

Dance Studies

Overview

The dance studies curriculum at Folsom Lake College offers students the opportunity to develop a breadth of multi-disciplinary dance abilities and knowledge. This curriculum provides students with an exploration of world dance history, pedagogy, injury prevention, and technical skills in classical and contemporary styles including, but not limited to, ballet, jazz, modern, contemporary, hip-hop, and ethnic/folk forms. Career options such as performing, choreography, dance studio business ownership, dance movement therapy, and non-profit arts management will enhance students' appreciation of dance as a global industry, as well as a cross-culturally meaningful expressive form. Comprehensive, academically rigorous classes will sharpen their leadership and critical thinking skills, preparing students for success in dance either at a university or in the workplace.



Career Options

- Choreography
- Dance Movement Therapy
- Dance Studio Business Ownership
- Non-Profit Arts Management
- Pedagogy
- Performing
- Teacher Training
- Teaching

Highlights

- Folsom Lake College's Main Folsom campus features a lofty spacious dance studio with sprung hardwood flooring, natural light, floor to ceiling mirrors, state-of-the-art sound system, and a costume storage facility.
- Each semester, the instructional classes have the opportunity to perform in the semester-end showcase "Evening of Dance" at the Harris Center for the Arts, featuring FLC's resident dance company, MOSAIC.

Program Maps

[Liberal Arts and Social Sciences Undecided Major \(/flc/main/doc/instruction/program-maps/LASS-Undecided-major.pdf\)](/flc/main/doc/instruction/program-maps/LASS-Undecided-major.pdf)

[Dance Studies, A.A. Degree \(/flc/main/doc/instruction/program-maps/Dance-Studies-AA.pdf\)](/flc/main/doc/instruction/program-maps/Dance-Studies-AA.pdf)

Dean [Francis Fletcher \(/about-us/contact-us/faculty-and-staff-directory/francis-fletcher\)](/about-us/contact-us/faculty-and-staff-directory/francis-fletcher)
Department Chair [Debi Worth \(/about-us/contact-us/faculty-and-staff-directory/debi-worth\)](/about-us/contact-us/faculty-and-staff-directory/debi-worth)
Meta-Major [Liberal Arts and Social Sciences \(/academics/meta-majors/liberal-arts-and-social-sciences\)](/academics/meta-majors/liberal-arts-and-social-sciences)
Phone (916) 608-6752
Email fletchf@flc.losrios.edu (<mailto:fletchf@flc.losrios.edu>)

Associate Degree

A.A. in Dance Studies

The Dance Studies program at Folsom Lake College offers students the opportunity to develop a breadth of multi-disciplinary dance abilities and knowledge. This program provides students with an exploration of world dance history, pedagogy, injury prevention and technical skills in classical and contemporary styles including but not limited to Ballet, Jazz, Modern, Contemporary, Hip-Hop and Ethnic/Folk forms. Career options such as performing, choreography, dance studio business ownership, dance movement therapy and non-profit arts management will enhance students' appreciation of dance as a global industry, as well as a cross-culturally meaningful expressive form. Comprehensive, academically rigorous classes will sharpen their leadership and critical thinking skills, preparing students for success in dance either at university or in the workplace.

Catalog Date: June 1, 2020

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
DANCE 309	Introduction to Dance	2
DANCE 310	Jazz Dance I	1
DANCE 320	Ballet I	1
DANCE 330	Modern Dance I	1
DANCE 377	Musical Theatre Dance I	2
DANCE 380	World Dance History	3
DANCE 381	Pedagogy: Theory and Practice	2
DANCE 382	Fitness Injury Prevention and Management (2)	2
or KINES 417	Fitness Injury Prevention and Management (2)	
DANCE 410	Dance Composition and Production I	2
A minimum of 4 units from the following:		4
DANCE 351	Urban Hip Hop I (1)	
DANCE 440	Performing and Touring Group: MOSAIC Dance Company I (3)	
DANCE 495	Independent Studies in Dance (1 - 3)	
DANCE 498	Work Experience in Dance (1 - 4)	
FITNS 392	Yoga (1)	
FITNS 395	Stretch (1)	
FITNS 414	Tai Chi (1)	
FITNS 324	Mat Pilates (1)	
KINES 300	Introduction to Kinesiology (3)	
MUFHL 300	Introduction to Music (3)	
MUFHL 330	World Music (3)	
TA 350	Theory and Techniques of Acting I (3)	
TAP 340	Musical Rehearsal and Performance I (1 - 3)	
COMM 321	Interpersonal Communication (3)	
Total Units:		20

The Dance Studies Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See FLC graduation requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- examine the relationship between the socio-cultural, religious, political and scientific trends throughout world history in relation to the development of dance cross-culturally.
- evaluate the technical and/or artistic achievements of particular dance pioneers in several genres, as well as the contributions of marginalized populations to the advancement of dance as an artistic expressive form.
- demonstrate safe and correct technical execution of dance technique, as well as knowledge of proper nutrition and injury prevention techniques for optimal wellness.
- support the development of community and cultural awareness by attending and/or participating in cultural events and evaluating their relevance.
- formulate a plan for implementing practical applications for the dance degree to the real world, either professionally or for transfer to university.

Career Information

Career options related to dance will be explored and emphasized during the course of studies for this A.A. Degree. Careers including performing, teaching, teacher training, choreography, dance studio business ownership, pedagogy, dance movement therapy and non-profit arts management will jump start or enhance students' understanding of work options, buttressed by comprehensive academically rigorous classes that will sharpen their leadership and critical thinking skills, preparing students for success both academically and in the workplace.

Dance (DANCE) Courses

DANCE 309 Introduction to Dance

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course will introduce basic steps, styles and rhythms associated with several dance disciplines including ballet, jazz, modern, hip-hop or lyrical/contemporary forms of dance. Lecture will encompass the historical and cultural placement of each dance style from inception to current media trends. Class will include warm up exercises, movement combinations and dance choreography appropriate to each dance style. Upon completion of this course, students will have experience performing a variety of dance styles and techniques, and be able to critically discuss the socio-cultural and historical context of each style. Students will be responsible for obtaining appropriate dance attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze and perform the safe and correct technical understanding for the execution of basic dance steps in relation to several dance forms including ballet, jazz, modern, hip-hop or lyrical/contemporary.
- investigate and discuss the historical and traditional foundations of several dance disciplines.
- understand and evaluate the contributions made by certain dance pioneers, choreographers and dancers to the advancement and transformation of dance throughout history.

DANCE 310 Jazz Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://flc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course provides an introduction to jazz dance technique. Students will become proficient at warm up, center and across the floor exercises focused on control, balance and flexibility. Across the floor combinations will emphasize alignment, style, and technical progression, leading to memorized choreography. The origins of jazz dance will be surveyed, as well as some basic theoretical perspectives used to analyze the social, cultural and political issues involving jazz as an artistic expressive form. Students will need to purchase appropriate dance attire and shoes.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify and perform beginning level warm up, center and across the floor exercises to improve agility, coordination, strength and balance.
- analyze critically basic jazz movement techniques and apply this knowledge to the performance of jazz dance choreography, executing movements safely and precisely.
- evaluate the social and political foundations of jazz dance as an artistic, expressive form.

DANCE 312 Jazz Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://flc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course provides an exploration of level II jazz dance techniques and style, building on skills learned in the previous level. Students will examine the influences of theatrical dance within the jazz dance genre. Mid-20th century social and cultural issues involving jazz as an artistic expressive form will be surveyed, as well as some theoretical perspectives to analyze jazz dance as culturally relevant. This course is for students with previous dance training, and students must have appropriate dance shoes and attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify and perform level II warm ups, center and across the floor exercises and variations to showcase abilities in jazz dance technique.
- analyze critically jazz techniques across the floor and integrate this knowledge to the performance of jazz dance choreography, executing movements safely and precisely.
- evaluate the mid 20th century socio-cultural influences of jazz dance as an artistic, expressive form.

DANCE 313 Jazz Dance III

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://flc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This intermediate dance class augments the fundamental jazz skills learned in previous levels with a further focus on proper technique and alignment, while performing more complex combinations and exploring different rhythms and styles, utilizing such skills as ballet, African and theatrical movement vocabularies. Social issues in the late 20th century, including globalization and popularization of jazz as an artistic expressive form will be surveyed, as well as analysis of jazz dance in contemporary media. This course is for students with previous dance training, and students must provide appropriate dance shoes and attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify and perform level III warm up techniques and center floor skills, as well as complex across the floor sequences.
- analyze jazz dance technique and stylization, applying this knowledge to the performance of level III jazz dance choreography, executing movements safely and precisely.
- evaluate the historical foundations of jazz dance as well as its relevance as an expressive form in contemporary media.

DANCE 314 Jazz Dance IV

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://flc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Jazz Dance IV offers students an opportunity to work in more complex movement studies building on skills acquired with previous experience in jazz technique. Quicker, more intricate combinations in center floor will be sequenced into challenging across the floor combinations. Progressive technique for multiple jazz turns and leap patterns with an emphasis on changes of directions, dynamics, and levels will culminate in final choreography. Students will assess the socio-cultural media influences shaping jazz dance today, looking at postmodern theory to analyze jazz dance as culturally relevant. This course is for students with previous dance training, and students must acquire appropriate dance shoes and attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- examine the socio-cultural and media influences shaping jazz dance, utilizing postmodern theory to analyze jazz dance and its cultural relevance.
- identify and perform level IV warm up and center floor skills, as well as integrated across the floor sequences.
- analyze critically the movement techniques and stylization related to level IV jazz dance choreography, and execute these movements safely and precisely.

DANCE 320 Ballet I

Units:	1
Hours:	54 hours LAB
Course Family:	Ballet Technique (http://flc.losrios.edu/course-families#id_100033)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course provides an introduction to foundational ballet technique, examining the historical development of ballet and its transmission throughout Europe prior to the 1800's. In this course students will learn to perform beginning level ballet positions, barre warm up exercises, turns and techniques safely and precisely. Center and across the floor exercises will focus on increased control, strength and balance. Students will develop a ballet movement vocabulary and will be able to apply ballet terminology appropriately. Students will be able to evaluate ballet as a movement theory and an art form, using basic theoretical models to analyze dance as culturally meaningful. Students will be responsible for purchasing appropriate dance attire and ballet shoes.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate beginning level knowledge of ballet terms, positions and techniques safely and correctly, with the ability to identify and relate barre, center floor and across the floor exercises that improve control, strength and balance.

- evaluate ballet as a movement theory and an art form, applying basic theoretical models to analyze dance as culturally meaningful.
- discuss the historical foundations of ballet, including the contributions made by certain dance pioneers, choreographers, dancers and ballet companies to the advancement and transformation of ballet throughout history.

DANCE 321 Ballet II

Units:	1
Hours:	54 hours LAB
Course Family:	Ballet Technique (http://flc.losrios.edu/course-families#id_100033)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Ballet II provides students a review of basic ballet vocabulary and technique, offering an opportunity to perfect basic steps while introducing new combinations at the barre, center floor and across the floor. In this course students will learn to perform level II ballet steps safely and precisely, developing a more complex ballet movement vocabulary and be able to apply ballet terminology appropriately. Students will be able to evaluate ballet using basic theoretical models to analyze ballet as a transnational craft, analyzing the historical origins of ballet to support a deeper understanding of ballet technique and its development in Europe prior to the 20th century. Students are responsible for purchasing appropriate dance attire and ballet shoes.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate knowledge of level II ballet terms, positions and techniques, with the ability to identify and execute safely and precisely barre, center floor and across the floor exercises with fluidity and strength.
- evaluate ballet as a movement theory and an art form, applying basic theoretical models to analyze ballet as a transnational craft.
- discuss the historical foundations of ballet, including the contributions made by certain dance pioneers, choreographers and dancers prior to the 20th century.

DANCE 322 Ballet III

Units:	1
Hours:	54 hours LAB
Course Family:	Ballet Technique (http://flc.losrios.edu/course-families#id_100033)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course in Ballet III provides a progression from level II barre, center, and across the floor exercises with an emphasis on the anatomy that governs ballet mechanics. Additional movement vocabulary and a refinement in épaulement, adagio and allegro sequences will be expected. The contributions of early 20th century choreographers and dancers will be highlighted along with level III variations. Students may present their class choreography in a final showcase performance. This course is for students who have successfully completed Ballet II or equivalent, and students must provide appropriate ballet shoes and ballet dress code attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate a working knowledge of level III ballet terms, positions and techniques, with the ability to identify and execute safely and precisely all barre, center floor and across the floor exercises with control, agility, artistry and expression.
- evaluate dance as a movement theory and an art form, applying basic theoretical models to analyze ballet as culturally relevant in today's society.
- discuss the historical foundations of ballet, emphasizing the contributions made by early 20th century dance pioneers, choreographers, dancers and companies to the advancement of ballet as a transnational technique.

DANCE 323 Ballet IV

Units:	1
Hours:	54 hours LAB
Course Family:	Ballet Technique (http://flc.losrios.edu/course-families#id_100033)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course is intended for students with ballet experience, and provides a progression from level III barre, center, and across the floor exercises with an opportunity for pre-pointe work, floor barre, conditioning, and variations. Technique and sequences at this level will require a refinement of intermediate steps and variations, as well as breathing techniques for muscular strength and endurance exercises. The contributions of contemporary ballet choreographers, dancers and companies will be highlighted in lecture. Students may showcase their work in a final semester-end performance. This course is for students who have successfully completed Ballet III or the equivalent, and students must supply appropriate ballet shoes and ballet dress code attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate knowledge of level IV ballet terms, positions and techniques, with the ability to identify and safely execute barre, center floor and across the floor exercises with precision and performance quality.
- discuss the historical foundations of ballet, including the contributions made by certain dance pioneers, choreographers, dancers and companies throughout history.
- evaluate postmodern movement theories in the context of ballet and analyze dance as culturally reflective.

DANCE 330 Modern Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://flic.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course provides an introduction to elementary modern dance techniques, concepts and choreography, examining the role of modern dance pioneers, social rebellion, women's issues and dance history. The social, cultural and political issues involving modern dance will be surveyed, as well as some basic theoretical perspectives used to analyze the origins of Modern dance. Students will develop increased technical facility in the performance of modern dance movements while improving kinesthetic awareness, strength and flexibility. A review of modern dance history and an exploration of choreographic principles will enhance understanding of the creative and expressive foundations of this art form. Students will be responsible for purchasing appropriate dance attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate basic modern dance movement safely and precisely, exhibiting increased motor skills including flexibility, muscular control, and kinesthetic awareness.
- identify the pioneers of modern dance, understanding the socio-cultural and historical context of their artistic contributions.
- evaluate Modern dance as a movement theory and an art form, applying basic theoretical models to analyze dance as culturally meaningful.

DANCE 332 Modern Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://flic.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Modern Dance II provides an augmentation to elementary modern dance techniques, concepts and choreography. A review of modern dance history and an exploration of choreographic principles will enhance understanding of the creative and expressive foundations of this art form, while students will examine the role of second generation modern dance pioneers. The social, cultural and political issues involving modern dance as an artistic expressive form will be surveyed, as well as some basic theoretical perspectives used to analyze the development of modern dance during the early 20th century. Students will develop increased technical facility in the performance of level II modern dance movements while improving kinesthetic awareness, creativity and rhythm. This course is intended for students who have successfully completed Modern Dance I or have previous dance training.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level II modern dance movement safely and precisely, exhibiting increased kinesthetic awareness, creativity and rhythm.
- identify the pioneers of second generation modern dance, understanding the socio-cultural and historical context of their artistic contributions.
- evaluate modern dance as a movement theory and art form, applying basic theoretical models to analyze early 20th century modern dance.

DANCE 333 Modern Dance III

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://flic.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Modern Dance III provides an exploration of modern dance techniques and movement concepts pioneered in the late 20th century, examining the role of postmodern theory in the development of movement ideas and choreography. Students will develop increased technical facility in the performance of modern dance level III movements while improving kinesthetic awareness and choreographic memorization. A review of modern dance history and an exploration of choreographic principles will enhance understanding of the creative and expressive foundations of this art form. This course is intended for students who have successfully completed Modern Dance II or have previous dance training.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level III modern dance movement safely and precisely, exhibiting kinesthetic awareness and choreographic memorization skills.

- identify the pioneers of late twentieth century modern dance, understanding the socio-cultural and historical context of their artistic contributions.
- evaluate modern dance as a movement theory and art form, applying basic theoretical models to analyze modern dance as culturally meaningful in contemporary society.

DANCE 334 Modern Dance IV

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://flc.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Modern Dance IV continues to develop fundamental modern dance skills learned in the previous levels, focusing on proper alignment and technique while performing complex combinations and developing a personal style. There will be opportunities for creative exploration and self-expression through the use of choreographic assignments in improvisation and movement messaging utilizing problem-solving techniques. Students will review the history of the development of modern dance, and assess the relevance of postmodern dance. Students will cultivate unique projects for a comprehensive understanding of the contemporaneous relevance of this dance form. This course is intended for students who have successfully completed Modern Dance III or have previous dance training.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level IV modern dance movement safely and precisely, across the floor patterns and choreographic sequences with grace, power and refined technique.
- identify the pioneers of the postmodern dance genre, understanding the social, cultural and political implications of their artistic contributions.
- evaluate modern dance as a movement theory and art form, applying basic theoretical models to analyze modern dance as culturally impactful and culturally reflective.

DANCE 351 Urban Hip Hop I

Units:	1
Hours:	54 hours LAB
Course Family:	Hip Hop Technique and Competition (http://flc.losrios.edu/course-families#id_100036)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course will introduce students to rudimentary elements of urban Hip Hop dance style and culture. Conditioning exercises and drills will be incorporated to develop the physical skills and capabilities necessary to execute basic Hip Hop movement. The movements will be instructor choreographed, but will allow the opportunity for students to express their individuality and creativity by developing signature techniques, as well as group formations. Students will compete in small groups as part of the experience. The historical foundations of Hip Hop dance will also be examined with emphasis placed on the positive message that Hip Hop culture brings to today's society. No previous dance experience is necessary. Low traction, comfortable athletic shoes and loose fitting clothing will be required, and some students may wish to wear knee pads. This course is not open to students who have previously received credit for Dance 311.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level I Hip Hop dance warm ups, isolations, footwork and dance choreography with safe and proper technique.
- examine the foundations of Hip Hop culture in America.
- evaluate the role of Hip Hop dance as a global phenomenon and as a forum for social commentary.

DANCE 352 Urban Hip Hop II

Units:	1
Hours:	54 hours LAB
Course Family:	Hip Hop Technique and Competition (http://flc.losrios.edu/course-families#id_100036)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course allows for further study of hip hop dance and continues the development of technique and style on a more comprehensive level. Urban Hip Hop II presents rigorous exercises for improved strength and kinesthetic awareness, using a new vocabulary of intricate steps. The focus is on locomotor movements across the floor to improve smooth execution and center combinations to develop steps done in hard-hitting percussive styles with a progression in technical difficulty. Students will have more opportunity to explore freestyle movement and participate in session work. The theoretical emphasis of this class will cover the progression of hip hop culture from inception to the current trends of today. Low traction, comfortable athletic shoes and loose fitting clothing will be required, and some students may wish to wear knee pads.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level II hip hop dance warm ups, isolations, footwork and dance choreography with safe and proper technique.

- discuss the development of hip hop culture in America.
- assess the role of hip hop dance as a global phenomenon and as a forum for social commentary.

DANCE 353 Urban Hip Hop III

Units:	1
Hours:	54 hours LAB
Course Family:	Hip Hop Technique and Competition (http://flc.losrios.edu/course-families#id_100036)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course emphasizes style, technical precision, strength, agility, and the cultivation of urban dance somatics. Dance combinations will introduce new styles and increase the degree of difficulty with center floor work. Urban Hip Hop III dance combinations will be taught covering various styles within hip hop dance genre, and students will work in groups to create a final presentation that expands the teacher choreographed dance into a full length performance piece, utilizing choreographic elements and student choreography. The theoretical emphasis of this course will cover the development of the various styles of hip hop dance including, but not limited to: b-boying/b-girling, breaking, krumping, popping, locking, and tutting. Low traction, comfortable athletic shoes and loose fitting clothing will be required, and some students may wish to wear knee pads.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate Level III Hip Hop dance warm ups, isolations, choreography and dance choreography with safe and proper technique.
- discuss the development of various Hip Hop dance styles.
- assess the role of Hip Hop culture, music and dance as a global phenomenon and as a forum for social commentary.

DANCE 354 Urban Hip Hop IV

Units:	1
Hours:	54 hours LAB
Course Family:	Hip Hop Technique and Competition (http://flc.losrios.edu/course-families#id_100036)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course is for students with previous Hip Hop dance training, and builds on the foundation provided in Dance 353. It will focus on improvisation, freestyle, cyphering, and battling. Musicality and storytelling are explored along with floor work, rapid tempos, and building upper body strength. Low traction, comfortable athletic shoes and loose fitting clothing will be required, and some students may wish to wear knee pads.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level IV hip hop dance choreography with safe and proper technique, including group work, storytelling and partnering with individual style.
- discuss the socio-cultural impact of hip hop culture on urban, sub-urban and rural American youth.
- assess the global competition realm for hip hop dancers globally, and its relationship to the emerging social messaging for non-American youth.

DANCE 377 Musical Theatre Dance I

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Musical Theatre Dance (http://flc.losrios.edu/course-families#id_100038)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course provides students an opportunity to explore the musical theatre genre, including dance movement, audition techniques, singing and acting basics as well as analysis of fundamental theoretical concepts associated with the early American musical at the turn of the twentieth century. Lectures and movement activities will highlight the historical context of early musicals, and trace how musicals are reflective of society. Students will engage in basic dance technique exercises, as well as learn musical theatre choreography which will culminate in a formal presentation of group choreography. Previous experience with musical theatre dance is not required. Students must acquire appropriate dance shoes and attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply safe and correct dance technique for the creation and execution of musical theatre dance choreography, properly integrating dance steps related to the early American musical.
- assess the social and political events that shaped the early twentieth century American musical.
- evaluate noted musicals from the 1900's to the 1930's in terms of movement quality and historical context.

DANCE 378 Musical Theatre Dance II

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Musical Theatre Dance (http://flic.losrios.edu/course-families#id_100038)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Musical Theatre Dance II will explore fundamental physical and theoretical concepts associated with the social, historical and political forces that shaped, and continue to shape, the development of the American musical. From early Vaudeville variety format to the structuralist model of the integrated musical, this class will also delve into the advent of the postmodern genre. Musical Theatre Dance II is focused on 20th and early 21st century trends in musical theatre. Dance steps, patterns and sequences will aid in the physical understanding and historical chronicling of the lineage of theatrical dance technique, such as the rejection of the linear plot and creative use of physical space. The roles played by minority populations, people of color, same-sex orientation and various gender identities, people with disabilities, and women will be examined. Lectures and movement activities will highlight the political and social contextualization of several key musicals and resulting choreographic innovations. Students will trace how musicals are affected by social messaging and political activism, and explore how musicals may in turn affect social change. Students will engage in musical theatre dance movement studies, learn audition strategies and incorporate dance stylization and technique into choreographic exercises culminating in a formal presentation of group choreography. Previous experience with musical theatre dance is not required, but highly recommended. Students must supply appropriate dance shoes and dance attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- investigate, perform movement and discuss the American identity embedded within the 20th century integrated musical through the postmodern musical theatre genre.
- evaluate the contributions made by noted musical theatre dance choreographers during the 20th and 21st centuries to the advancement and transformation of dance throughout history.
- apply safe and correct dance technique for the creation and execution of musical theatre dance choreography.

DANCE 380 World Dance History

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area I; AA/AS Area VI; CSU Area C1; IGETC Area 3A
Catalog Date:	June 1, 2020

World Dance History will survey the development of dance traditions around the world from antiquity to the present day, applying basic theoretical models to analyze dance as culturally meaningful. The course will explore how/why dance is created, borrowed/exploited, hybridized and revered in human culture. The impact of social, political, economic, cultural and religious forces shaping dance throughout history will be examined. Cross-cultural transmissions of movement stylization will inform the students' understanding of dance chronology and theory.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate cross-culturally informed historical inquiry by analyzing lecture and research materials to determine the cultural origin or pioneers of certain dance styles.
- assess the contributions, sacrifices and experiences of marginalized populations and ethnic groups in both Western and non-Western societies.
- analyze critically the chronology of world history through the lens of dance, and articulate pivotal events that influenced and continues to influence the development of dance traditions in human culture.
- evaluate the cultural dynamics of religious, political and scientific thoughts of the ages, as well as ethnocentrism, which impacted the development, refinement and advancement of dance throughout history from antiquity to the present day.
- demonstrate competency skills necessary to conduct basic research of historical documents, publications and references.

DANCE 381 Pedagogy: Theory and Practice

Units:	2
Hours:	30 hours LEC; 18 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	CSU Area E2
Catalog Date:	June 1, 2020

This course is designed to integrate the student's physical knowledge of dance technique with the pedagogical theory and practice of dance teaching with particular emphasis on social and cultural aspects of pedagogical theory in multiple settings. Effective methodologies for the teaching of safe and correct dance technique will be explored, specifically on how to guide beginning level dancers to intermediate and more advanced levels in a logical, progressive, and responsible manner. Students will gain an understanding of how particular problems and solutions within dance curriculum are organized and presented effectively for optimal success as a dance educator. This course emphasizes pedagogical structure and theory, adapted to the diverse interests and abilities of learners, and incorporates off-site classroom observation, lesson planning, classroom teaching and classroom management techniques. The principles, techniques, and materials used in the teaching of dance will culminate in a Teaching Practicum.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- examine and evaluate methods of classroom management, analyzing the qualities of effective teachers of dance.
- demonstrate the ability to structure a basic dance class, creating a dynamic lesson plan with logical progression and the opportunity for student inquiry, technical proficiency and enjoyment.
- adapt a lesson plan to various levels, dance styles and classroom environments, with particular attention to technical proficiency and the cultivation of a culture of inclusiveness.

DANCE 382 Fitness Injury Prevention and Management

Same As:	KINES 417
Units:	2
Hours:	36 hours LEC
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(b)
Catalog Date:	June 1, 2020

This course is an introduction to injury identification, prevention and management. Nutrition for optimal performance in athletics and dance will also be discussed. Students may be required to provide minor first aid supplies such as elastic wrap or athletic tape. This course does not discuss extreme trauma injuries. Not open to students who have completed KINES 417.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop a strength and flexibility plan for avoiding and preventing common injuries in fitness activities.
- demonstrate knowledge of the musculoskeletal system, body mechanics, and fitness injury terminology.
- identify and treat the most common acute, chronic, and environmentally induced fitness injuries.
- assess fitness participants' health and discuss fitness concerns for special populations.

DANCE 383 The Business of Dance

Units:	2
Hours:	36 hours LEC
Prerequisite:	None.
Transferable:	CSU
Catalog Date:	June 1, 2020

The Business of Dance encompasses a comprehensive overview of the possible professional applications for a student studying dance. Careers such as professional dancer, choreographer, company director, dance historian, dance critic, dance educator, dance studio owner, dance movement therapist and non-profit arts management will be explored. Students will be expected to conceptualize, understand, and begin to implement strategies for workplace applicability in their area of emphasis in relation to dance. This course requires an offsite visit to a dance related place of employment.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- outline knowledgeably the professional applications of dance, including industry expectations for each employment opportunity.
- identify, strategize, design, and implement a plan to obtain employment in the field of dance with self reflection and clarity for workplace applicability best suited to their skills in dance.
- describe the role that diversity, professionalism and versatility play in relation to employment in a dance specific environment.

DANCE 410 Dance Composition and Production I

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Dance Composition and Production (http://flic.losrios.edu/course-families#id_100041)
Prerequisite:	None.
Enrollment Limitation:	Students must audition for admission into Dance Composition and Production the first week of class.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course is designed to give students the opportunity to choreograph and perform dance at the college level. Students will improve technique and experience several dance styles by exploring fundamental concepts of dance composition and movement through improvisation, as well as understand the role of the choreographer in dance production. Choreographic projects will culminate into a semester-end showcase. Students with some dance experience in any genre of dance are encouraged to audition for admission into this class, and students will be responsible for acquiring appropriate dance shoes and attire. This course was formerly known as Dance 372. This course is not open to students who have received credit for Dance 372.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze basic concepts of dance composition, constructing dance movement related to different motivations, patterns, styles, and compositional elements.
- perform dance choreography in an informal and formal performance setting, with safe and correct technical execution of steps and movement patterns.
- diagram/document dance choreography through utilization of critique, dance notation, technology and/or portfolio.

DANCE 411 Dance Composition and Production II

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Dance Composition and Production (http://flic.losrios.edu/course-families#id_100041)
Prerequisite:	None.
Enrollment Limitation:	Students must audition for admission into Dance Composition and Production the first week of class.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Students of Dance Composition and Production II will incorporate choreographic dance concepts and techniques using locomotor skills, axial movement, dynamics, direction, time, improvisation, and rhythm to create an individual approach to choreography. Using the seven qualities of movement, phrases, functions of staging and focal directives, students will utilize these concepts in a performance application. Students with intermediate or advanced level experience in any genre of dance are encouraged to audition for admission into this class and will be responsible for acquiring appropriate dance shoes and attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level II dance movement safely and precisely, applying proper technique for the creation and execution of several dance styles in choreography.
- analyze and incorporate concepts of the choreographic process to create an individualized approach to choreography.
- organize, strategize, collaborate and produce a group dance piece from inception, through successful rehearsal to production and public performance.

DANCE 412 Dance Composition and Production III

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Dance Composition and Production (http://flic.losrios.edu/course-families#id_100041)
Prerequisite:	None.
Enrollment Limitation:	Students must audition for admission into Dance Composition and Production the first week of class.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

Dance Composition and Production III dancers will synthesize choreographic principles of dance through improvisation and manipulation movement studies, using critical and creative thinking skills. Students will improve technique by exploring stylization, progressive concepts of dance composition, as well as understand the role of the stage manager in dance production. Professional standards for performing on tour will augment possible teaching and performing outreach projects. Students with intermediate or advanced level experience in any genre of dance are encouraged to audition for admission into this class and will be responsible for acquiring appropriate dance shoes and attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate level III dance movement safely and precisely, applying proper technique for the creation and execution of several dance styles in choreography.
- analyze and solve challenges involving production coordination including costumes, props, time lines and backstage logistics.
- collaborate and produce dance pieces for both informal and formal performance settings.

DANCE 413 Dance Composition and Production IV

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Dance Composition and Production (http://flic.losrios.edu/course-families#id_100041)
Prerequisite:	None.
Enrollment Limitation:	Students must audition for admission into Dance Composition and Production the first week of class.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

This course provides dancers at the pre-professional level and opportunity to audition, choreograph and perform. With emphasis on the art of creating effective dance compositions, students will integrate more complex resources and tools using theme, design, dynamics, rhythm, and motivation with the application of symmetry, asymmetry, phrasing of dance, and stage space. Choreography will result in a formal performance. Students with intermediate or advanced level experience in any genre of dance are encouraged to audition for admission into this class and will be responsible for acquiring appropriate dance shoes and attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate pre-professional level dance movement safely and precisely, applying proper technique for the creation and execution of several dance styles in choreography.
- integrate complex dance making tools into a choreographic project for formal public performance.
- analyze and incorporate the experience of an authentic dance audition into a self study.

DANCE 440 Performing and Touring Group: MOSAIC Dance Company I

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Touring Group Performance and Production (http://flic.losrios.edu/course-families#id_100044)
Prerequisite:	None.
Enrollment Limitation:	Enrollment in this course and participation in MOSAIC Dance Company is granted only through a successful completion of the formal dance audition process at Folsom Lake College. Intermediate and advanced students of dance are encouraged to audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

MOSAIC Dance Company I is a course designed to provide audition experiences and performance opportunities for intermediate and advanced dancers at the pre-professional level. MOSAIC dancers will represent the Folsom Lake College Dance Program in the community through public performance. This course emphasizes audition skills, choreography techniques, and professional standards for production coordination. Student may be exposed to several genres of dance including but not limited to: Ballet, Jazz, Tap, Hip-Hop, Lyrical, Contemporary and other cultural styles. Students must supply dance attire, costumes and appropriate dance shoes for rehearsals and performance. Students are admitted into MOSAIC Dance Company by audition only.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate intermediate and advanced level dance movement safely and precisely, applying proper technique for a successful audition experience.
- analyze and solve challenges involving production coordination including costumes, props, time lines and backstage logistics.
- organize, strategize, collaborate and produce dance pieces from inception through successful rehearsal to production and public performance.

DANCE 441 Performing and Touring Group: MOSAIC Dance Company II

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Touring Group Performance and Production (http://flic.losrios.edu/course-families#id_100044)
Prerequisite:	None.
Enrollment Limitation:	Enrollment in this course and participation in MOSAIC Dance Company is granted only through a successful completion of the formal dance audition process at Folsom Lake College. Intermediate and advanced students of dance are encouraged to audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

MOSAIC Dance Company II is a course designed to provide performance opportunities for intermediate and advanced dancers at the pre-professional level. MOSAIC dancers will represent the Folsom Lake College Dance Program in the community through teaching and performing outreach projects, which may involve travel. Students will collaborate and implement a dance education outreach project, as well as understand professional standards for lesson planning and outreach programming. Dancers may be exposed to several genres of dance including but not limited to: Ballet, Jazz, Tap, Hip-Hop, Lyrical, Contemporary and other cultural styles. Students must supply dance attire, costumes and appropriate dance shoes for rehearsals and performance. Students are admitted into MOSAIC Dance Company by audition only.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate intermediate and advanced level dance technique safely and precisely with creative staging for large group formations.
- collaborate to create dance pieces from inception, through successful rehearsal to production and public performance.
- analyze and solve challenges involving outreach education coordination including scheduling, lesson planning, technology, program creation and effective communication.

DANCE 442 Performing and Touring Group: MOSAIC Dance Company III

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Touring Group Performance and Production (http://flic.losrios.edu/course-families#id_100044)
Prerequisite:	None.
Enrollment Limitation:	Enrollment in this course and participation in MOSAIC Dance Company is granted only through a successful completion of the formal dance audition process at Folsom Lake College. Intermediate and advanced students of dance are encouraged to audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

MOSAIC Dance Company III is a course designed to provide a touring performance opportunity for intermediate and advanced dancers at the pre-professional level. MOSAIC dancers will represent the Folsom Lake College Dance Program in the community through a performance tour, which will involve some travel. Students will review audition skills, choreography techniques, and production coordination requirements for performing on tour. Dancers may be exposed to several genres of dance including but not limited to: Ballet, Jazz, Tap, Hip-Hop, Lyrical, Contemporary and other cultural styles. Students must supply dance attire, costumes and appropriate dance shoes for rehearsals and performance. Students are admitted into MOSAIC Dance Company by audition only.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- design choreography, costumes and props for rehearsal and public performance.

- understand and participate in backstage duties for successful mounting of a touring production.
- coordinate group logistics: travel arrangements, technology and scheduling for a successful dance tour experience.

DANCE 443 Performing and Touring Group: MOSAIC Dance Company IV

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	<u>Touring Group Performance and Production (http://flic.losrios.edu/course-families#id_100044)</u>
Prerequisite:	None.
Enrollment Limitation:	Enrollment in this course and participation in MOSAIC Dance Company is granted only through a successful completion of the formal dance audition process at Folsom Lake College. Intermediate and advanced students of dance are encouraged to audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

MOSAIC Dance Company IV is a course designed to provide performance opportunities for intermediate and advanced dancers at the pre-professional level. MOSAIC dancers will represent the Folsom Lake College Dance Program in the community through group performance in a formal concert setting. Students will review and refine audition skills, choreography techniques, professional standards for performing on tour, as well as implementation of education outreach projects, which may involve travel. Dancers may be exposed to several genres of dance including but not limited to: Ballet, Jazz, Tap, Hip-Hop, Lyrical, Contemporary and other cultural styles. Students must supply dance attire, costumes and appropriate dance shoes for rehearsals and performance. Students are admitted into MOSAIC Dance Company by audition only.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- experience an authentic professional audition and analyze its processes.
- design group choreography for concert performance, utilizing costumes, technology and props effectively.
- coordinate backstage crew for behind-the-scenes duties for rehearsal and performance in a concert style setting.

DANCE 495 Independent Studies in Dance

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	CSU Area E2
Catalog Date:	June 1, 2020

DANCE 498 Work Experience in Dance

Units:	1 - 4
Hours:	60 - 300 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Student must be in a paid or non-paid internship, volunteer opportunity, or job related to career interests.
Advisory:	ENGWR 101 or ESLW 320
Transferable:	CSU
General Education:	AA/AS Area III(b)
Catalog Date:	June 1, 2020

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of Dance. Course content will include understanding the application of education to the workforce; completing required forms which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. During the semester, the student is required to attend orientation. Students must complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience, for one unit. An additional 75 hours of related paid work experience or 60 hours of related unpaid work experience is required for each additional unit. The course may be taken for a maximum of 16 units. Students should have access to a computer, the Internet, and some computer media such as a USB drive to store data files. Online students must have an email account. Only one Work Experience course may be taken per semester.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply industry knowledge and theoretical concepts in a field of study or career as written in the minimum 3 learning objectives created by the student and his/her employer or work site supervisor at the start of the course.
- manage personal career plans and decision making using industry & workforce information and online resources.
- behave professionally and ethically, exhibit adaptability, initiative, self-awareness and self-management as needed.
- exhibit effective communication, collaboration, and leadership skills at work with consideration to workplace dynamics and social and diversity awareness.
- demonstrate critical and creative thinking skills as they apply to the workplace.

DANCE 499 Experimental Offering in Dance

Units:	0.5 - 4
---------------	---------

Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU
General Education: CSU Area E2
Catalog Date: June 1, 2020

Faculty

Sunny Mitchell

Adjunct Professor

Office: FLC Main
Email: [mitches@flc.losrios.edu \(mailto:mitches@flc.losrios.edu\)](mailto:mitches@flc.losrios.edu)
Web: [Sunny Mitchell's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/sunny-mitchell\)](/about-us/contact-us/faculty-and-staff-directory/sunny-mitchell)

Debi Worth

Professor

Office: FLC Main, Physical Education, PE-203
Email: [worthd@flc.losrios.edu \(mailto:worthd@flc.losrios.edu\)](mailto:worthd@flc.losrios.edu)
Phone: (916) 608-6775
Web: [Debi Worth's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/debi-worth\)](/about-us/contact-us/faculty-and-staff-directory/debi-worth)

Liberal Arts and Social Sciences

[\(/academics/meta-majors\)](/academics/meta-majors)

This program is part of the Liberal Arts and Social Sciences meta-major.

LEARN MORE > (</ACADEMICS/META-MAJORS>)