

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** PED 160

**Credits:** 2

**Course Title:** Modern Dance

**Course Description:** Teaches the basic techniques of creative dance. Skills include self-expression, contemporary routines, dance forms, and basic choreography. Lecture 1 hour. Laboratory 2 hours.

**General Course Purpose:** Students will be introduced to modern dance movement, technique, and theory through the basic dance elements of time, space, shape, and energy. Emphasis is on learning and applying kinesiological basics for lifelong participation in dance.

**Course Prerequisites and Co-requisites:**  
No prerequisites are required for this course.

**Course Objectives:**

Upon completing the course, the student will be able to:

- a. Demonstrate warm-up exercises necessary for successful movement (proper stretching and strengthening exercises);
- b. Demonstrate beginning dance steps and combinations;
- c. Demonstrate basic principles of body alignment;
- d. Summarize key concepts in modern dance;
- e. Describe beginning modern dance technique using dance terminology; and
- f. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of modern dance practice.

**Major Topics to Be Included:**

- a. Dance terminology
- b. Body alignment principles
- c. Beginning technical skills--interrelationships between space, time, force, and flow of energy
- d. Movement qualities--swing, suspend, collapse, percussive, flick, dab, float, and wring
- e. Tension and relaxation, contract and release, fall and recovery

**Effective Date of Course Content Summary:** September 2015