

### **Course Description**

#### **DAA1504 | Jazz Dance 1 | 2.00 – 3.00 credits**

This course is designed to introduce the student to the vocabulary and technique of jazz dance, incorporating a fusion of styles from popular, Afro-Caribbean, and contemporary modern jazz choreographers. For majors only. Audition required. May be repeated for credit.

### **Course Competencies:**

**Competency 1:** The student will attend class regularly and focus on exercises to become physically strong and flexible through performing sequential dance exercises in class by:

1. Consistently attending dance classes and actively participating in sequential dance exercises to develop and improve physical strength and flexibility
2. Engaging wholeheartedly in class exercises by performing sequential dance movements with focus, dedication, and a commitment to developing physical strength and flexibility
3. Actively seeking opportunities to enhance physical strength and flexibility by regularly attending dance classes, actively participating in sequential dance exercises, and striving to improve personal performance and abilities

**Competency 2:** The student will concentrate on correctly performing pliés, relevés, tendus, dégagés,, extensions, isolations, locomotor movement, jumps as well as rhythmic variations and syncopation by:

1. Mastering the fundamental dance techniques by consistently practicing and correctly performing pliés, relevés, tendus, dégagés, extensions, isolations, locomotor movement, jumps, and rhythmic variations with precision and control
2. Developing technical proficiency by engaging in focused practice sessions and concentrating on the correct execution of pliés, relevés, tendus, dégagés, extensions, isolations, locomotor movement, jumps, and rhythmic variations, aiming to achieve fluidity, strength, and accuracy in each movement
3. Enhancing rhythmic skills and coordination by actively practicing rhythmic variations and syncopation in conjunction with the performance of pliés, relevés, tendus, dégagés, extensions, isolations, locomotor movement, and jumps, aiming to display a sense of musicality and dynamic expression in the dance movements

**Competency 3:** The student will perform locomotor combinations, working to achieve a sense of control, rhythm, and correct timing of movements by:

1. Practicing locomotor combinations diligently, focusing on achieving a sense of control by executing movements with precision and fluidity, while maintaining proper alignment and technique
2. Engaging in regular rhythmic exercises and drills to develop a strong sense of rhythm and timing, allowing for seamless transitions between locomotor movements in combination sequences
3. Actively seeking feedback and guidance from instructors, peers, and professionals to refine locomotor combinations and ensure correct timing of movements, aiming to achieve a high level of proficiency and mastery in executing the sequences

**Competency 4:** The student will focus on achieving a kinesthetic awareness of the body moving through space with efficiency and correct placement by:

1. Engaging in mindful movement exploration to develop a heightened kinesthetic awareness of the body, focusing on experiencing and understanding the sensations of movement through space, while ensuring efficient and correct placement
2. Actively practicing body alignment and placement exercises, aiming to cultivate a deep kinesthetic awareness of how the body moves through space, with particular emphasis on efficiency and precision in movement execution
3. Incorporating proprioceptive exercises into dance training to enhance kinesthetic awareness, focusing on developing a keen sense of body positioning, movement efficiency, and correct alignment while navigating through space

**Competency 5:** The student will focus on training his/her body to develop strength, flexibility, agility, coordination, and musicality by:

1. Engaging in regular strength training exercises to build and develop muscular strength, allowing the student to execute dance movements with power and control
2. Actively participating in flexibility training routines to enhance range of motion and suppleness, enabling the student to achieve greater fluidity and grace in dance movements
3. Practicing agility drills and exercises to improve quickness, responsiveness, and nimbleness, enabling the student to execute intricate footwork, turns, and jumps with precision and ease
4. Incorporating coordination exercises into dance training to enhance the student's ability to synchronize movements, improve body awareness, and execute complex sequences with precision and accuracy
5. Focusing on musicality by actively practicing rhythmic exercises and exploring different styles of music, aiming to develop a strong sense of musical interpretation and expression in dance movements

**Competency 6:** The student will learn to release muscular tension to train the body to move freely and easily by:

1. Engaging in regular relaxation techniques such as deep breathing exercises, stretching, and meditation to release muscular tension and promote a sense of ease and freedom in movement
2. Actively practicing body awareness exercises to identify areas of tension and consciously release muscular tightness, allowing for greater flexibility and fluidity in movement
3. Incorporating relaxation techniques and mindfulness practices into dance training to cultivate a state of physical and mental relaxation, enabling the student to move with increased ease, efficiency, and natural flow

**Competency 7:** The student will acquire an understanding of jazz dance by using appropriate dance vocabulary and applying learned concepts by:

1. Engaging in regular practice sessions to reinforce and internalize jazz dance vocabulary, actively using appropriate terminology to describe and communicate dance movements and techniques
2. Actively participating in choreography workshops and improvisation exercises to apply learned concepts of jazz dance, aiming to develop a deep understanding of movement dynamics, musicality, and stylistic elements inherent to the genre
3. Seeking opportunities to perform jazz dance routines in various settings, such as showcases or competitions, to apply and showcase acquired knowledge and skills, solidifying understanding of jazz dance through practical application and performance experience

**Competency 8:** The student will apply knowledge of jazz dance by explaining concepts to the instructor in physical demonstration as well as oral/and or written formats by:

1. Actively demonstrating jazz dance concepts and techniques to the instructor through physical execution, effectively communicating and showcasing an understanding of the movements, transitions, and stylistic elements specific to jazz dance
2. Engaging in regular verbal and written communication with the instructor to provide clear explanations and descriptions of jazz dance concepts, using appropriate dance terminology and effectively conveying understanding through oral and/or written formats
3. Actively seeking opportunities to teach or assist in jazz dance classes, workshops, or rehearsals, allowing the student to further solidify and apply their knowledge by guiding others through physical demonstration and clear verbal explanations of jazz dance concepts

**Learning Outcomes:**

- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information
- Demonstrate an appreciation for aesthetics and creative activities