

# **COURSE OUTLINE**

**DANC-188**  
**African Dance**  
2 Semester Hours

## **HOWARD COMMUNITY COLLEGE**

### **Description**

An exploration of dance movements from primitive African and Caribbean as well as contemporary jazz dance with the physiological benefit of aerobic exercise. Students will become aware of the ancient origin of all movements performed. Course work will include stretching to improve flexibility, body alignment to foster good posture, sustained movement to increase cardiovascular fitness. Much of class time will be spent in developing stamina, flexibility and in learning and performing choreography. (3 hours weekly)

### **Overall Course Objectives**

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

1. Perform a series of warm up exercises to prepare for movement.
2. Demonstrate basic principles of body alignment.
3. Perform a variety of rhythmic movements including contractions and releases, undulations, turns, jumps, foot stomping patterns and syncopated clapping.
4. Demonstrate isolation of parts of the body.
5. Perform combinations of integrated dance movements.
6. Perform simple traveling movements across the floor.
7. Explain key historical elements in African Dance.
8. Demonstrate an appreciation for dance as an art form.
9. Perform a brief primitive work, Caribbean work and contemporary jazz work.

### **Major Topics**

- I. Preparing to Dance
- II. Alignment
- III. Flexibility
- IV. Stamina
- V. Isolations
- VI. Traditional Steps
- VII. Historical Elements
- VIII. Improvisation
- IX. Performance of Choreography

### **Course Requirements**

Grading/exams: Grading procedures will be determined by the individual faculty member but will include a final, in-class performance.

### **Other Course Information**

This course may be used as a Fine Arts elective, Humanities elective, or an Arts and Science elective. It may also fulfill dance requirements for Theatre (Performance) majors.