

**Cedar Crest College**  
**DNC 221**  
**Dance 221 – Beginning Modern**  
**Spring 2009**

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Office Hours: After class  
Other hours by appointment

**Course Description:**

Using the expressive nature of movement as a guide to listen, explore and integrate body knowledge. This course will help facilitate self-knowledge and individual creativity through the implementation of guided movement exploration and dialogue.

**Course Objectives:**

The student will:

- Understand and apply movement concepts relevant to modern dance (alignment, placement, movement initiation)
- Understand the concept of breath
- Coordinate the body and its parts
- Articulate and physically perform movement sequences
- Explore and integrate body knowledge

**Evaluation:**

Attendance and Class Participation– 70%

Final Exam – 30%\*

\*This exam is held during the final class of the semester and participation is required to successfully complete the course.

Your obligations for this course include attendance at the final exam, on the day and time scheduled. If you must make travel plans early, you should schedule your travel after the last final exam day.

**Technical Standards of the Cedar Crest College Dance Department:**

In order to successfully complete Dance technique classes at Cedar Crest College, students must meet the following criteria from the time they enroll in the course until the time they complete the course.

- Students must be able to focus, concentrate and be physically engaged in studio class work.
- Student dancers must be able to repeatedly: kneel, stand up, lie down, bend at the hip, bend at the waist, twist, rotate, spiral, bend and straighten at the knees, rotate the hip socket and ankles, work on high releve; turn on the foot, knee, hip; jump, spin, balance, fall, extend, stretch; physically connect with other dancers (e.g., partnering).
- Student dancers must develop and engage the correct muscle groups appropriate for a variety of studio coursework. Students must have the ability to develop muscle memory.
- Female students must be able to lift free weights of up to 5 pounds.
- Students must be able to respond to audio cues and corrections without relying on visual cues.
- Students must have no chronic injury or chronic health problem that prevents them from participating and completing the dance course. Students must not have any serious reactions to the materials or cleaning agents used on the dance floor.
- Students must be able to perceive and duplicate the melody, beat, and phrasing of various forms of music.
- Students must wear and maintain suitable dancewear, including shoes appropriate for all studio work, rehearsals, and performance work.
- Students must not be pregnant.
- Students must be able to determine the distance between dancers in the studio, on the stage, and in designed performance space.
- Students must be able to work in different dance mediums.
- Students must be able to perceive and duplicate line, design, meter, accents, dynamics, and interpretation, qualities of movement, style of movement, combinations and choreography.
- Students must have the physical endurance to complete a typical 75-minute dance class or performance without requiring additional breaks.

## **Performing Arts Department Policies**

### **General**

Please:

- do not bring food or beverages other than water into the dance studio
- keep all belongings in the dressing room
- do not bring valuable items such as jewelry and wallets
- do not bring cell phones into the dance studio
- do not enter the dance studio with street shoes on
- do not wear scented, “fruity” lotions to class; these lotions contain oils that stain the marley floor and cause slick surfaces.

### **Attendance**

More than 2 unexcused absences during the course of the semester will adversely affect your grade. After 2 absences the grade will drop by one grade per absence. This class is an “experience”, not a lecture or lab, and the work missed cannot be made up. If a student is more than 5 minutes late to class, without prior notification, it is recorded as a 1/3 absence, therefore 3 “lates” result in one absence. More than four absences or non-physical class participation (for any reason) you must withdraw or fail. If you are anticipating an extended absence due to illness or injury, contact the faculty immediately. If illness or injury does prevent you from participating in class on a given day and you are physically able, you are strongly encouraged to observe class. You are allowed no more than four consecutive class observations after which you must withdraw or fail.

### **Email guidelines:**

The main objective for e-mail between the student and the instructor is for contact and communication when necessary outside of class time. Students should always try to talk with instructors in person whenever possible and reserve email for brief information that was missed during class time. Students should get missed assignments from fellow classmates whenever possible.

E-mail is for information such as meeting times, quick questions on assignments, absentee notification, etc. They should be kept brief and to the point. E-mail should not be used to discuss more serious matters such as grade or attendance grievances. Students should make an appointment to meet with the faculty member to discuss such matters. At all times students should keep the tone of their email courteous and respectful to the instructor.

The instructor reserves the right to hold the student responsible for proper email etiquette and the grade may be affected if the instructor feels the guidelines have not been met by the student. E-mail is a helpful tool if used correctly and not over used.

## **Cedar Crest College Policies/Procedures**

### **Honor Philosophy**

The Cedar Crest College Honor Philosophy states that students should uphold community standards for academic and social behavior in order to preserve a learning environment dedicated to personal and academic excellence. Upholding community standards is a matter of personal integrity and honor. Individuals who accept the honor of membership in the Cedar Crest College community of scholars pledge to accept responsibility for their actions in all academic and social situations and for the effect their actions may have on other members of the College community.

### **Academic Integrity**

Academic integrity and ethics remain steadfast, withstanding technological change. Cedar Crest College academic standards therefore apply to all academic work, including, but not limited to, handwritten or computer-generated documents, video or audio recordings, and telecommunications.

As a student at Cedar Crest College, each student shall:

- Only submit work which is his/her own
- Adhere to the rules of acknowledging outside sources, as defined by the instructor, never plagiarizing or misrepresenting intellectual property
- Neither seek nor receive aid from another student, converse with one another when inappropriate, nor use materials not authorized by the instructor.
- Follow the instructions of the professor in any academic situation or environment including taking of examinations, lab procedures, the preparation of papers, properly and respectfully using College facilities and resources, including library and computing resources to ensure that these resources may be effectively shared by all members of the College community.
- Abide by the Cedar Crest Computer Use Policy
- If a student perceives a violation of the Academic Standards, her/she will go to their instructor
- If you are unable to resolve the problem with the instructor, you should go to the chair of the department. If you need further assistance after consultation with the instructor and the chair, you should see the Provost.

### **Classroom Protocol**

Appropriate classroom behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to the Cedar Crest College education.

