

DANCE (DANC)

Unless specifically required by a transfer institution for preparation for a Dance major, students are limited to four (4) enrollments in any combination of courses related in content (families). Students intending to major in Dance at a California State University or University of California campus that requires more than the limit should see a counselor. See "Limitations on Enrollment" for specific groups of families in dance.

DANC-068

Introduction to Dance

1.5 UNITS

1.0 hours lecture, 2.0 hours laboratory

This course provides the student with a practical introduction to the technique, theory, and vocabulary of various dance genres. Students will learn and practice the fundamentals of ballet, jazz, modern, tap, and/or musical theater dance. Designed as an overview of dance, this course addresses dance genres from a historical perspective. Attention is also paid to theoretical and stylistic differences between as well as commonalities shared by various dance genres. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Requirements include attendance at one live dance concert produced by the dance department and participation in one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-071A

Studio Workshop in Tap Dance I

1 UNITS

1.0 hours lecture, 1.0 hours laboratory

A beginning level technique course focusing on rudimentary rhythm tap technique. This class is designed for the beginning dancer or the dancer with previous training who needs to work on specific skills before moving on to a higher level of tap dance. The class will include a basic center floor warm-up, as well as a beginning level loco-motor progressions, dance combinations, and improvisation. Dance videos will be shown periodically to illustrate the history, development, and pioneers of rhythm tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-071B

Studio Workshop in Tap Dance II

1 UNITS

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 071A or Dance 081A or equivalent.

1.0 hours lecture, 1.0 hours laboratory

An intermediate level technique course focusing on rhythm tap technique. This class is designed for the dancer with previous training who needs to work on specific skills before moving on to a high level of tap dance. The class will include a center floor warm-up, as well as increasingly more complex loco-motor progressions, dance combinations, and improvisation. Dance videos will be shown periodically to illustrate the history, development, and pioneers of rhythm tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU, UC) (AA/AS-E)

DANC-072A

Studio Workshop in Modern Dance I

1 UNITS

1.0 hours lecture, 1.0 hours laboratory

A beginning level technique course focusing on rudimentary modern dance technique. This class is designed for the beginning dancer or the dancer with previous training who needs to work on specific skills before moving on to a higher level of modern dance. The class will include a center floor warm-up, movement progressions, and center floor patterns/combinations composed of qualities and movements introduced in the class. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-072B

Studio Workshop in Modern Dance II

1 UNITS

Recommended Preparation: "C" grade or higher or "Pass" in DANC 072A or DANC 080A or equivalent.

1.0 hours lecture, 1.0 hours laboratory

An intermediate level technique course which builds on the theories and skills introduced in Dance 080A and 072A. This class is designed for the dancer with previous beginning to low intermediate training who needs to work on specific skills before moving on to a higher level of modern dance. The class will include a center floor warm-up, movement progressions, and center floor patterns/combinations composed of qualities and movements introduced in the class. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-074A

Studio Workshop in Jazz Dance I

1 UNITS

1.0 hours lecture, 1.0 hours laboratory

A beginning level technique course which focuses on developing and/or reinforcing skills specific to jazz dance. This class is designed for the beginning dancer or the dancer with previous training who needs to work on specific skills before moving on to a higher level of jazz dance. The class will include a stylized warm-up, basic loco-motor patterns, and center floor combinations. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Attendance is required at one live dance concert produced by the dance department, and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-074B**Studio Workshop in Jazz Dance II****1 UNITS**

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 074A or Dance 084A or equivalent.

1.0 hours lecture, 1.0 hours laboratory

An intermediate level technique course focusing on jazz dance technique.

This class is designed for the dancer with previous training who needs to work on specific skills before moving on to a higher level of jazz dance.

The class will include a center floor warm-up, intermediate level locomotor progressions, which will increase in complexity and difficulty, and dance combinations emphasizing intermediate level skills. Dance videos will be shown periodically to illustrate the history, development, and pioneers of American jazz dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-078A**Studio Workshop in Ballet I****1 UNITS**

1.0 hours lecture, 1.0 hours laboratory

A beginning technique course using a broad spectrum of ballet vocabulary. The class will begin with a warm-up to include center floor stretches, barre work, and alignment exercises. Locomotor patterns will include leaps, jumps, turns, and a variety of other ballet progressions. The class will culminate with center floor patterns composed of qualities and movements introduced during the barre work. Dance films/DVD's will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Attendance is required at one live dance concert produced by the dance department and participation in one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-078B**Studio Workshop in Ballet II****1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 078A or DANC 088A or equivalent.

1.0 hours lecture, 1.0 hours laboratory

An intermediate level technique course using a broad spectrum of ballet vocabulary. The class will begin with a warm-up to include center floor stretches, barre work, and alignment exercises. Locomotor patterns to include leaps, jumps, turns, and a variety of other ballet progressions. The class will culminate with center floor patterns composed of qualities and movements introduced during the barre work. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Attendance is required at one live dance concert produced by the dance department and participation in one department-sponsored master class. (CSU/UC) (AA/AS-E)

DANC-080A**Modern I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

A beginning level technique class that focuses on basic skills related to modern dance and presents dance as a form of artistic expression. This course covers the history, theories and basic vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-080B**Modern II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 080A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

A beginning/intermediate level technique class that builds on the theories and principles introduced in Dance 080A, focuses on developing intermediate level skills related to modern dance, and presents dance as a form of artistic expression. This course covers the history, theories and vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-080C**Modern III****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 080B or equivalent.

1.0 hours lecture, 2.0 hours laboratory

An intermediate/advanced level technique class that builds on the theories and principles introduced in Dance 080B, focuses on developing intermediate/advanced level skills related to modern dance, and presents dance as a form of artistic expression. This course covers the history, and intermediate/advanced theories, and vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-080D**Modern IV****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 080C or equivalent.

1.0 hours lecture, 2.0 hours laboratory

An advanced level technique class that builds on the theories and principles introduced in Dance 080C, focuses on developing advanced level skills related to modern dance, and presents dance as a form of artistic expression. This course covers the history, and advanced theories and vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-081A**Tap I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

A beginning technique class, which focuses on basic skills related to tap dance. Dance sequences emphasize rhythm tap technique. This course also covers the history, theories and basic vocabulary of tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-081B**Tap II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 081A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

A tap dance technique class, which builds on the theories and principles introduced in Dance 081A and focuses on developing advanced-beginning level skills related to tap dance. Students will increase their mastery of articulation, and dynamics in traditional and contemporary styles of tap dance, as well as improvisation. Students will also learn the fundamental principles of physical fitness and their impact on lifelong health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department master class. (CSU/UC) (AA/AS-E)

DANC-081C**Tap III****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 081B.

1.0 hours lecture, 2.0 hours laboratory

A tap dance technique class, which builds on the theories and principles introduced in Dance 081B and focuses on developing intermediate level tap dance skills. Dance sequences emphasize several tap dance styles such as historic tap routines, Broadway tap, contemporary rhythm tap technique, and improvisation. This course also covers the history, theories and vocabulary of tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-081D**Tap IV****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 081C.

1.0 hours lecture, 2.0 hours laboratory

A tap dance technique course, which builds on the theories and principles introduced in Dance 081C and focuses on developing high intermediate to advanced level skills related to tap dance. Dance sequences emphasize several tap dance styles such as historic tap routines, Broadway tap, contemporary rhythm tap technique, and improvisation. The course also covers the history, theories and vocabulary of tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department master class. (CSU/UC) (AA/AS-E)

DANC-082A**Social and Ballroom Dance I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

An introductory course which focuses on the fundamentals of partner dance and basic steps in a variety of ballroom dance genres. Emphasis is placed on partnering technique, frame, style, and variations for selected genres. This course is designed for dance and theatre majors as well as students who wish to explore historical dance. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-082B**Social and Ballroom Dance II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 082A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

A beginning/intermediate level class, which builds on the theories and principles introduced in Dance 082A and focuses on developing intermediate level skills related to ballroom dance. Discussions will also focus on the history, theories, and vocabulary of social and ballroom dance. Emphasis is placed on partnering technique, frame, style, and variations which increase in complexity for selected genres. This course is designed for dance and theatre majors as well as students who wish to explore historical dance. Students will be required to attend one live dance concert produced by the dance department, one department sponsored master class, and one ballroom related event. (CSU/UC) (AA/AS-E)

DANC-083A**Latin American Dance I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

Latin American Dance I is a beginning level survey course in a variety of established and emerging partnered dances of Latin American origin with an emphasis on Salsa dance. This course also addresses introductory techniques, styles, rhythms, leading or following skills, movement patterns and history of other selected dances of Latin American origin. This course is designed for students who wish to explore dances from Latin cultures and partnered dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-083B**Latin American Dance II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 083A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

Latin American Dance II is an intermediate level survey course in a variety of established and emerging partnered dances of Latin American origin with an emphasis on Salsa dance. This course also addresses techniques, styles, rhythms, leading and following skills, movement patterns and history of other selected dances of Latin American origin. This course is designed for students who wish to explore dances from Latin cultures and partnered dance. Students will also learn the principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-084A**Jazz I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

A beginning level technique class that focuses on basic skills related to jazz dance. Discussions will cover the history, theories, and basic vocabulary of jazz dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-084B**Jazz II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 084A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

A beginning/intermediate level technique class that builds on the theories and principles introduced in Dance 084A and focuses on developing intermediate level skills related to jazz dance. Discussions will cover the history, theories, and vocabulary of jazz dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-084C**Jazz III****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 084B or equivalent.

1.0 hours lecture, 2.0 hours laboratory

An intermediate/advanced level technique class that builds on the theories and principles introduced in Dance 084B and focuses on developing intermediate/advanced level skills related to jazz dance. Discussions will cover the history and theories of jazz dance as well as intermediate/advanced level jazz dance vocabulary. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-084D**Jazz IV****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 084C or equivalent.

1.0 hours lecture, 2.0 hours laboratory

An advanced level technique class that builds on the theories and principles introduced in Dance 084C and focuses on developing advanced level skills related to jazz dance. Discussions will cover the history and theories of jazz dance as well as advanced level jazz dance vocabulary. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-088A**Ballet I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

A beginning level technique class, that focuses on basic skills pertaining to ballet. This course covers the history, theories and basic vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-088B**Ballet II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 088A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

A beginning/intermediate level technique course that builds on the theories and principles introduced in Dance 088A and focuses on developing intermediate skills related to ballet. This course covers the history, theories and vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-088C**Ballet III****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 088B or equivalent.

1.0 hours lecture, 2.0 hours laboratory

An intermediate/advanced level technique course that builds on the theories and principles introduced in Dance 088B and focuses on developing intermediate/advanced skills related to ballet. This course covers the history, intermediate/advanced theories and vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-088D**Ballet IV****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 088C or equivalent.

1.0 hours lecture, 2.0 hours laboratory

An advanced technique course that builds on the theories and principles introduced in Dance 088C and focuses on developing advanced skills related to ballet. This course covers the history, advanced theories and vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-094A**Hip Hop I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

A beginning level technique course designed to introduce and progressively develop urban street dance skills by integrating movement patterns with theoretical explanations of weight, posture, rhythm and interpretation of style. Emphasis is placed on developing muscle memory, stamina, and movement skills related to hip hop dance. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-094B**Hip Hop II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 094A.
1.0 hours lecture, 2.0 hours laboratory

A beginning/intermediate level technique class that builds on the theories, principles and skills introduced in Dance 094A and focuses on developing intermediate skills related to hip hop dance. Locomotor patterns and center floor combinations progress in length and complexity. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-094C**Hip Hop III****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 094B.
1.0 hours lecture, 2.0 hours laboratory

An intermediate to advanced level technique class that builds on the theories, principles and skills introduced in Dance 094B and focuses on developing intermediate/advanced level skills related to hip hop dance. Locomotor patterns and center floor combinations progress in length and complexity. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-094D**Hip Hop IV****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 094C.
1.0 hours lecture, 2.0 hours laboratory

An advanced level technique class that builds on the theories, principles and skills introduced in Dance 094C and focuses on developing advanced level skills related to hip hop dance. Locomotor patterns and center floor combinations progress in length and complexity. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-095**Musical Theatre Dance****1.5 UNITS**

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 084A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

A course focusing on technique and performance in the musical theatre genre. Students will be introduced to a variety of Broadway choreographic styles with emphasis placed on characterization and performance quality of each theatrical style. Students will be required to attend one Grossmont College produced dance concert, and/or musical theatre production, and one dance department sponsored master class. (CSU/UC)

DANC-099A**Studio Workshop in Pointe I****1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 088A or equivalent.

1.0 hours lecture, 1.0 hours laboratory

A technique class which focuses on developing the strength and flexibility required for pre-pointe and beginning pointe work. Though this course does cover beginning level pointe skills, students are expected to have previous experience and be able to execute intermediate level ballet skills. Also covered are the theories, and vocabulary of ballet as they relate to pointe. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-099B**Studio Workshop in Pointe II****1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 099A or equivalent.

1.0 hours lecture, 1.0 hours laboratory

A technique class which focuses on developing intermediate pointe work skills incorporating the strength and flexibility learned in Dance 099A. Though this course does cover intermediate level pointe skills, students are required to have previous experience and be able to execute high intermediate level ballet skills. Also covered are the theories, and vocabulary of intermediate ballet as they relate to pointe. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-099C**Studio Workshop in Pointe III****1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in Dance 099B or equivalent.

1.0 hours lecture, 1.0 hours laboratory

A technique class which focuses on developing intermediate to advanced pointe work skills incorporating the strength and flexibility learned in Dance 099B. Though this course does not cover intermediate level pointe skills, students are expected to have previous experience and be able to execute high intermediate level ballet skills. Also covered are the theories, and vocabulary of intermediate ballet as they relate to pointe. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. (CSU/UC) (AA/AS-E)

DANC-110**Dance History****3 UNITS**

3.0 hours lecture

This survey course explores dance in historical contexts from pre-literate civilizations to the 20th century. It addresses various sociocultural and political forces and their influence on the development of dance. Topics include theatrical dance forms, social dance, ritual dance, as well as critical analysis of race and gender in dance. This course is intended for all students interested in expanding their aesthetic appreciation and understanding of dance as universal creative human behavior. (CSU/UC) (AA/AS-C, CSU-C1, IGETC-3A)

DANC-118A**Pilates I****1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

This course is structured for students who seek a theoretical approach to exercise and wellness. Pilates I is designed to improve strength, body alignment, flexibility, balance, coordination, and breathing. Exercises and concepts are based on the Pilates method. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture and injuries. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will attend one live dance concert produced by the Dance Department. (CSU/UC) (AA/AS-E)

DANC-118B**Pilates II****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 118A or equivalent.

1.0 hours lecture, 2.0 hours laboratory

This course is structure for students who seek a theoretical approach to exercise and wellness. Pilates II continues the principles of the Pilates method presented in Pilates I. Exercises and concepts are based on the Pilates method and will progress to more advanced mat work and introduction to the apparatus. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture or injuries. Students will attend one live dance concert produced by the Dance Department. (CSU/UC) (AA/AS-E)

DANC-118C**Pilates III****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 118B or equivalent.

1.0 hours lecture, 2.0 hours laboratory

This course is structure for students who seek a theoretical approach to exercise and wellness. Pilates III continues the principles of the Pilates method presented in Pilates II. Exercises and concepts are based on the Pilates method and will progress to more advanced mat work and exercises utilizing the Pilates apparatus including the reformer, Cadillac, stability chair, and spine corrector. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture or injuries. Students will attend one live dance concert produced by the Dance Department. (CSU/UC) (AA/AS-E)

DANC-118D**Pilates IV****1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 118C or equivalent.

1.0 hours lecture, 2.0 hours laboratory

This course is structure for students who seek a theoretical approach to exercise and wellness. Pilates IV continues the principles of the Pilates method presented in Pilates III. Exercises and concepts are based on the Pilates method and will progress to advanced mat work and exercises utilizing the Pilates apparatus including the reformer, Cadillac, stability chair, small and large balls, stability circle and spine corrector. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture or injuries. Students will attend one live dance concert produced by the Dance Department. (CSU/UC) (AA/AS-E)

DANC-120**Dance Appreciation****3 UNITS**

3.0 hours lecture

Dance Appreciation is a survey course that examines dance as a primary mode of human expression and communication with a focus on dance in the twentieth and twenty-first centuries CE. Through viewing live and recorded performances, discussions, and engaging in assigned readings, the student will place dance in a variety of cultural, artistic and historical contexts and examine issues of race, gender, and politics. This course fulfills a humanities requirement and may be of interest to students who want to examine the performing arts or cross-cultural studies. (CSU/UC) (AA/AS-C, CSU-C1, IGETC-3A)

DANC-121**Beginning Teaching Practicum - Dance****1.5 UNITS**

Prerequisite: "C" grade or higher or "Pass" in DANC 080C or 084C or 088C or 094C or 118C or equivalent.

1.0 hours lecture, 2.0 hours laboratory

This course is designed for the intermediate to advanced dancer who wishes to develop an awareness of proper teaching techniques. The student would implement these techniques into lesson plans for the intermediate technique courses offered at Grossmont College. The student, under the guidance of a department dance instructor, will analyze the instructor's lesson plans as well as develop their own series of warm-up exercises to be discussed for purpose and efficiency. (CSU)

DANC-122**Intermediate Teaching Practicum - Dance****1.5 UNITS**

Prerequisite: "C" grade or higher or "Pass" in DANC 121 or equivalent.

1.0 hours lecture, 2.0 hours laboratory

This course is designed for the intermediate to advanced dancer who wishes to develop an awareness of proper teaching techniques. The student would implement these techniques into lesson plans for the intermediate technique courses offered at Grossmont College. The student, under the guidance of a department dance instructor, would analyze the instructor's lesson plans as well as develop their own lessons to be utilized in class. Emphasis on student's lesson plan development and application of lessons in a classroom setting. (CSU)

DANC-123**Advanced Teaching Practicum - Dance****1.5 UNITS**

Prerequisite: "C" grade or higher or "Pass" in DANC 122 or equivalent.

1.0 hours lecture, 2.0 hours laboratory

This course is designed for the intermediate to advanced dancer who wishes to develop an awareness of proper teaching techniques. The student would implement these techniques into lesson plans for the intermediate technique courses offered at Grossmont College. The student, under the guidance of a department dance instructor, would analyze the instructor's lesson plans as well as develop their own lessons to be utilized in class. Emphasis is placed on the development of lessons to be implemented in elementary and secondary schools as well as the studio environment. (CSU)

DANC-200A**Touring Dance Ensemble I****2 UNITS**

Prerequisite: Audition

1.0 hours lecture, 3.0 hours laboratory

This course focuses on performance skills and techniques in preparation for professional applications. Intermediate and advanced level dance students rehearse and perform choreography in a variety of performance venues both on campus and in the community. Though most performances will be scheduled during class time, additional performances may be held during the evening and/or on weekends. (CSU)

DANC-200B**Touring Dance Ensemble II****2 UNITS**

Prerequisite: Audition

1.0 hours lecture, 3.0 hours laboratory

This course focuses on choreographic and/or performance skills and techniques in preparation for professional applications. Intermediate and advanced level dance students work as choreographers and/or dancers, and rehearse and perform choreography in a variety of performance venues both on campus and in the community. Though most performances will be scheduled during class time, additional performances may be held during the evening and/or on weekends. Students also learn the rudiments of starting and running a dance company. (CSU)

DANC-201**Dance Theatre Performance I****1 UNITS**

Prerequisite: Audition

3.0 hours laboratory

Supervised participation as a performer in the student choreographed dance concert as determined through the audition process. This course is designed for the student who has been selected to perform in one student choreographed work. Students enrolling in this class are strongly advised to enroll in one or more technique classes for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic and performing process. (CSU)

DANC-202**Dance Theatre Performance II****2 UNITS**

Prerequisite: Audition

6.0 hours laboratory

Supervised participation as a performer in the student choreographed dance concert as determined through the audition process. This course is designed for the student who has been selected to perform in two student choreographed works. Students enrolling in this class are strongly advised to enroll in one or more technique classes for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic and performing process. (CSU)

DANC-203**Dance Theatre Performance III****3 UNITS**

Prerequisite: Audition

9.0 hours laboratory

Supervised participation as a performer in the student choreographed dance concert as determined through the audition process. This course is designed for the student who has been selected to perform in three student choreographed works. Students enrolling in this class are strongly advised to enroll in one or more technique classes for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic and performing process. (CSU)

DANC-204**Dance Improvisation****1.5 UNITS**

Recommended Preparation: "C" grade or higher or Pass in Dance 080A, or Dance 84A, or Dance 88A, or equivalent.

1.0 hours lecture, 2.0 hours laboratory

This course introduces the art and practice of improvisational dance. It also focuses on movement generation through the study of time, space, shape, effort, and body. Students are guided through specific exercises which enable them to discover the joy of movement and to enter into a free environment in which one can explore the unique and creative language of physical expression. (CSU)

DANC-205**Choreography I****2 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in DANC 080A or 084A or 088A or equivalent.

1.0 hours lecture, 3.0 hours laboratory

This course explores analysis of movement composition for the stage. The elements of space, time, shape, and energy will be examined. Movement improvisation using various forms of motivation will enhance the creative process. Various studies in elementary dance composition for solo, duet, trio and small group will be presented. (CSU)

DANC-206**Choreography II****2 UNITS**

Prerequisite: "C" grade or higher or "Pass" in DANC 205 or equivalent.

1.0 hours lecture, 3.0 hours laboratory

This course explores analysis of movement composition for the stage. The elements of space, time, shape, and energy will be examined. Movement improvisation using various forms of motivation will enhance the creative process. Various studies in more complex compositional forms and choreographic tasks for solo, duet, trio and small group will be presented. (CSU)

DANC-223**Student Choreography for Production I****2.5 UNITS**

Prerequisite: Audition

Recommended Preparation: "C" grade or higher or "Pass" in DANC 205 or equivalent.

7.5 hours laboratory

Supervises participation as a choreographer in the student dance concert. Student choreographers will apply intermediate skills in ballet, jazz, tap, hip hop, and modern dance in concerts and community performances. Emphasis is placed on student application of dance, staging, and performance techniques in student choreographed works for small groups or large ensembles. This course is designed for dance majors and students interested in exploring the choreographic process from the inception to the stage. (CSU)

DANC-224**Student Choreography for Production II****2.5 UNITS**

Prerequisite: Audition

Recommended Preparation: "C" grade or higher or "Pass" in DANC 205 or equivalent.

7.5 hours laboratory

Supervises participation as a choreographer in the student dance concert. Student choreographers will apply intermediate/advanced skills in ballet, jazz, tap, hip hop, and modern dance in concerts and community performances. Emphasis is placed on student application of dance, staging, and performance techniques in student choreographed works for small groups or large ensembles. This course is designed for dance majors and students interested in exploring the choreographic process from the inception to the stage. (CSU)

DANC-225**Student Choreography for Production III****2.5 UNITS**

Prerequisite: Audition

Recommended Preparation: "C" grade or higher or "Pass" in DANC 205 or equivalent.

7.5 hours laboratory

Supervises participation as a choreographer in the student dance concert. Student choreographers will apply advanced skills in ballet, jazz, tap, hip hop, and modern dance in concerts and community performances. Emphasis is placed on student application of dance, staging, and performance techniques in student choreographed works for solo, duet, or small groups. This course is designed for dance majors and students interested in exploring the choreographic process from the inception to the stage. (CSU)

DANC-227**Performance Ensemble I****1 UNITS**

Prerequisite: Audition

3.0 hours laboratory

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 227 reflects the number of rehearsal and performance hours required for one choreographic work. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process. (CSU)

DANC-228**Performance Ensemble II****1.5 UNITS**

Prerequisite: Audition

4.5 hours laboratory

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 228 reflects the number of rehearsal and performance hours required for two choreographic works. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process. (CSU)

DANC-229**Performance Ensemble III****2 UNITS**

Prerequisite: Audition

6.0 hours laboratory

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 229 reflects the number of rehearsal and performance hours required for three choreographic works. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process. (CSU)

DANC-230**Performance Ensemble IV****2.5 UNITS**

Prerequisite: Audition

7.5 hours laboratory

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 230 reflects the number of rehearsal and performance hours required for four choreographic works. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process. (CSU)