

*All course materials, assignments and student resources will **be posted and submitted in Canvas***

Theory and Technique of **Contemporary (Modern) Dance**; DANC 23A 01, Level I, CRN 28078

CLASS MEETS: TTh 11:30-12:45pm in PE 11U

OFFICE HOURS: 15 minutes before and after each class & by appointment.

PURPOSE OF COURSE: To master the basics of modern dance technique; to enhance the health of the human body through "correct mechanics," strength building and stretching; to master the art of dance performance (learning how to make all movement dance!)

- **Student Learning Outcome:** Perform the basic exercise sequences of contemporary dance technique.
- **Student Learning Outcome:** Perform contemporary dance combinations at a basic level.

PARTICIPATION: Participation is a major portion of your grade (80%). Your second absence will lower your grade 3.8 points, as will each additional absence thereafter, unless made up. Instructor will not automatically drop students. Drop proceedings must be conducted by the student.

WATCH One of our 40 minute Option Collection of videos from our Dance Studio Module's Viewing Room, type a 1-page reflection (*as instructed in Viewing Room*) and SUBMIT in Canvas Grading Module.

MAKE-UPS: After 1 absence, all absences need to be made up (each = -3.8 points). To makeup, take class with **videos** in the Dance Studio Module's **Practice Makeup Room**. Write a few sentences (about what you watched and what you thought about that experience) & email to me. May also use 2<sup>nd</sup> & 3<sup>rd</sup> Option Collection of videos (**maximum 2**) and submit each reflection in the Canvas Makeup Module. Makeups are due the last day of instruction. One per absence, except as noted in the Modules.

Attendance at these approved LIVE dance concerts can count as *two makeups* (Must submit 1-page reflection & photo as described in Module); **Maximum of two** may be used for makeups:

**Sept. 26, 27, 28** **Bandaloop** (vertical dance) **FREE**

Pre-Show 6:30pm "Somewhere To Land" (*dances for sea and low sky*)

Performance 7:30-8:30pm Hanger 25: 1951 Monarch St., ALAMEDA

**Oct. 11 & 12** **Elevate by sjDANCEco's** (modern dance) \$27-104/  
8pm California Theatre, 345 S 1st St, San Jose. Tickets [\(408\) 792-4542](tel:4087924542)

**Nov. 2** **Juanito Pascual (Flamenco guitar, singing & dance)** **FREE**

7:30pm Community School of Music & Art; Tateuchi Hall

230 San Antonio Cir, Mountain View.

**Nov. 15, 16, 21, 22, 23** **Cabaret (by SJSU)**. Tickets: \$10 students, \$20 adult, \$30 on stage

7:30pm. **Nov. 20<sup>th</sup>** Sun. 10am Hammer Theatre Center, 101 Paseo De San Antonio, SJ

**Dec. 6 & 7, 7:30pm** **Rite of Spring** by *Yang Liping & Peacock Contemporary Dance*

Sun. **Dec. 8, 1pm** Memorial Auditorium, Stanford Univ. Palo Alto. Tickets \$15-105.

**Dec. 5, 6 7:30pm** **Smuin's; The Christmas Ballet** (*contemporary ballet*).

**Dec. 7, 8 2:00pm** Mountain View Center for the Perf. Arts

500 Castro St, Mountain View, Tickets \$31-117 (650) 903-6000

**TEXT:** **Beginning Modern Dance** With Web Resource by Miriam Giguere  
*Recommended (in campus bookstore; \$16.80 rental - \$42 new)*

**FINAL:** **Dec. 10th 11:30am-1:10pm** in PE 11U. (*worth 10 points*)

**GRADING POLICY:** Factors used in determining your grade:

If . . .

Participation is 100%, (*80% of grade*)

You work hard in class, arriving on time.

Write 1-page reflection on one Option Collection of dance videos\* (*worth 10 points*) and

You attend & participate in our **Final Exam** on **December 10th**, (*worth 10 points*)

You will receive an A grade in this class. (90-100 points = A, 80-89 = B, 70-79 = C, 60-69 = D, below 60 = F)

GOALS: TECHNICAL SKILLS we're developing

The ability to:

1. Keep legs straight during foot brushes (*tendus*)
2. Point feet, as they leave the floor
3. Keep pelvis vertical, allowing for full outward rotation of hip sockets in plie'
4. Stretch energy through arms, especially when held out in 2nd position
5. Begin to control the torso (curves, spirals, contractions, etc.)
6. Motivation to work well in class.
7. Ability to maintain concentration in class.

SECONDARY (*more advanced*) Goals for levels II and III (*moving into the driver's seat*)

In addition to mastering the above level I skills:

8. Explore different energy qualities (*rebound, pendular, sustained, and vibratory*)
9. Direct/allow the face to come alive and add to the expression of movement
10. Keep head upright, not slouched forward
11. Consistently use the "turn-out" muscles in the hip sockets
12. Keep shoulders down when lifting arms overhead
13. Learn new movements easily
14. Play with gravity when exploring new movement material

HOW TO CONTACT INSTRUCTOR: email: [shawjanet@fhda.edu](mailto:shawjanet@fhda.edu)

My faculty webpage <https://www.deanza.edu/faculty/shawjanet/>

Student Resources:

**New to technology?** TIPS from our **DA website**

<https://www.deanza.edu/online-ed/students/remoteteaching.html>

**OR** ask me after class.

**Need access to a computer, food or other assistance?** **DA website**

<https://deanza.instructure.com/courses/28787/pages/student-extra-help-health-and-well-being-resources>

[Canvas Student Guide](https://deanza.instructure.com/courses/3382/) <https://deanza.instructure.com/courses/3382/>

\* **WATCH** & write a 1-page reflection on one of our **Option Collection of videos** located in our Dance Studio Module's **Viewing Room**. Reflection **MUST** contain the information requested for each video clip in the Option to earn credit for this assignment or to use as a makeup. **No AI allowed**. This is **NOT** an essay but a chance to **share what you SAW** when you watched your selected Option collection of videos. **Use of AI** will equal **no credit** for this assignment.