

# Fine Arts - Dance

## Courses Offered

Dance for Athletes I – 2 terms, 2 days/week, 1 credit

Dance for Athletes II – 2 terms, 2 days/week, 1 credit

History & Practice of Yoga – 1 term, 2 days/week, ½ credit

Body Studies – 1 term, 2 days/week, .5 credit

Dance Workshop I – 2 terms, 2 days/week, 1 credit

Dance Workshop II – 2 terms, 2 days/week, 1 credit

Concentration in Dance History– 1 term, 5 days/week, 1 credit

Concentration in Dance Composition – 2 terms, 2 days/week, 1 credit

Concentration in Dance Studies– 2 terms, 2 days/week, 1 credit

Dance Lesson – 1 term, 1-2 days/week, 0.25 credit



## HONORS IN DANCE

### Program

Honors in Dance requires students to demonstrate high achievement as performing dancers, choreographers, and rehearsal directors. Guided by Faculty Advisors, Honors candidates discover their creative process by choreographing a solo and group piece over the course of the academic year. The Honors process concludes with a final performance, written reflection, and presentation of work in the spring semester.

### Prerequisites

- Active member of the Dancevision Company for a minimum of 2 years prior to graduation.
- Good academic standing.
- Successfully complete the following courses:
  - Honors Dance Composition
  - Honors Dance History
  - Honors Seminar: Dance

### Requirements

Candidates must embrace a leadership role as they choreograph a solo and group piece, design lighting cues and costumes, and effectively communicate choreographic vision and expectations.

## CONCENTRATION IN DANCE

### Program

Concentration in Dance is a separate track for students looking to perform and choreograph a dance piece in either the fall or spring semester. Students who cannot commit to all the Honors program requirements are encouraged to pursue a Concentration in Dance. Guided by Faculty Advisors, Concentration candidates discover their artistic process through creative time, journaling, and feedback sessions. The Concentration process concludes with a self-promoted dance performance and final written reflection.

### Prerequisites

- Active member of the Dancevision Company for a minimum of 2 years prior to graduation.
- Good academic standing.
- Successfully complete **one** of the following courses:
  - Honors Dance Composition
  - Honors Dance History
  - Honors Seminar: Dance

### Requirements

Candidates must embrace a leadership role as they choreograph a group **or** solo dance, design lighting cues and costumes, effectively communicate choreographic vision, and self-promote final performance.

**Students with injuries that prevent movement cannot be enrolled.**

**Dance For Athletes 1** *Beginning*

- Any student wanting to experiment with dance.
- A student with an athletic background.
- A student with **little or no** dance experience in terms of studio settings.
- A student hoping to gain awareness of their own agility, movement, and flexibility.

**Dance for Athletes 2** *Beginning/Intermediate*

- A student that enjoyed Athletes 1 and wants to challenge themselves further in dance. Must have earned B+ or above in Athletes 1
- A student who wants to learn more about choreography and the creation of different movements.
- A student interested in learning a basic history of popular dance forms.
- A student understands there is a writing component regarding dance history.
- A student interested in dancing and writing with a partner.

**Dance Workshop 1** *Beginning*

- A student with some prior knowledge of ballet, contemporary/modern, jazz, and hip-hop.
- A student who may have danced when they were younger and want to refresh their skills.
- A student who wants to go deeper into any of these dance styles: ballet, contemporary, and jazz dance.

**Dance Workshop 2** *Intermediate*

- A student who has taken Dance Workshop 1 and wants to challenge themselves further in the world of dance.
- A student did well in Dance Workshop 1 (above a B+).
- A student who wants to learn to work with different partners to solve problems and develop further creativity.
- A student who wants to develop their own choreographic style through learning the basics of dance composition.
- A student who wants to explore improvisational movements while furthering their learning about ballet, contemporary, and jazz culminating in a student-choreographed solo piece.

**History & Practice of Yoga** *Beginning/Intermediate*

- A student engaged in a sport or physical activity.
- A student who wants to learn about the origin of yoga, mindfulness, and meditation.
- A student who is interested in a breath/movement practice.

**Body Studies** *Beginning/Intermediate*

- A student engaged in a sport or physical activity.
- A student who wants to learn functional anatomy (skeletal and muscular system), mindfulness, and somatic practices (4 weeks spent on mindfulness, 4 weeks spent on anatomy, yoga, Pilates, and floor barre)
- A student interested in practicing management of stress, anxiety, and injury through journaling.

**Dance Lessons** *Beginning/Intermediate/Advanced*

The class is **only** available for Dancevision company members.