Miami Dade College

Course Description
DAA1100 | Modern Dance 1 | 2.00 – 3.00 credits
In this course, students will begin the exploration of techniques, creative aspects, and theoretical concepts of modern dance which includes but is not limited to proper body alignment and mechanics of breathing and phrasing, verbal movement vocabulary, including structural improvisation. No previous experience required**.**

Course Competencies:
Competency 1: The student will identify basic principles and styles of modern dance, develop the discipline of focus and concentration, and strengthen the body through repetition of movement sequences, including deep stretching, with a focus on correct alignment by:
1. Developing coordination and strength to support these movements and phrases
2. Analyzing movement sequences and successfully performing them at the basic level
3. Learning principles of alignment, breath, and spatial orientation to basic movement sequences

Competency 2: The student will comprehend basic principles and styles of modern dance through the execution of the student's unique qualities of movement by:
1. Developing an intellectual understanding of alignment and placement in movement
2. Implementing these ideas physically
3. Developing an understanding of applying principles of alignment and placement to increasingly challenging and/or complex movement sequences

Competency 3: The student will integrate the use of weight, dynamics, physicality, and movement quality related to a beginning level of study by:
1. Developing an intellectual understanding of weight, dynamics, physicality, and movement quality
2. Implementing this understanding physically at the basic level
3. Developing an understanding of how to use weight, dynamics, physicality, and movement quality in increasingly challenging and/or complex movement sequences

Learning Outcomes:
* Solve problems using critical and creative thinking and scientific reasoning
* Demonstrate an appreciation for aesthetics and creative activities