

# DANCE



The Dance Department offers a degree in dance and physical expression. Students completing this degree will have a basic foundation in dance with skills that include: being able to teach dance, skill analysis, terminology, presentation, flexibility, strength, and endurance.

Career opportunities upon successful completion of this degree include preparation for employment in private dance studios, recreation programs, after-school programs, dance drill/auxiliary teams, fitness gyms, cheerleading, entertainment parks, or with semiprofessional or professional theater or dance companies.

## Contact Information

### Physical Education Division Chair

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## Associate Degree

- Associate of Arts in Dance (AA) (<https://catalog.cos.edu/areas-study/dance/associate-arts-dance-not-for-transfer-aa/>)

For a complete list of courses and descriptions visit: COURSES (<https://catalog.cos.edu/course-descriptions/>)

### DANC 041 Musical Theatre Performance - Dance

2unit(s)

Hours: 7 Activity

Experience dance, music, drama and theatre through active participation in a musical production. Includes training and experience in all facets of the theatre.

**Limitation on Enrollment:** Audition by Department.

### DANC 050 Ballet 1

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This course provides an introduction to the study of ballet, including its history, tradition, styles and forms. Beginning vocabulary, positions and terminology are emphasized.

### DANC 051 Ballet 2

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Continuation into the intermediate fundamentals of ballet technique and training. The course includes: ballet barre, center adagio, allegro work, and across-the-floor combinations.

**Prerequisites:** DANC 050 or equivalent college course with a minimum grade of C.

### DANC 054 Modern Dance 1

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This course is an introduction to the fundamentals of Modern Dance technique. Emphasis on the importance of breath, body alignment, rhythmic movement, and the exploration of movement through time, space and energy.

### DANC 055 Modern Dance 2

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

### **Equivalent Course: DANC 155**

This course builds onto the concepts of modern dance through control of breath, body alignment, rhythmic movement, and the exploration of movement through time, space and energy. Students can expect to increase the range of movement and flexibility in legs.

### DANC 056 Contemporary Dance

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Contemporary Dance is a free flowing blend of emotional expression. Building on the Ballet/Modern skills, the course explores extensive floor and acrobatic elements. This course moves at an accelerated rate. It requires fast footwork, flexibility, strong arms and hands for floor work, as well as strong leg and core skills that enable the student to jump and fall quickly to the floor.

### DANC 058 Jazz Dance 1

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

An introduction to the basic movement skills employed in jazz dance techniques. Compositional forms and rhythms are practiced, leading to an understanding and appreciation of jazz as an artistic dance form.

### DANC 059 Jazz Dance 2

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This is the second level of jazz dance. The course covers basic skills, with an emphasis on conditioning and flexibility. Emphasis on techniques presented, as well as information on historical and stylistic perspectives of this dance form.

**DANC 061 Jazz Dance Styles 2****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course offers Jazz dance instruction for dancers at the high intermediate level. It includes thorough warm up exercises, technique, vocabulary skills and concepts to prepare the body as an instrument of expression in various styles of Jazz Dance.

**DANC 062 Tap Dancing 1****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This beginning level of tap introduces the dance student to single, and double sounds made with the feet. Creating Rhythm sounds with foot work, that feature specific body coordination and weight change skills are taught.

**DANC 063 Tap Dancing 2****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

A second level course for students who have mastered basic tap dance skills, this course focuses on developing the speed at which students master tap routines, adding triple or quadruple sounds as well. Students are advised to take Tap 1 or have past tap experience to be successful in this class.

**DANC 070 Hip Hop****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This class will be focusing on the various aspects of the historical and current Hip Hop dance genre. Students can expect to be challenged and gain ability in strength, flexibility, coordination, rhythm, and choreographed movement.

**DANC 071 Dance Crew****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

A continuation of DANC 070 into the intermediate fundamentals of Hip Hop (Dance Crew) technique and training. Includes the intermediate vocabulary and practice of isolations and across the floor exercises.

**DANC 080 Choreography****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course emphasizes combining movements and developing ideas in relation to dynamics, design and motivation. Students will discuss forms and learn how to articulate the art of dance.

**DANC 081 Studies in Choreography****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Choreography with emphasis on combining movements and developing ideas in relation to movement phrases and developing complex ideas in relation to motivation, styles and artistic form. Discussion and critique skills will be developed to articulate the art of dance in group choreography.

**DANC 082 Contemporary Dance 2****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Using multiple forms of dance and techniques, the experienced dancer emphasizes the accelerated use and implementation of breath, body alignment, rhythm, movement, and the exploration of movement through time, space and energy.

**DANC 085 Dance Production 1****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
2 Other

This class provides instruction in creative dance expression, emphasizing intermediate techniques and choreography. Students will have opportunities for live performance.

**DANC 160 Jazz Dance Styles****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Students will learn higher level skills of jazz dance with emphasis on body alignment, strength and coordination. The class includes more advanced work in turns, isolations, and combinations and work with more complex rhythmic elements.

**Advisory on Recommended Preparation:** DANC 058 and DANC 059 or equivalent college course with a minimum grade of C.

**Dance**

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