

DANS-138: MODERN DANCE LEVEL I

Effective Term

Fall 2026

CC Approval

02/06/2026

AS Approval

03/12/2026

BOT Approval

03/19/2026

SECTION A - Course Data Elements
Send Workflow to Initiator

No

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Dance (Master's Degree)	

Subject Code

DANS - Dance

Course Number

138

Department

Dance

Division

Kinesiology & Athletics

Full Course Title

Modern Dance Level I

Short Title

Modern Dance Level I

CB03 TOP Code

1008.00 - Dance

CIP Code

50.0301

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Updating to align with changes made to DANS-138B, including units, hours, content, methods of instruction, DEI and credit for prior learning.

SECTION B - Course Description

Catalog Course Description

Modern Dance is a creative movement class with an emphasis on rhythmic movements, isolated movements, free expression and improvisation. This course will introduce the elemental concepts (space, time, force). Emphasis on alignment, conditioning, elementary and traditional technique.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.5

Activity Hours

54

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate knowledge of dance technique to safely participate in dance.
2.	Demonstrate knowledge of dance vocabulary.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate conditioning exercises safely.
2.	Perform basic non-locomotor modern dance techniques and identify these skills in dance terminology.
3.	Utilize fundamental principles and concepts of efficient body movement.
4.	Perform fundamental locomotor rhythmic patterns and combinations.

Course Content

1. Historical origins of Modern dance in America
2. Dance Techniques for:
 - a. Body Alignment
 - b. Flexibility with control
 - c. Control of the center of the body for stability, balance and agility.
3. Variation in dynamics and level / directional movement patterns
 - a. Elementary locomotor sequences include but are not limited to:
 - i. walk
 - ii. run
 - iii. skip
 - iv. turn
 - v. floor level movement (crawl, roll, slide)
 - b. Elementary axial movement includes but is not limited to:
 - i. isolations
 - ii. foot articulation
 - iii. balance
 - c. Elementary concept of space includes but is not limited to:
 - i. direction
 - ii. level
 - d. Elementary concept of shape includes but is not limited to:
 - i. individual, group
 - ii. symmetrical or asymmetrical
 - e. Elementary concept of force or quality or time includes but is not limited to:
 - i. percussive
 - ii. sustained
 - iii. pendular
 - iv. stillness
 - v. congruence or dissonance with accompanying music

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Exercises and combinations.
Critique	Self and instructor generated.
Discussion	1. Technique 2. History
Lecture	1. Technique 2. Vocabulary 3. History
Visiting Lecturers	1. Prominent Choreographer 2. Specific Technique

Online Adaptation

Types	Examples of learning activities
Activity	Exercises and combinations.
Critique	Self and instructor generated.

Discussion	1. Technique 2. History
Lecture	1. Technique 2. Vocabulary
Other	Video submissions of practice or performance.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	Written tests: Example: Short Essay Describe the origins of the modern dance movement and identify the key innovators.
Homework	1. Research 2. Rehearse technique or combinations
Performances	1. Specific technique 2. All dance combinations

Assignments**Reading Assignments**

Chapter 4: "The Next Generation" in Joshua Legg's text.
 Student required to read "Phoenix of Modern Dance". (Article as handout.)

Writing Assignments

Written self-analysis after watching a recording of in-class performance.
 Written response to handout / article. (Example included as attachment).

Outside-of-Class Assignments

Live or taped modern dance performance.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Legg, Joshua

Title

Introduction to Modern Dance Techniques

Edition/Version

1st

Publisher

Princeton Book Company, Publishers

Year

2011

SECTION G - Diversity, Equity and Inclusivity**How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?**

This course reflects current strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students.

Course Codes (Admin Only)**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No