

COURSE OUTLINE

DANC-101 Movement Integration 3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

Floor and standing work to develop upper/lower connectivity, increased rotation, reduced tension, efficient movement patterns, integrated muscular control and coordination and proper support for dance movement. Variety of methods for movement observation and analysis, process of perception, body organization, spatial investigation and anatomical principles. (3 hours weekly)

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Demonstrate a knowledge of the basic anatomical principles.
2. Gain knowledge of various methods of movement observation and analysis.
3. Develop analytical and critical skills.
4. Strengthen kinesthetic sensitivities to individual and group movement experience.
5. Demonstrate authentic movement responses to a variety of stimuli.
6. Demonstrate ability to adjust and/or correct personal movement patterns.

Major Topics

- I. Pilates
- II. Alexander Technique
- III. Laban Movement Analysis
- IV. Bartenieff Fundamentals
- V. Witnessing and discussion of and about individual and group movement patterns
- VI. Self-observation/analytical skills

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include:

- Grading: Criteria for evaluation is mastery of major topics as demonstrated through:
 - Daily active participation 70%
 - Written assignment(s)/examination(s) 30%
- Completion of assignment(s) and examination(s)

Writing: May include a paper or papers assigned by the individual faculty member.

Other Course Information

This course may be used as a Dance elective, Fine Arts elective, Humanities elective and an Arts and Science elective. This course will be used to fulfill the requirements for Dance Majors or a dance requirement for Theater (Performance) majors.