

SYLLABUS/ Spring 2023, on campus

INSTRUCTOR: Janet Shaw

DE ANZA COLLEGE DANCE/ THEATRE DEPARTMENT

*All course materials, assignments and student resources will be posted and submitted in **Canvas***

Theory and Technique of **Contemporary (Modern) Dance**; DANC 23A 01

Level I, CRN 48147

CLASS MEETS: TTh 11:30-12:45pm in PE 11U

OFFICE HOURS: 15 minutes before and after each class & by appointment.

PURPOSE OF COURSE: To master the basics of modern dance technique; to enhance the health of the human body through "correct mechanics," strength building and stretching; to master the art of dance performance (learning how to make all movement dance!)

- **Student Learning Outcome:** Perform the essential elementary exercise sequences of contemporary dance technique, (i.e. Graham).
- **Student Learning Outcome:** Perform contemporary dance combinations on an introductory level.

PARTICIPATION: Participation is a major portion of your grade (80%). Your second absence will lower your grade 3.8 points, as will each additional absence thereafter, unless made up. Instructor will not automatically drop students. Drop proceedings must be conducted by the student.

MAKE-UPS: All classes can be made up. Concerts and Options must be TYPED & submitted in Canvas (1 page reflection of YOUR thoughts about the experience). Participation in the **3 videos** in the Practice Room needs a few sentences emailed to me, reflecting on that online class experience. Details are in the Modules. Makeups due the last day of instruction. One per absence, except as noted in the Modules.

Acceptable Make-ups. Attendance at these Professional dance concerts can count as two makeups (Must submit 1 page TYPED & photo as described in Module):

May 12-14

Riverdance (*Ireland*)

Various times

San Jose Center for the Perf. Arts, 255 Almaden Blvd.

San Jose, CA 95113 Tickets: \$38-103

May 20 & 21

New Ballet (*Ballet*) presents Sleeping Beauty

2:00 PM

Hammer Theatre Center, 101 Paseo De San Antonio ,

San Jose, CA 95113 Tickets: \$19-100 (408) 924-8501

May 25-27

Smuin Ballet (*contemporary ballet*) Dance Series 2

Various times

Mountain View Center for the Perf. Arts

500 Castro St, Mountain View, Tickets \$25-79 (650) 903-6000

TEXT:

Beginning Modern Dance With Web Resource by Miriam Giguere

Recommended (in campus bookstore; \$16 rental - \$40 new)

FINAL:

June 27th 11:30am-1:30pm in PE 11U. (*worth 10 points*)

GRADING POLICY: Factors used in determining your grade: If Participation is 100%, (80% of grade)

You work hard in class

Write 1-page reflection on one Option Collection of dance videos* (worth 10 points) and

You attend & participate in our **Final Exam** on **June 27th**, (worth 10 points)

You will receive an A grade in this class.

* **WATCH** & write a 1-page reflection on one of our **Option** Collections of videos located in our Dance Studio Module's **Viewing Room**.

GOALS: TECHNICAL SKILLS we're developing

The ability to:

1. Keep legs straight during foot brushes (*tendus*)
2. Point feet, as they leave the floor
3. Keep pelvis vertical, allowing for full outward rotation of hip sockets in plie'
4. Stretch energy through arms, especially when held out in 2nd position
5. Begin to control the torso (curves, spirals, contractions, etc.)
6. Motivation to work well in class.
7. Ability to maintain concentration in class.

SECONDARY (*more advanced*) Goals for levels II and III (*moving into the driver's seat*)

In addition to mastering the above level I skills:

8. Explore different energy qualities (*rebound, pendular, sustained, and vibratory*)
9. Direct/allow the face to come alive and add to the expression of movement
10. Keep head upright, not slouched forward
11. Consistently use the "turn-out" muscles in the hip sockets
12. Keep shoulders down when lifting arms overhead
13. Learn new movements easily
14. Play with gravity when exploring new movement material

HOW TO CONTACT INSTRUCTOR: email: shawjanet@fhda.edu

My faculty webpage <https://www.deanza.edu/faculty/shawjanet/>

Student Resources:

New to technology? TIPS from our **DA website**

<https://www.deanza.edu/online-ed/students/remoteteaching.html>

OR ask me after class.

Need access to a computer, food or other assistance? **DA website**

<https://deanza.instructure.com/courses/28787/pages/student-extra-help-health-and-well-being-resources>

[Canvas Student Guide](https://deanza.instructure.com/courses/3382/) <https://deanza.instructure.com/courses/3382/>