

DANCE

Cascade Campus
Terrell Hall (TH), Room 2200
971-722-5251

Rock Creek
Building 3, Room 201
971-722-7235

Sylvania Campus
Communications Technology Building (CT), Room 216
971-722-4264

DESCRIPTION

PCC offers dance technique courses designed to explore dance at the beginning through intermediate levels. Courses emphasize correct alignment, principles of movement, development of individual dance skills, and an awareness and appreciation of dance as a performing art. The study of dance develops physical and mental discipline, expands cultural perspectives, enhances personal growth and enrichment, and supports lifelong learning. Dance performance opportunities for students include participation in dance concerts or musical theatre productions on campus.

Most dance courses are offered concurrently and co-listed in both the Performing Arts Department and the Physical Education Department. Students can choose to take the courses for dance or PE credit, which may be applied to degree and/or transfer programs. Students may not sign up for dance and PE credit for the same class in the same term. Students should check transferability of specific dance courses with the institution to which they are planning to transfer.

Although a physical exam is not required for physical education and dance courses, students are advised to seek approval from their personal physician before entering into a regular program of vigorous physical activity as is found in physical education and dance courses. Students will be asked to complete personal data cards to hand into their instructors prior to the beginning of their classes. Personal data cards include any personal health information that could impact participation in class activities: diabetes, cardiac history, past or current injuries, etc. PCC does not provide medical coverage. All students are strongly encouraged to acquire medical coverage prior to taking a physical education, dance or any other physical activity class.

See the Course Description (D prefix and PE prefix) section of this catalog for individual dance courses and course prerequisites. Contact the Performing Arts Department, and the Physical Education and Fitness Department for additional information.

COURSE DESCRIPTIONS

D 120 Pilates for Dancers 1.00 Builds on concepts and skills in the Pilates Method of conditioning. Designed to continue to increase core strength and stabilization, by challenging one's body to further its range of motion. Provides knowledge and skills in non-impact whole body exercise that includes standing variations to further challenge the student as it pertains to dance. Benefits include core strength and stabilization, muscle tone, flexibility, improved posture and body/mind awareness. Recommend: Pilates II or instructor permission. Audit available.

D 121 Conditioning for Dance 1.00 Examines somatic practices and conditioning methods as they pertain to dance training. Develops kinesthetic awareness, strength, flexibility, stability and greater efficiency in movement. Focus may vary from term to term. May be taken a total of three times for credit. Audit available.

D 150 Jazz Dance I 1.00 Introduces principles and skills in the fundamentals of jazz dance technique. Emphasizes and develops correct body alignment, coordination, strength, flexibility, rhythm, and movement awareness. Includes jazz dance vocabulary and simple jazz dance combinations. Course may be taken 3 times for credit (D 150 or PE 186F separately or in combination). Audit available.

D 151 Jazz Dance II 1.00 Continues development of jazz dance technique at the beginning/intermediate level. Emphasizes increased coordination, strength, control, flexibility, stamina, musicality, and jazz dance vocabulary in more challenging combinations. Course may be taken 3 times for credit (D 151 or PE 186G separately or in combination). Recommended courses: D 150, or PE 186F, or equivalent. Audit available.

D 152 Introduction to Dance 2.00 Introduces fundamentals of dance technique including training in movement styles from a variety of disciplines. Focuses on correct alignment, development of strength, flexibility, range of motion, and stability, dance specific terminology, and musicality. Provides students with a foundation for Ballet, Modern, and Jazz. Audit available.

D 169 Musical Theater Dance 2.00 Covers dance forms and styles used in the musical theater choreography. Covers basic techniques, vocabulary, and dance excerpts from musical theater shows. Course may be taken 3 times for credit. Recommended courses: Two dance technique courses or previous dance training. Audit available.

D 170 World Dance 2.00 Introduces traditional and popular dance forms and styles from a selection of countries and cultures. Examines and practices dance movement within a cultural context. Ethnic dances may vary by term. Course may be taken 3 times for credit. Audit available.

D 175A Tap Dance I 1.00 Introduces fundamentals of tap dance technique and vocabulary. Develops a sense of timing, rhythm, musicality. Emphasizes basic traditional tap steps, rhythm tap combinations and complete dances. Course may be taken 3 times for credit (D 175A or PE 186K separately or in combination). Audit available.

D 175B Tap Dance II 1.00 Continues the development of tap dance techniques beyond introductory level. Further develops a sense of rhythm, musicality, and tap sounds. Learn basics through intermediate traditional tap steps, rhythm tap combinations, and complete dances. Recommended courses: D 175A, or PE 186K, or equivalent. Audit available.

D 177 Hip Hop 1.00 Introduces the fundamental principles and skills of Hip Hop dance. Emphasis placed on development of correct technique, strength and flexibility, musicality, and individual expression through movement. Focus on Hip Hop elements, culture, and terminology. Audit available.

D 177B Hip Hop II 1.00 Continue the development of Hip Hop dance at an intermediate level with a focus on longer, more challenging phrases and performance aspects. Emphasis will be placed on the development of correct technique, strength and flexibility, musicality, and individual expression through movement. Course may be taken a total of three times for credit as either D 177B or PE 186S. Prerequisite: D 177 or PE 186R or instructor approval. Audit available.

D 184 Ballroom Dance 1.00 Introduces the fundamental principles of Ballroom Dance. Emphasis placed on proper partnering, style, and phrasing. Focus on elementary steps of Foxtrot, Waltz, Swing, Cha-Cha, and Rumba. Audit available.

D 184B Ballroom Dance II 1.00 Continues the development of skills in ballroom dance at an intermediate level as well as enriching the depth of the dance technique and complexity of choreography. Focus is placed on: appropriate partnering in order to lead or follow, rhythm, style, and phrasing. Dances may include: Waltz, Foxtrot, Tango, Quick-step, Rumba, Cha-Cha, Swing, Samba, Jive, and Night Club Two Step. Course may be taken a total of three times for credit as either D 184B or PE 186E. Prerequisites: D 184 or PE 186D or instructor approval. Audit available.

D 192A Ballet I 1.00 Develops skills and examines principles in the fundamentals of classical ballet technique. Emphasizes correct alignment, basic barre and center work, traveling steps, and ballet vocabulary. Course may be taken 3 times for credit (D 192A or PE 186A separately or in combination). Audit available.

D 192B Ballet II 1.00 Continues development of knowledge and skills in classical ballet technique beyond the beginning level. Emphasizes correct alignment, increased speed, strength, flexibility, balance, coordination, and ballet vocabulary in more challenging combinations. Course may be taken 3 times for credit (any combination of D 192B or PE 186B for a total of 3 times). Recommended courses: D 192A, or PE 186A, or equivalent. Audit available.

D 192C Modern Dance I 1.00 Introduces knowledge and skills in beginning modern dance technique. Includes dance fundamentals, vocabulary, and improvisation, emphasizing correct alignment, coordination, strength, and awareness of movement. Course may be taken 3 times for credit (D 192C or PE 186IU separately or in combination). Audit available.

D 192D Modern Dance II 1.00 Continues development of modern dance technique, with focus on alignment, strength, control, musicality, and dynamics. Includes expanded modern dance vocabulary, dance combinations, and improvisation. Course may be taken 3 times for credit (D 192D or PE 186J separately or in combination). Recommended courses: D 192C or PE 186I or equivalent. Audit available.

D 209 Dance Performance Offers practical experience in rehearsing and presenting a dance performance. Course may be taken 3 times for credit. Recommended courses: Previous dance training or audition. Audit available.

D 251 Dance Appreciation 4.00 Develops an awareness and appreciation of dance in its artistic, social, historical, and cultural contexts. Considers aspects of dance as cultural, spiritual, and aesthetic expression, exploring origins and the related roles of the dancer, choreographer, and spectator. Offers a variety of experiences, including the viewing of dance in live and recorded formats, reading about dance, discussing dance, and hearing from guest experts. Prerequisites: WR 115, RD 115, and MTH 20 or equivalent placement test scores. Audit available.

D 252 Jazz Dance III 1.00 Continues development of jazz dance technique at the intermediate level. Emphasizes increased strength, control, flexibility, stamina, musicality, dynamics, and jazz dance vocabulary in more challenging combinations. Course may be taken 3 times for credit (D 252 or PE 286H separately or in combination). Recommended courses: D 151, or PE 186G, or equivalent. Audit available.

D 260 Dance Improvisation 1.00 Explores movement invention and spontaneous choices through the exploration of improvisation techniques, scores, and games through structured and open improvisations, group discussion and observation, and the incorporation of a variety of media. Concurrent registration in a dance technique class and/or previous dance training is recommended. May be taken a total of two times for credit. Audit available.

D 270 Introduction to Choreography 2.00 Introduces students to the principles and practice of dance choreography. Emphasis will be placed on: generating movement through improvisation and source exploration; manipulation of movement; choreographic forms; the creation and performance of short movement studies; and dance observation and critique. Audit available.

D 292 Ballet III 1.00 Continues development of classical ballet technique at the intermediate level. Emphasizes correct alignment, increased speed, strength, flexibility, balance, coordination, stamina, and ballet vocabulary in longer, more challenging combinations. Course may be taken 3 times for credit (any combination of D 292 or PE 286 for a total of 3 times). Recommended courses: D 192B, or PE 186B, or equivalent. Audit available.

D 292D Modern Dance III 1.00 Continues the development of Modern dance technique at the intermediate level with a focus on longer, more challenging dance phrases and performance aspects. Course may be repeated up to three times for credit. Prerequisite: D 192D or PE 186J or instructor permission. Audit available.