

DANCE

School of Health Sciences, Physical Education and Athletics

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CURRICULUM

The dance curriculum focuses not only on training the student who wishes to transfer to a four-year institution in dance, achieve an associate degree, or pursue a certificate for immediate employment in the entertainment market, but also on providing opportunities for students in other fields to learn about dance. There are numerous opportunities for students of all levels and interests to perform by enrolling in the dance rehearsal and performance class or participating in one of the performing groups. The curriculum includes technique courses in ballet, modern dance, jazz dance, tap, social dance, Middle Eastern and African dance; an introductory course in various dance forms; Pilates and dance conditioning courses; and academic courses in choreography, music for dance and dance history. Many of these courses meet general education requirements in the arts, humanities, health and wellness, and cultural diversity categories. Participation in formal concerts is by audition and enrollment in the dance rehearsal and performance class.

MAJOR

The associate degree in dance is designed for students who intend to transfer to a four-year institution or for those wanting to pursue dance seriously as a career. The major concentrates on developing the student's technical ability to at least the intermediate level in modern dance, ballet and jazz dance, with elective courses in tap, African and/or social dance. Students are also required to complete courses in music for dance, choreography, dance history, conditioning for dance, and dance rehearsal and performance.

CERTIFICATE OPTION:

The certificate in dance technique is designed for students interested in vocational opportunities in the local entertainment job market. The program allows students to study a variety of dance techniques and styles to prepare them to audition at any of the numerous performance-based entertainment venues in the region or pursue further study.

Each year both faculty and students are selected to participate in various choreographic and performance festivals, competitions and events, such as the American College Dance Festival. Selection is based upon the quality of the performers and the choreography of the dance.

CAREER OPTIONS

Examples of careers for the dance major include the following:

- Choreographer
- Dance Instructor
- Professional Dancer

ASSOCIATE DEGREE

• Associate in Arts Degree in Dance

Students must complete a minimum of 60 units of credit, including the courses in the major ("Major Requirements") and general education requirements (pages 43-49), with an overall GPA of 2.0 or better, and a grade of "A," "B," "C," or "P" in all courses to be counted toward the major. A minimum of 12 units must be completed at Irvine Valley College. See pages 33-34 for further information.

CERTIFICATE

• Certificate of Proficiency Dance Technique

Students must complete all courses in the certificate program ("Major Requirements") with a grade of "A," "B," "C," or "P." A minimum of 12 units in the certificate program must be completed at Irvine Valley College. See page 30 for further information.

TRANSFER PREPARATION

Courses that fulfill major requirements for an associate degree at Irvine Valley College may not be the same as those required for completing the major at a transfer institution offering a bachelor's degree. Students who plan to transfer to a four-year college or university should schedule an appointment with an IVC counselor to develop a plan of study before beginning their program. It may be helpful to meet with the department faculty at IVC.

**ASSOCIATE IN ARTS DEGREE
MAJOR REQUIREMENTS: DANCE**

Complete the following courses:		Units
DNCE 50	Conditioning for Dance	1
DNCE 55	Choreography I	3
DNCE 65	Dance Rehearsal and Performance	2.5
DNCE 77	Dance History: Twentieth Century	3
DNCE 85	Music for Dance	3
Complete a minimum of 4 units total with at least 1 unit in Dance 7:		
DNCE 6	Ballet I	0.5 or 1
DNCE 7	Ballet II	0.5 or 1
Complete a minimum of 4 units total with at least 1 unit in Dance 13:		
DNCE 12	Modern Dance I	0.5 or 1
DNCE 13	Modern Dance II	0.5 or 1
Complete a minimum of 1 unit total from the following:		
DNCE 17	Jazz Dance I	0.5 or 1
DNCE 18	Jazz Dance II	0.5 or 1
Complete a minimum of 1 unit from the following dance technique courses:		
DNCE 22	Tap Dance I	0.5 or 1
DNCE 23	Tap Dance II	0.5 or 1
DNCE 30	African Dance I	0.5 or 1
DNCE 36	Social Dance	0.5 or 1
 TOTAL UNITS:		 22.5



**CERTIFICATE OF PROFICIENCY
DANCE TECHNIQUE**

Complete at least ONE of the following courses:	Units
DNCE 77 Dance History	3
DNCE 85 Music for Dance	3
Complete the following courses:	
DNCE 50 Conditioning for Dance	1
DNCE 55 Choreography I	3
Complete 2 units in the following course:	
DNCE 65 Rehearsal and Performance	2
Complete 3 units from one area of concentration (for instance, ballet) among the following dance techniques/types, including at least 1 unit at a level II course.	3
DNCE 6/7 Ballet I and II	
DNCE 12/13 Modern Dance I and II	
DNCE 17/18 Jazz Dance I and II	
DNCE 22/23 Tap Dance I and II	
DNCE 33 Middle Eastern Dance I	
DNCE 36 Social Dance	
Complete 3 units from a second area of concentration (for instance, modern) among the following dance techniques/types, including at least 1 unit at a level II course. The second area of concentration must be different from the first area of concentration used above.	3
DNCE 6/7 Ballet I and II	
DNCE 12/13 Modern Dance I and II	
DNCE 17/18 Jazz Dance I and II	
DNCE 22/23 Tap Dance I and II	
DNCE 33 Middle Eastern Dance I	
DNCE 36 Social Dance	
Complete 2 units from a third area of concentration (for instance, tap) among the following dance techniques/types, including at least 1 unit at a level II course. The third area of concentration must be different from the first and second areas of concentration used above.	2
DNCE 6/7 Ballet I and II	
DNCE 12/13 Modern Dance I and II	
DNCE 17/18 Jazz Dance I and II	
DNCE 22/23 Tap Dance I and II	
DNCE 33 Middle Eastern Dance I	
DNCE 36 Social Dance	
TOTAL UNITS:	17

COURSES

**DNCE 1: INTRODUCTION TO DANCE
1 Unit**

.5 hour lecture, 1.5 hours lab
Transfers: CSU, UC credit proviso (see UC course list)

This course gives students the opportunity to learn various dance forms such as hip-hop, jazz, modern, ballet, improvisation, African, and social dance. The course is designed for dancers of any experience level. The course compares dances' styles and techniques; and develops students' coordination, flexibility, strength, and postural alignment; it also encourages student individuality through movement studies and improvisations. R-E-3

DNCE 6: BALLET I

.5 or 1 Unit
.5 hour lecture, 1 hour lab; or
.5 hour lecture, 2.5 hours lab
Transfers: CSU, UC

This course introduces the basic ballet positions, movements, and combinations, as well as ballet history. Students are required to attend at least one dance concert, on or off campus. R-E-3

DNCE 7: BALLET II

.5 or 1 Unit
.5 hour lecture, 1 hour lab; or
.5 hour lecture, 2.5 hours lab
Transfers: CSU, UC

Recommended Preparation: Dnce. 6
This course is designed to advance the level of understanding and technical performance of the student who has mastered the basic skills of ballet. Students will learn advanced barre exercises, practice demi-pointe work, and learn increasingly difficult connecting movements. Students are required to attend at least one dance concert, on or off campus. R-E-3

DNCE 12: MODERN DANCE I

.5 or 1 Unit
.5 hour lecture, 1 hour lab; or
.5 hour lecture, 2.5 hours lab
Transfers: CSU, UC

This course introduces the fundamentals of modern dance and its history. It is designed for students with no dance experience as well as returning dance students. Students participate in movement studies and improvisations that deal with shape, space, time and energy—four main dance principles—to encourage their creativity and individuality. Emphasis is on developing axial and locomotor skills, performing movement combinations, conditioning the body, and solving creative problems. R-E-3

DNCE 13: MODERN DANCE II**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC**

This course further analyzes and explores the technical and expressive elements of modern dance. It is designed for students who have mastered basic modern dance techniques and vocabulary. Students practice intermediate-level skills, exercises with rhythmic variations, turns, jumps with turns and beats, and increasingly complex connecting movements. R-E-3

DNCE 17: JAZZ DANCE I**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC**

This course is designed both for students with no dance experience and for experienced dancers wishing to perfect basic jazz dance skills. Fundamental jazz dance techniques are presented and practiced in class, informed by historical and stylistic perspectives of this dance form. Emphasis is placed on class participation so that students may develop their knowledge and understanding of the physical demands of jazz dancing. R-E-3

DNCE 18: JAZZ DANCE II**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC**

This course gives students an opportunity to practice and perfect basic jazz techniques and center and locomotor combinations. Students will develop original routines set to jazz music. R-E-3

DNCE 22: TAP DANCE I**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC**

This course is designed to teach tap dance technique at the beginning level. Instruction will focus primarily on the rhythm tap style; however, other tap styles may also be included. Students will learn fundamental skills; rhythms, including swing and Latin; syncopation; time steps; short combinations; and stylings. The course will also introduce students to the history and performance of tap dance. R-E-3

DNCE 23: TAP DANCE II**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC***Recommended Preparation: Dnce. 22*

This course is designed to teach tap technique at the intermediate level. Students will learn new and more complicated rhythms, movement coordinations, and skills. The course will focus on developing the speed at which students master tap routines. In addition, the course will examine history and musical forms related to tap dance. R-E-3

DNCE 30: AFRICAN DANCE I**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC**

This course introduces students to the history and performance of African dance. Students will learn, practice, and choreograph traditional movements and explore the way that traditional African dance forms express life passages and seasonal changes. The course will also examine how various percussive and non-percussive instruments contribute to these expressions. Field trips may be required. R-E-3

DNCE 33: MIDDLE EASTERN DANCE I**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC**

An introductory course emphasizing the social, stage and artistic dances from the region known as the Near and Middle East. R-E-3

DNCE 36: SOCIAL DANCE**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC**

This course gives students the opportunity to learn various social dance forms. It is designed for students with no dance experience as well as dance students who want to be introduced to dance forms new to them. Examples of dance forms that may be included are swing, salsa (mambo, cha-cha, etc.), tango, waltz, country and fox trot. The course will focus on exploring the differences and similarities among styles and techniques while also developing coordination skills. Historical studies and individual choreography will enhance the student's knowledge of each dance form as well as encourage creativity. R-E-3

DNCE 50: CONDITIONING FOR DANCE**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course will provide the dancer and non-dancer with various types of stretch, strength, and body alignment exercises. It combines techniques and skills from dance, exercise, and various body therapy programs (e.g. yoga, pilates) to enhance flexibility, strength, postural alignment, balance, coordination, endurance, and movement memory. Enhancement in these areas in turn provides for greater technical ability in any movement-based program such as dance, sports, or exercise programs. Introductory information on anatomy, nutrition, and the care and prevention of injuries will also be included. R-E-3

DNCE 51: PILATES CONDITIONING**.5 or 1 Unit****.5 hour lecture, 1 hour lab; or****.5 hour lecture, 2.5 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course introduces the fundamentals of non-impact exercise emphasizing the principles of Joseph Pilates. Classes provide the dancer and nondancer with exercises to improve abdominal and back strength, flexibility, and postural alignment. Pilates involves integrating the physical and mental aspects of movement in order to counterbalance weakness and correct imbalances in the body. Enhancement in these areas in turn provides for greater technical ability in any movement-based program, such as other dance studies, sports, or exercise programs, challenging to all fitness levels. Proper breathing techniques are emphasized, the focus being on exercising the mind as well as the body. R-E-3

DNCE 55: CHOREOGRAPHY I**3 Units****2.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC**

Recommended Preparation: Two one-unit courses from Dnce. 1, 6, 7, 12, 13, 17, 18, 22, 23, 30 or 36

This beginning-level course provides a theoretical and practical foundation in dance composition. It emphasizes the development of basic skills in problem solving as well as the craft and creation of dances. Students will explore and develop movement studies dealing with shapes, time, space, and energy for both individuals and groups. Students will also have the opportunity to practice creating full-length compositions that incorporate the above and, in addition, phrasing, abstraction, stylization, and various choreographic devices and structures. The final focus of this course is on creating compositions with thematic and artistic clarity. R-E-3

DNCE 65: DANCE REHEARSAL AND PERFORMANCE**.5, 1, 1.5 or 2 Units****.5 hour lecture; .5 hour lab; or****.5 hour lecture, 1.5 hours lab; or****.5 hour lecture, 3 hours lab; or****.5 hour lecture, 4.5 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

Recommended Preparation: A course in dance technique.

This course focuses on the various aspects involved in the preparation of dance productions. It is designed to emphasize the rehearsal process and performance experience both at Irvine Valley College and other venues. Every student enrolled will perform in an informal showing at the end of the semester and assist with technical and dance management. Those students who demonstrate mastery of the movement material will also perform in more performance settings and/or tour for additional performance opportunities. The student can sign up for one-half to one and one-half units depending upon the number of rehearsal/performance hours he or she commits to. R-E-3

DNCE 77: DANCE HISTORY: TWENTIETH CENTURY**3 Units****3 hours lecture****Transfers: CSU, UC**

This course studies the history of dance in the twentieth century focusing on major themes, ideas, values, people, and institutions within a global context. It traces the continued development of various dance forms with primary emphasis on ballet, modern dance, and jazz dance (including tap dance and musical theater). The course will include some reference to other art forms and the humanities. Videotapes, movies, and attendance at live performances will augment lectures. NR

DNCE 85: MUSIC FOR DANCE**3 Units****3 hours lecture****Transfers: CSU, UC**

This course assists the dancer and/or choreographer by providing practical training in basic music theory and musicianship. It focuses on systematically breaking down and investigating the terminology of and concepts behind "dancer musicality," rhythm and meter, melodic design, basic musical form, notation, and historical style. The course is designed to present the development of music and dance in a historical perspective; to develop through listening an awareness of available musical literature; and to train the dancer/choreographer and musician to work together by developing a common vocabulary and working knowledge of each other's craft. NR

DNCE 170: IVC PERFORMING DANCE ENSEMBLE**1.5 Units****4.5 hours lab****Transfers: CSU****Limitation: By audition only**

Recommended Preparation: Any intermediate-level dance course (e.g., Dnce 7, 13, 18, 23, 30, 33 or 36)

This course is designed to develop a student's skills in the preparation and performance of choreographed material. Students participate in multiple performances on campus and/or venues within the area. The course includes preparing for an audition, designing a resume, and setting goals for future performing in dance. Field trips may be required. R-E-3

DNCE 253: GYROKINESIS (R) THE ART OF EXERCISING AND BEYOND**.5 Unit or 1 Unit****2 or 4 hours lab**

GYROKINESIS® methodology is a holistic system of exercise that embraces some of the key principles also found in yoga, dance, swimming, gymnastics, massage, and tai chi. The entire body is worked using three-dimensional movement sequences designed to stretch and strengthen the muscles; articulate, decompress, and increase the range of joint motion; and develop coordination and endurance. Students focus on the natural directions of spinal movement and coordinated breath patterns intended to open energy pathways and enhance the nervous and circulatory systems. The objective is to improve overall health of mind, body and spirit by teaching the body to move with fluidity, ease and power. Dance 253 is also listed as PE 253. R-E-3