

DANCE

School of Fine Arts

Dean: Roger Owens, PhD

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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 dance, ballroom 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, health and wellness, and cultural diversity categories. Participation in formal concerts is by audition and enrollment in the dance rehearsal and performance class.

IVC Performing Dance Ensemble

This ensemble is for intermediate and advanced dancers who are serious about performing. Students learn a varied and challenging repertoire that stretches them technically and artistically. They participate in the creation of new works and have the chance to grow in the interpretation and execution of choreography by performing the same repertoire in several shows each semester. Students work on their resumé's, define their career aspirations, and prepare a promotional package. Students also learn about health issues relative to performing. Invited professionals participate in the program, sharing their experiences in all aspects of the dance profession.

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 dance, African and/or ballroom dance. Students are also required to complete courses in music for dance, choreography, dance history, conditioning for dance, and dance rehearsal and performance.

The certificate of achievement in commercial dance is designed for students seeking professional dance opportunities in the entertainment field. This comprehensive program trains the student in a variety of dance techniques coupled with vocal and acting courses. Training sessions/workshops with a number of the performance-based entertainment agencies will allow students to have an insider's understanding of the demands of the industry.

The certificate of proficiency 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

Careers for the dance major include the following:

- Artistic Director
- Arts Advocacy Agent
- Arts Council Director
- Choreographer
- Costume or Lighting Designer
- Dance and Arts Administration
- Dance Company Manager
- Dance Critic
- Dance Instructor
- Dance Studio Owner
- Dance Therapist
- Dance Writer
- Production Manager
- Professional Dancer
- Publicist
- Sales/Marketing Representative
- Special Events Coordinator
- Stage Manager
- Talent Agent
- Tour Manager

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 34-35 for further information.

Certificate Programs

Certificate of Achievement:

Commercial Dance

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 31 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 [or 50A/B] Conditioning: Stretch/Strengthen, Align and Correct	2
DNCE 55 Choreography I	3
DNCE 77 Dance History: Twentieth Century	3
DNCE 85 Music for Dance	3

Complete a minimum of 2 units from the following course:

DNCE 65 Rehearsal and Performance	.5, 1, 1.5, or 2
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Complete a minimum of 4 units total with at least 2 units in Dance 7:

DNCE 6, 6A, 6B Ballet I	1 or 2
DNCE 7, 7A, 7B Ballet II	1 or 2

Complete a minimum of 4 units total with at least 2 units in Dance 13:

DNCE 12, 12A, 12B Modern Dance I	1 or 2
DNCE 13, 13A, 13B Modern Dance II	1 or 2

Complete a minimum of 2 units total from the following:

DNCE 17, 17A, 17B Jazz Dance I	1 or 2
DNCE 18, 18A, 18B Jazz Dance II	1 or 2

Complete a minimum of 2 units from the following dance technique courses:

DNCE 22 Tap Dance I	1
DNCE 23 Tap Dance II	1
DNCE 30 African Dance I	1
DNCE 36 Ballroom Styles of the 19th and 20th Century	1

TOTAL UNITS, minimum required:	25
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CERTIFICATE OF ACHIEVEMENT
Major Requirements: Commercial Dance

		Units
Complete the following courses (15 units):		
DNCE 18 [or 18A/B]	Jazz Dance II	4
DNCE 23	Tap Dance II	2
DNCE 50 [or 50A/B]	Conditioning: Stretch/Strengthen, Align and Correct	4
DNCE 55	Choreography I	3
DNCE 170	IVC Performing Dance Ensemble	2
 ADDITIONAL COURSES (14 units minimum)—		
Complete a minimum of 4 units from the following courses:		
DNCE 51 [or 51A/B]	Pilates	2
DNCE 142	Dance Movement Technique and Analysis: Floor Barre	2
DNCE 253	Gyrokinesis®: The Art of Exercising and Beyond	2
 Complete a minimum of 4 units from the following courses:		
DNCE 7 [or 7A/7B]	Ballet II	2
DNCE 13 [or 13A/13B]	Modern Dance II	2
 Complete a minimum of 1 unit from the following courses:		
DNCE 27	Hip Hop/Commercial Dance	1
DNCE 36	Ballroom Styles of the 19th and 20th Century	1
 Complete a minimum of 2 units from the following courses:		
DNCE 30	African Dance I	1
DNCE 33	Middle Eastern Dance I	1
DNCE 34	Middle Eastern Dance II	1
 Complete a minimum of 1–3 units from the following courses:		
DNCE 65	Dance Rehearsal and Performance	.5, 1, 1.5, or 2
DNCE 170	IVC Performing Dance Ensemble	2
 Complete a minimum of 2–3 units from the following courses:		
MUS 80	Voice I	2
MUS 81	Voice II	2
MUS 82	Voice III	2
TA 1	Acting	3
TOTAL UNITS, minimum required:		29

CERTIFICATE OF PROFICIENCY
Dance Technique

Complete the following courses:		Units
DNCE 50 [or 50A/B]	Conditioning: Stretch/Strengthen, Align and Correct	2
DNCE 55	Choreography I	3
Complete ONE of the following courses:		
DNCE 77	Dance History	3
DNCE 85	Music for Dance	3
Complete 2 units from the following courses:		
DNCE 65	Rehearsal and Performance	.5, 1, 1.5, or 2
DNCE 170	IVC Performing Dance Ensemble	2
Complete 4 units from the following courses:		
DNCE 7 [or 7A/B]	Ballet II	2
DNCE 13 [or 13A/B]	Modern Dance II	2
DNCE 18 [or 18A/B]	Jazz Dance II	2
DNCE 23	Tap Dance II	1
Complete 1 unit from the following courses:		
DNCE 27	Hip Hop/Commercial Dance	1
DNCE 30	African Dance	1
DNCE 33	Middle Eastern Dance I	1
DNCE 34	Middle Eastern Dance II	1
DNCE 36	Ballroom Styles of the 19th and 20th Century	1
Complete 2 units from the following courses:		
DNCE 51 [or 51A/B]	Pilates	2
DNCE 142	Dance Movement Technique and Analysis: Floor Barre	2
DNCE 253	Gyrokinesis®: The Art of Exercising and Beyond	2
TOTAL UNITS:		17



COURSES

DNCE 1: INTRODUCTION TO DANCE 2 Units

1 hour lecture, 3 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

This course introduces the basic techniques, styles, and backgrounds of ballet, modern, and jazz dance, as well as other dance forms, such as hip hop, tap, international (e.g., African and Middle Eastern), liturgical, and social dance. It is designed for dancers of any experience level. The course focuses on developing coordination, flexibility, strength, and postural alignment. Movement studies and improvisations encourage student individuality. R-A-3

DNCE 1A: INTRODUCTION TO DANCE A 1 Unit

.5 hour lecture, 1.5 hours lab

Transfers: CSU, UC credit pending

This course, equivalent to the first half of Dance 1, focuses on the basic techniques, styles, and backgrounds of ballet and modern dance. It is designed for dancers of any experience level. The course focuses on developing coordination, flexibility, strength, and postural alignment. Movement studies and improvisations encourage student individuality. R-A-3

DNCE 1B: INTRODUCTION TO DANCE B 1 Unit

.5 hour lecture, 1.5 hours lab

Transfers: CSU, UC credit pending

Recommended Preparation: DNCE 1A

This course, equivalent to the second half of Dance 1, focuses on the basic techniques, styles, and backgrounds of jazz dance and other dance forms, such as hip hop, break dance, tap, liturgical and international dance (e.g., African and Middle Eastern). It is designed for dancers of any experience level. The course focuses on developing coordination, flexibility, strength, and postural alignment. Movement studies and improvisations encourage student individuality. R-A-3

DNCE 6: BALLET I

2 Units

1 hour lecture, 3 hours lab

Transfers: CSU, UC

This course introduces the basic ballet positions, movements, and combinations, as well French ballet terms and their meanings. The course also discusses the history and origins of ballet and its various styles. Students are required to attend at least one dance concert, on or off campus. No prior dance experience is required. R-A-3

DNCE 6A: BALLET IA**1 Unit****.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC credit pending**

This course is the first half of an introduction to basic ballet positions, movements, and combinations, as well as French ballet terms and their meanings. The course also discusses the history and origins of ballet and its various styles. Students are required to attend at least one dance concert, on or off campus. No prior dance experience is required. R-A-3

DNCE 6B: BALLET IB**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 6A*

This course is the second half of an introduction to basic ballet positions, movements, and combinations, as well as French ballet terms and their meanings. The course also discusses the history and origins of ballet and its various styles. Students are required to attend at least one dance concert, on or off campus. No prior dance experience is required. R-A-3

DNCE 7: BALLET II**2 Units****1 hour lecture, 3 hours lab****Transfers: CSU, UC***Recommended Preparation: DNCE 6 or 6B*

This course further explores the technical and expressive elements of ballet, as well as historically significant ballet schools and styles. It is designed to advance the performance level of students who have mastered the basic skills and vocabulary of ballet. Students practice and perform advanced barre exercises, demi-pointe work, and increasingly complex connecting movements. Attendance at a minimum of one dance concert, on or off campus, is required. R-A-3

DNCE 7A: BALLET IIA**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 6 or 6B*

This course is the first half of a further exploration of the technical and expressive elements of ballet, as well as significant schools and styles in ballet history. It is designed to advance the performance level of students who have mastered the basic skills and vocabulary of ballet. Students practice and perform advanced barre exercises, demi-pointe work, and increasingly complex connecting movements. Attendance at a minimum of one dance concert, on or off campus, is required. R-A-3

DNCE 7B: BALLET IIB**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 7A*

This course is the second half of a further exploration of the technical and expressive elements of ballet, as well as significant schools and styles in ballet history. It is designed to advance the performance level of students who have mastered the basic skills and vocabulary of ballet. Students practice and perform advanced barre exercises, demi-pointe work, and increasingly complex connecting movements. Attendance at a minimum of one dance concert, on or off campus, is required. R-A-3

DNCE 12: MODERN DANCE I**2 Units****1 hour lecture, 3 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-A-3

DNCE 12A: MODERN DANCE IA**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending**

This course is the first half of an introduction to 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 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-A-3

DNCE 12B: MODERN DANCE IB**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 12A*

This course is the second half of an introduction to 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 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-A-3

DNCE 13: MODERN DANCE II**2 Units****1 hour lecture, 3 hours lab****Transfers: CSU, UC***Recommended Preparation: DNCE 12 or 12B*

This course further explores the technical and expressive elements of modern dance, including historically significant eras, companies, dancers, and choreographers. 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-A-3

DNCE 13A: MODERN DANCE IIA**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 12 or 12B*

This course is the first half of a further exploration of technical and expressive elements of modern dance, and important eras, companies, dancers, and choreographers in its history. The course 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-A-3

DNCE 13B: MODERN DANCE IIB**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 13A*

This course is the second half of a further exploration of the technical and expressive elements of modern dance, and important eras, companies, dancers, and choreographers in its history. The course 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-A-3

DNCE 17: JAZZ DANCE I**2 Units****1 hour lecture, 3 hours lab****Transfers: CSU, UC**

This course introduces the fundamentals of jazz dance, including its history and styles. It is designed for students with no dance experience and for experienced dancers wishing to perfect basic jazz dance skills. Jazz dance techniques are presented and practiced in class, with an emphasis on combinations using a variety of rhythms and styles. Class participation is intended to develop an appreciation for the physical demands of jazz dancing. Students are required to attend a live dance concert. R-A-3

DNCE 17A: JAZZ DANCE IA**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending**

This course is the first half of an introduction to jazz dance, including its history and styles. It is designed both for students with no dance experience and for experienced dancers wishing to perfect basic jazz dance skills. Jazz dance techniques are presented and practiced in class, with an emphasis on combinations using a variety of rhythms and styles. Class participation is intended to develop an appreciation for the physical demands of jazz dancing. Students are required to attend a live dance concert. R-A-3

DNCE 17B: JAZZ DANCE IB**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 17A*

This course is the second half of an introduction to jazz dance, including its history and styles. It is designed both for students with no dance experience and for experienced dancers wishing to perfect basic jazz dance skills. Jazz dance techniques are presented and practiced in class, with an emphasis on combinations using a variety of rhythms and styles. Class participation is intended to develop an appreciation for the physical demands of jazz dancing. Students are required to attend a live dance concert. R-A-3

DNCE 18: JAZZ DANCE II**2 Units****1 hour lecture, 3 hours lab****Transfers: CSU, UC***Recommended Preparation: DNCE 17 or 17B*

This course further explores the technical and expressive elements of jazz dance, including the historical origins, music, rhythms, and styles of this dance form. It is designed for students who have mastered basic jazz dance techniques and vocabulary. Students practice intermediate-level jazz skills, turns, jumps, and center and locomotor combinations. They also develop original routines set to jazz music. R-A-3

DNCE 18A: JAZZ DANCE IIA**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 17 or 17B*

This course is the first half of a further exploration of the technical and expressive elements of jazz dance, including the historical origins, music, rhythms, and styles of this dance form. It is designed for students who have mastered basic jazz dance techniques and vocabulary. Students practice intermediate-level jazz skills, turns, jumps, and center and locomotor combinations. They also develop original routines set to jazz music. R-A-3

DNCE 18B: JAZZ DANCE IIB**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 18A*

This course is the second half of a further exploration of the technical and expressive elements of jazz dance, including the historical origins, music, rhythms, and styles of this dance form. It is designed for students who have mastered basic jazz dance techniques and vocabulary. Students practice intermediate-level jazz skills, turns, jumps, and center and locomotor combinations. They also develop original routines set to jazz music. R-A-3

DNCE 22: TAP DANCE I**1 Unit****.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC**

This course introduces tap dance technique at the beginning level. Instruction focuses primarily on the rhythm tap style; however, other tap styles may also be included. Students practice fundamental tap dance skills; rhythms, including swing and Latin; syncopation; time steps; short combinations; and stylings. The course includes an introduction to the history and performance of tap dance. R-E-3

DNCE 23: TAP DANCE II**1 Unit****.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC***Recommended Preparation: DNCE 22*

This intermediate-level course is designed for students who have mastered basic tap dance skills. Students practice new and more complicated rhythms, movement coordinations, and skills. Focus is on developing the speed at which students master tap routines. The course presents a variety of musical forms related to tap dance. R-E-3

**DNCE 27: HIP HOP/
COMMERCIAL DANCE****1 Unit****.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC credit pending**

This beginning-level course presents a blend of hip hop and commercial dance styles. The course introduces traditional hip hop; breaking, including b-boying and b-girling; popping; video-style hip hop; and freestyling. Students practice and perform combinations and dances to contemporary hip hop, rhythm and blues, and pop music. Focus is on developing individual skill, musicality, and artistic expression, and on using accents and musical phrasing to demonstrate originality, unity, and clarity of intent in choreography. No previous experience is required. R-E-3

DNCE 30: AFRICAN DANCE I**1 Unit****.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC**

This course is an introduction to the history and performance of African dance. Students study, practice, and choreograph traditional African dance movements to percussive and nonpercussive instruments and vocalizations. The course explores the way that dance functions as a social and cultural expression, focusing on universal elements such as drumming, singing, storytelling, community, and environment. Attendance at 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 34: MIDDLE EASTERN DANCE II**1 Unit****.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC***Recommended Preparation: DNCE 33*

This intermediate/advanced-level course further explores social, stage and regional dances from the Near and Middle East. The course focuses primarily on classical dance forms but also presents folkloric and popular dance styles. Students concentrate on refining movements and gestures; developing solo and group performing skills; and using finger cymbals, veils, and props while dancing. The course expands upon Middle Eastern music, rhythms, and culture as they relate to dance. R-E-3

DNCE 36: BALLROOM STYLES OF THE 19TH AND 20TH CENTURY**1 Unit****.5 hours lecture, 1.5 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, 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. Formerly titled Social Dance. R-E-3

DNCE 50: CONDITIONING: STRETCH/STRENGTHEN, ALIGN AND CORRECT**2 Units****1 hour lecture, 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course introduces various types of stretch, strengthen, and body alignment exercises for dances and non-dancers. It combines techniques and skills from dance, exercise, and various body therapy programs (e.g. yoga, Pilates, Alexander Technique) to enhance flexibility, strength, postural alignment, balance, coordination, endurance, and movement memory, and promote greater technical ability in dance, sports, exercise, and other movement-based programs. The course includes introductory information on anatomy, nutrition, and the care and prevention of injuries. R-A-3

DNCE 50A: CONDITIONING: STRETCH/STRENGTHEN, ALIGN AND CORRECT I**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending**

This course is the first half of an introduction to stretch, strengthen, and body alignment exercises for dancers and non-dancers. It combines techniques and skills from dance, exercise, and various body therapy programs (e.g., yoga, Pilates, Alexander Technique) to enhance flexibility, strength, postural alignment, balance, coordination, endurance, and movement memory, and promote greater technical ability in dance, sports, exercise, and other movement-based programs. The course includes introductory information on anatomy, nutrition, and the care and prevention of injuries. R-A-3

DNCE 50B: CONDITIONING: STRETCH/STRENGTHEN, ALIGN AND CORRECT II**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 50A*

This course is the second half of an introduction to stretch, strengthen, and body alignment exercises for dancers and non-dancers. It combines techniques and skills from dance, exercise, and various body therapy programs (e.g., yoga, Pilates, Alexander Technique) to enhance flexibility, strength, postural alignment, balance, coordination, endurance, and movement memory, and promote greater technical ability in dance, sports, exercise, and other movement-based programs. The course includes introductory information on anatomy, nutrition, and the care and prevention of injuries. R-A-3

DNCE 51: PILATES**2 Units****1 hour lecture, 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course introduces the fundamentals of non-impact exercise based on the principles of Joseph Pilates. Classes provide the dancer and non-dancer with exercises to improve abdominal and back strength, flexibility, and postural alignment, coordination, and body awareness. Proper breathing techniques are emphasized, the focus being on exercising the mind as well as the body. R-A-3

DNCE 51A: PILATES A**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending**

This course is the first half of an introduction to a non-impact exercise program based on the principles of Joseph Pilates. Classes provide the dancer and non-dancer with exercises to improve abdominal and back strength, flexibility, postural alignment, coordination, and body awareness. Proper breathing techniques are emphasized, the focus being on exercising the mind as well as the body. R-A-3

DNCE 51B: PILATES B**1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU, UC credit pending***Recommended Preparation: DNCE 51A*

This course is the second half of an introduction to a non-impact exercise program based on the principles of Joseph Pilates. Classes provide the dancer and non-dancer with exercises to improve abdominal and back strength, flexibility, postural alignment, coordination and body awareness. Proper breathing techniques are emphasized, the focus being on exercising the mind as well as the body. R-A-3

DNCE 55: CHOREOGRAPHY I**3 Units****2.5 hours lecture, 1.5 hours lab****Transfers: CSU, UC***Recommended Preparation: Two two-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 and in the craft and creation of dances. Students will explore and develop movement studies and full-length dances for both individuals and groups. The focus is on creating compositions with thematic and artistic clarity, incorporating shapes, time, space, energy, phrasing, abstraction, stylization, and various choreographic devices and structures. 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 two 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 142: DANCE MOVEMENT TECHNIQUE AND ANALYSIS: FLOOR BARRE**2 Units****1 hour lecture, 3 hours lab***Recommended Preparation: DNCE 6, 12, or 17 or one year of dance technique in these techniques*

This course focuses on the components of correct placement and the biomechanics of dance movement. Floor Barre methodology as well as other dance conditioning methods will be used to develop and challenge core stabilization, elongation in stretches and movements, and efficient alignment in key movement patterns. Students will perform intermediate/advanced dance placement exercises and analyze their form and effectiveness. R-E-3

DNCE 170: IVC PERFORMING DANCE ENSEMBLE**2 Units****6 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. R-E-3