

DNCE 100H**Honors Dance History and Appreciation**

Unit(s): 3.0 Class Hours: 54.0 Lecture total.

Prerequisite: A cumulative GPA of 3.0 or higher in college work (or high school for first-term students)

An enriched honors course featuring intensive study of theatrical dance development in Western Europe and the U.S. from ancient times to the present. Utilizes writing, reading, critical thinking skills, required research, and student-initiated discussions in a seminar setting to explore dance history from cultural and aesthetic points of view. CSU/UC

DNCE 102**Introduction to Dance Forms**

Unit(s): 3.0 Class Hours: 36.0 Lecture, 54.0 Lab total.

An introduction to historical and contemporary dance forms through lecture and activity. Experience in ballet, modern, jazz, hip-hop, improvisation, folk, ethnic and/or ritual dance styles. Recommended for future teachers. CSU/UC

DNCE 105**World Dance and Cultures**

Unit(s): 3.0 Class Hours: 54.0 Lecture total.

Dance around the world is studied in its cultural/social context. Emphasis on the different ways dance is used to express ideas about religion, cultural identity, myths, and social ideals. Includes cultures from Africa, Asia, Europe, India, Latin America, Middle East, and North America, plus a focus on Southern California. CSU/UC

DNCE 106A**Introduction to Modern Dance**

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

An introduction to modern dance emphasizing movement technique, dance vocabulary, and creative individual expression. Includes an introduction to choreographic principles and the historical/cultural context of American modern dance. For the student with little or no dance experience. A combination of DNCE 106A, DNCE 106B, DNCE 206A, DNCE 206B, DNCE 209, and DNCE 210 may be taken a maximum of four enrollments. CSU/UC

DNCE 106B**Introduction to Modern Dance**

Unit(s): 1.0 Class Hours: 18.0 Lecture, 18.0 Lab total.

An introduction to modern dance emphasizing movement technique, dance vocabulary, and creative individual expression. Includes an introduction to choreographic principles and cultural context of American modern dance. Dance 106B is a refinement of skills learned in Dance 106A. A combination of DNCE 106A, DNCE 106B, DNCE 206A, DNCE 206B, DNCE 209, and DNCE 210 may be taken a maximum of four enrollments. CSU/UC

DNCE 107**Dance Concert Performance**

Unit(s): 1.0 Class Hours: 9.0 Lecture, 45.0 Lab total.

Prerequisite: Audition.

Formal dance concert performance experience for dance students. Includes both rehearsal process and a minimum of three on-stage public performances. A combination of may be taken a maximum of four enrollments. A combination of DNCE 107 may be taken a maximum of four enrollments. (Pass/ No Pass Only) CSU/UC

DNCE 108A**Introduction to Ballet**

Unit(s): 1.0 Class Hours: 18.0 Lecture, 18.0 Lab total.

Introduction to basic ballet emphasizing movement technique, dance vocabulary, and creative individual expression. Student learns basic ballet-barre exercises, center work, and short dance works. Includes an introduction to choreographic principles and cultural context of ballet. Prepares the student for Dance 108B. A combination of DNCE 108A, DNCE 108B, DNCE 201A, DNCE 201B, DNCE 213, and DNCE 214 may be taken a maximum of four enrollments. CSU/UC

DNCE 108B**Introduction to Ballet**

Unit(s): 1.0 Class Hours: 18.0 Lecture, 18.0 Lab total.

Continuation of instruction in basic ballet technique, dance vocabulary, and creative individual expression. Student learns ballet-barre exercises, center work, and short dance works. Includes choreographic principles and cultural context of ballet. A combination of DNCE 108A, DNCE 108B, DNCE 201A, DNCE 201B, DNCE 213, and DNCE 214 may be taken a maximum of four enrollments. CSU/UC

DNCE 109A**Pilates Mat I**

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

An introduction to the mat exercises developed by Joseph Pilates to build strength, stability, coordination, and control in the core muscles of the body. Applicable to dance and general body conditioning. A combination of DNCE 109A, DNCE 109B, and DNCE 109C may be taken a maximum of four enrollments. CSU/UC

DNCE 109B**Pilates Mat II**

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

Continued refinement of skills learned in Pilates Mat I with an emphasis on building strength, stability, coordination, and control in the core muscles of the body. Applicable to dance and general body conditioning. A combination of DNCE 109A, DNCE 109B, and DNCE 109C may be taken a maximum of four enrollments. CSU/UC

DNCE 109C**Pilates Mat III**

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

Intermediate level course in the mat exercises developed by Joseph Pilates to build strength, stability, coordination, and control in the core muscles of the body. Applicable to dance and general body conditioning. A combination of DNCE 109A, DNCE 109B, and DNCE 109C may be taken a maximum of four enrollments. CSU/UC

DNCE 110**Beginning Mexican Folk Dance**

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

Introduces techniques, forms, and regional/ historical backgrounds of dances from various regions of Mexico. Students will perform at least 3 different traditional dances. A combination of DNCE 110, DNCE 111, and DNCE 117 may be taken a maximum of four enrollments. CSU/UC