

DANCE

Visual, Applied, and Performing Arts Division

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<http://www.cabrillo.edu/programs>

Program Description:

The academic discipline of Dance encompasses the role of dance as a performing art, as well as roles in other areas, including education, health, anthropology, history, and the science of human movement. Bachelor's and graduate degrees in Dance and related fields provide a variety of career opportunities in the public and private sectors. Many four-year colleges and universities offer emphases in areas such as modern dance, ballet, performance, choreography, musical theatre, dance education, dance therapy, somatics, dance ethnology, dance history, and criticism. Specialties are also offered in physical therapy for dancers, dance for children, seniors, and special education. See a counselor and consult college catalogs for specific information about existing transfer agreements with UC, CSU and some private institutions. Information on course equivalencies for major requirements at UC and CSU is available on the Internet at www.assist.org.

Model Program for Dance

The following Model Program fulfills requirements for the A.A. Degree in Dance at Cabrillo College. Specific lower division major preparation at four-year public institutions in California can be found at www.assist.org. Please see a counselor for advisement for transfer to any four-year institution.

A.A. Degree: Dance

A.A. General Education **30 Units**

Core Courses (16 units)

DANCE 10	Dance Appreciation	3
DANCE 50	*Beginning Contemporary Modern Dance	0.5 - 1
DANCE 57	Repertory Dance Production	0.5 - 2
DANCE 61	*Introduction to Dance/Moving to Live Music	0.5 - 1
DANCE 64	*Intermediate Modern Dance	0.5 - 1.25
or		
DANCE 68	*Advanced Dance Technique and Performance Skills	0.5 - 1.25
DANCE 62	Dance Conditioning/Pilates	0.5 - 1
DANCE 63	Dance Improvisation	0.5 - 1
DANCE 65	Jazz Dance	0.5 - 1
DANCE 66	**Choreography	0.5 - 1
DANCE 67	**Dance Production	2
DANCE 76	**Ballet I	0.5 - 1
or		
DANCE 78	**Ballet II	0.5 - 1
DANCE 72	World Dance Techniques	0.5 - 1
DANCE 92	Cabrillo Dance Company	0.5 - 3

*This course is part of a sequence.

**Repeating this course is recommended.

Approved Electives (choose from among these world dance forms for a total of 2 units)

DANCE 58	Hip Hop and Street Dance I	0.5 - 1
DANCE 59	Latin Dance	0.5 - 1
DANCE 69	African Dance	0.5 - 1
DANCE 82	Applied Somatics: Body Mind Techniques	0.5 - 1.25
DANCE 85	Salsa Dance	0.5 - 1
DANCE 87	Dances of Mexico: Baile Folklorico	0.5 - 1

Special Electives (2 units)

DANCE 74	Creative Movement	0.5 - 1
DANCE 81	Swing Dance	0.5 - 1
DANCE 84	Dance For Musical Theatre	0.5 - 1
DANCE 86	Ballroom Dance	0.5 - 1
DANCE 89	Dance for Mixed Abilities	0.5 - 1
DANCE 90	Integrated Dance: Dance for All Bodies and Abilities	0.5 - 1

Other Electives (10 units)

BIO 4	Human Anatomy	4
or		
BIO 13A	Biology of People-Anatomy and Physiology	3
MUS 10	Music Appreciation	3
MUS 250	Music Laboratory	0.5
TA 10A	Basic Acting Techniques	3
TA 31	Introduction to Design in the Theatre	3
ECE 156F	Teaching Creative Movement to Young Children	1 - 3

Total Units **60**

Dance Courses

DANCE 10

Dance Appreciation

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines 20th Century dance through its historical, cultural, artistic and performing contexts, using lectures, video, demonstration, viewing live performances and exploring selected dance styles.

Transfer Credit: Transfers to CSU, UC.

DANCE 12

Survey of World Dance Traditions

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines dance forms of the world through lecture, viewing, and discussion to explore their historical, social, and political contexts. Students will read dance texts, view videos, attend dance events, and will learn basic movements from a variety of dances of the world.

Transfer Credit: Transfers to CSU, UC.

DANCE 50

Beginning Contemporary Modern Dance

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces the foundations of current physical and expressive dance techniques by focusing on basic skills, musicality, and the art of dance. This course will improve kinesthetic abilities, engage the imagination, and build flexibility, strength and alignment.

Transfer Credit: Transfers to CSU, UC.

DANCE 53

Dance Repertory

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Studies the rehearsal, choreography, and performance processes with faculty and guest choreographers.

Transfer Credit: Transfers to CSU.

DANCE 57

Repertory Dance Production

0.5 - 4 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Presents the rehearsal process and performance style of the choreographic repertory of faculty, guest artists, and/or student choreographers while learning how to fully produce a dance concert.

Transfer Credit: Transfers to CSU, UC.

DANCE 58

Hip Hop and Street Dance I

0.5 - 4 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: DANCE 61; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces beginning hip hop and street dance styles and forms.

Transfer Credit: Transfers to CSU, UC.

DANCE 59

Latin Dance

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: DANCE 61; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces Latin dance styles, including Salsa, with additional selections from Merengue, Cumbia, Rhumba, ChaCha, Mambo, Samba and Tango.

Transfer Credit: Transfers to CSU, UC.

DANCE 61

Introduction to Dance/Moving to Live Music

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces basic dance techniques (conditioning, strength, flexibility, alignment, coordination, rhythm, body and spatial awareness), dance vocabulary, and elements of expressive style while promoting ease and confidence in movement.

Transfer Credit: Transfers to CSU, UC.

DANCE 62

Dance Conditioning/Pilates

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Provides applied instruction in elements of conditioning and introduces Pilates mat work with an emphasis on body/mind awareness, increased strength, flexibility, and efficient movement function leading to higher level performance in all dance techniques and movement skills.

Transfer Credit: Transfers to CSU, UC, with limits: Any or all KIN activity courses: maximum credit-4 units. Dance 62 is a KIN Activity course.

DANCE 63

Dance Improvisation

0.5 - 2 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces the basic skills of improvisation which enhance creativity in movement, while exploring the elements of time, space, shape and energy as they relate to dance, dance performance and other art forms in personal and group movement experiences.

Transfer Credit: Transfers to CSU, UC.

DANCE 64

Intermediate Modern Dance

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Teaches contemporary modern dance technique, develops personal expression and musicality, improves alignment, body awareness, and conditioning while performing longer and more challenging movement combinations to live music.

Transfer Credit: Transfers to CSU, UC.

DANCE 65

Jazz Dance

0.5 - 2 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: DANCE 61; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Covers jazz dance techniques and styles and includes warm-up, conditioning, and jazz combinations performed to music.

Transfer Credit: Transfers to CSU, UC.

DANCE 66**Choreography**

0.5 - 2 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Create dances and explore how to apply the elements of choreography to any style of dance, while working in a supportive environment.

Transfer Credit: Transfers to CSU, UC.

DANCE 67**Dance Production**

0.5 - 4 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Presents the study and performance of choreograph for the Cabrillo College Dance concert.

Transfer Credit: Transfers to CSU, UC.

DANCE 68**Advanced Dance Technique and Performance Skills**

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Refines contemporary modern dance technique and performing skills while learning more complex patterns of movement, embodiment of alignment, flexibility, strength and energy flow with live dance accompaniment.

Transfer Credit: Transfers to CSU, UC.

DANCE 69**African Dance**

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces African dances from various regions in Africa including their social, historical and cultural significance.

Transfer Credit: Transfers to CSU, UC.

DANCE 72**World Dance Techniques**

0.5 - 2 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Presents the study and performance of a selection of dance and movement techniques and styles which may include Post Modern, Jazz, Salsa, Latin, Hip Hop, African, and Somatic forms.

Transfer Credit: Transfers to CSU, UC.

DANCE 74**Creative Movement**

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Provides a playful and supportive atmosphere to explore imagination, creativity, self-expression, communication, and group play while discovering your movement potential through improvisation.

Transfer Credit: Transfers to CSU, UC.

DANCE 76**Ballet I**

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: DANCE 61; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces basic techniques and principles of ballet through barre, center floor work, cross the floor combinations while acquainting the student with the aesthetics, history and tradition of classical ballet.

Transfer Credit: Transfers to CSU, UC.

DANCE 78**Ballet II**

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: DANCE 61 and DANCE 76; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Presents intermediate level techniques and principles of ballet through barre, center floor work and across-the-floor combinations while exploring in more depth the aesthetics, history and tradition of the classical ballet.

Transfer Credit: Transfers to CSU, UC.

DANCE 79A-Z**Special Topics in Dance**

0.5 - 3 units; 0.5 hour Lecture or 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Study of selected dance topics of interest.

Transfer Credit: Transfers to CSU; UC, with conditions: Students must retain a copy of the course outline, the course syllabus and work completed for this course. Credit for this course is contingent upon a review of the course outline and other materials by the UC transfer campus.

DANCE 80**Dance Rehearsal**

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Provides an opportunity for students to develop rehearsal skills for student dance pieces under the guidance of faculty with open entry rehearsals and is particularly recommended for students enrolled in DANCE 57, 66, and 67. Provides access to video taping equipment.

Transfer Credit: Transfers to CSU, UC.

DANCE 81

Swing Dance

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: DANCE 61; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Builds understanding of swing dance and expands the students' repertoire of dance skills across a wide range of traditional and popular swing dance styles.

Transfer Credit: Transfers to CSU, UC.

DANCE 82

Applied Somatics: Body Mind Techniques

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides students of any experience level an introductory survey of somatic modalities, increasing body awareness and wellness through an exploration of movement and dance as a creative, performance, and healing art.

Transfer Credit: Transfers to CSU, UC.

DANCE 84

Dance For Musical Theatre

0.5 - 4 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Provides rehearsal and perform dance techniques, dance sequences from musicals, jazz styles related to characters and stories in theatrical settings, and selected styles of musical theater dance.

Transfer Credit: Transfers to CSU, UC.

DANCE 85

Salsa Dance

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Studies dances of the Salsa genre including Bachata, Cha cha cha, Cumbia, Merengue, Rumba, Rueda and other Latin music forms.

Transfer Credit: Transfers to CSU, UC.

DANCE 86

Ballroom Dance

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: DANCE 61; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces the basic skills for following and leading in selected ballroom dance styles including: Fox Trot, Waltz, Swing, Two Step, Salsa and additional popular ballroom dances.

Transfer Credit: Transfers to CSU, UC.

DANCE 87

Dances of Mexico: Baile Folklorico

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Presents selected regional dances of Mexico taught for technical and cultural understanding. Emphasis is given to the origin, development, styling and performance of the material.

Transfer Credit: Transfers to CSU, UC.

DANCE 89

Dance for Mixed Abilities

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces elements of dance such as rhythm, coordination, body and spatial awareness, movement vocabulary and creative expression, while improving physical conditioning for physically challenged and/or developmentally delayed learners.

Transfer Credit: Transfers to CSU, UC.

DANCE 90

Integrated Dance: Dance for All Bodies and Abilities

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Introduces students with adaptive needs and mainstream students to techniques for dancing together, expanding body and spatial awareness, coordination and movement vocabulary, while developing physical ability and creative expression.

Transfer Credit: Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit, 4 units - DANCE 90 is a KIN activity course.

DANCE 92

Cabrillo Dance Company

0.5 - 3 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times. Thereafter may be audited.

Provides concert and informal performing and touring experience focusing on dance repertory, production of choreographic works, lecture demonstrations, presentation of master classes and workshops. May include participation in major productions.

Transfer Credit: Transfers to CSU, UC.