

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.