologies and techniques for dancers and non-dancers through active participation in fitness circuits and lecture. Elements of fitness, injury prevention, somatic methodologies, anatomy, and body image will be presented and discussed to help students maintain and cultivate optimum health now and in the future. 3 lectures, 1 activity. Fulfills GE D4.

DANC 221. Dance Appreciation. 4 units
GE Area C3
Term Typically Offered: F, SP
Diverse dance forms. Focus on major western dance artists and their works from the 19th century to the present. Cultural context, style and forms in dance. Introductory survey of major experiments in dance. Purchase of concert ticket(s) may be required. Course may be offered in classroom-based or online format. 4 lectures. Fulfills GE C3.

DANC 231. Intermediate Ballet. 2 units
Term Typically Offered: F, W, SP
Prerequisite: Intermediate level experience as determined by instructor at first class meeting.
Continuation of training in basic technical skills in ballet stressing phrasing, performance, and more complex step patterns. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 232. Intermediate Modern Dance. 2 units
Term Typically Offered: F, W, SP
Prerequisite: Intermediate level experience as determined by instructor at first class meeting.
Continuing study of DANC 132 with emphasis on various movement styles, phrasing, more complex step patterns, and performance. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 233. Intermediate Jazz Dance. 2 units
Term Typically Offered: F, W, SP
Prerequisite: Intermediate level experience as determined by instructor at first class meeting.
Continuation of DANC 133 with emphasis on more extensive movement vocabulary. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 234. Intermediate Ballroom Dance. 2 units
Term Typically Offered: TBD
Prerequisite: DANC 134 or intermediate level experience as determined by instructor at first class meeting.
Continuation of DANC 134. Selected ballroom dances: cha cha, foxtrot, merengue, rumba, swing, tango, hustle, paso doble, polka and samba. Emphasis on variations, styles, and performance skill. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 270. Selected Topics. 1-4 units
Term Typically Offered: TBD
Prerequisite: Open to undergraduate students and consent of instructor.
Directed group study of selected topics. The Schedule of Classes will list title selected. Total credit limited to 8 units. 1 to 4 lectures.

DANC 280. Body Awareness and Expression. 4 units
Term Typically Offered: W
Directed group study of movement techniques and exercises to facilitate expressive physical performance. Body effectiveness, alignment and conditioning practice integrated with creative exploration and movement analysis of effort, spatial awareness and detailed body usage. 4 lectures. Crosslisted as DANC/TH 280.
DANC 321. Cultural Influence on Dance in America. 4 units
GE Area C4; USCP
Term Typically Offered: TBD
Prerequisite: Junior standing and completion of GE Areas A and C3.
Multicultural approach to history of dance in America, with emphasis on American Indian, West African, Caribbean, Mexican, European, and Asian contributions and influences. Explores culture through dance. Purchase of concert ticket(s) required. 4 lectures. Fulfills GE C4 except for Theatre Arts majors. Fulfills USCP.

DANC 331. Advanced Ballet and Repertory. 2 units
Term Typically Offered: F
Prerequisite: DANC 231 or intermediate level experience as determined by instructor at first class meeting.
Advanced ballet technique and reconstruction of historical ballet repertories from the romantic, classical, neoclassical, and modern periods. Participation in dance performance of selected repertory. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 332. Contemporary Dance Repertory. 2 units
Term Typically Offered: F, SP
Prerequisite: Intermediate level experience as determined by instructor at first class meeting.
Intermediate to advanced dance skills learned through the study and performance of selected contemporary dance repertory. Addresses problems in advanced performance technique. Informal presentation in performance situation. Purchase of concert ticket(s) may be required. Total credit limited to 6 units. 2 activities.

DANC 340. Dance Composition. 4 units
Term Typically Offered: W
Prerequisite: Intermediate level experience as determined by instructor at first class meeting.
Principles of dance composition. Exploration of creative potential and development of movement motifs through choreographic studies. Preparation for informal public presentation of student generated choreographic works. Purchase of concert ticket(s) may be required. Total credit limited to 8 units. 1 lecture, 1 laboratory, 2 activities.

DANC 341. Dance Concert Practicum. 2 units
Term Typically Offered: SP
Prerequisite: consent of instructor.
Advanced practical application of choreography and dance concert production. Production of the student-produced Spring Dance Concert will be developed and executed. Investigation of complete choreographic work via peer and faculty review. Total credit limited to 8 units. 2 laboratories.

DANC 345. Choreography/Workshop in Dance Concert Preparation. 4 units
Term Typically Offered: F
Prerequisite: By audition only.
Workshop in concert preparation for major public dance production. Exploration and process of concert dance choreography. Purchase of concert ticket(s) may be required. Total credit limited to 16 units. 2 activities, 2 laboratories.

DANC 346. Dance Production. 1-4 units
Term Typically Offered: W
Prerequisite: One of the following: DANC 332, DANC 331, or DANC 345.
Directed production of annual Orchesis Dance Company Concert and other public performances. Attendance of professional dance concert(s) required. Purchase of concert ticket(s) may be required. Total credit limited to 16 units. 1-4 laboratories.

DANC 381. Dance Teaching Methods for Dance Minors. 4 units
Term Typically Offered: W
Prerequisite: Dance Minor.
Dance skills and techniques. Experience in selected dance forms. Rhythmic structure and analysis of dance steps. Includes introduction to dance pedagogy, curricular materials and evaluative procedures. Purchase of concert ticket(s) may be required. 2 lectures, 2 activities.

DANC 400. Special Problems. 1-4 units
Term Typically Offered: F, W, SP
Prerequisite: Consent of instructor and department head.
Individual investigation, research and studies or survey of selected problems in dance and related areas. Total credit limited to 8 units with a maximum of 4 units per quarter.

DANC 430. Advanced Selected Techniques. 2 units
Term Typically Offered: F, SP
Prerequisite: Consent of instructor.
Directed study of selected topics for advanced dance students. Focus on advanced level technique, style, concepts and choreography of classical and contemporary dance forms. The Schedule of Classes will list topic selected. Total credit limited to 8 units. 2 activities.

DANC 470. Selected Advanced Topics. 1-4 units
Term Typically Offered: TBD
Prerequisite: Consent of instructor.
Directed study of selected topics for advanced dance students. Class Schedule will list topics selected. Total credit limited to 8 units. 1-4 lectures.

DANC 471. Selected Advanced Laboratory. 1-4 units
Term Typically Offered: TBD
Prerequisite: Consent of instructor.
Directed group laboratory study of selected topics for dance students. Class Schedule will list topics selected. Total credit limited to 8 units. 1-4 laboratories.