



## CERTIFICATE PROGRAM COURSE CATALOG

### *Ballet Contemporary Track*

#### **Dance 101**

##### **Ballet I - credits: 3**

This course examines fundamental dance principles by studying the specific discipline of classical ballet. Instruction of simple movement sequences is strategically introduced to challenge and increase students' knowledge of form and musical phrasing. Focus is given to the study of postural alignment while using floor barre practices. This course also focuses on French ballet terminology, both in its written and physical form.

#### **Dance 102**

##### **Ballet II - credits: 3**

Building on the knowledge achieved in Dance 101, this course examines the kinesthetic principles and discipline of classical ballet. The instruction of movement sequences requires a basic foundation in both vocabulary and physical awareness. Focus is given to the comprehensive study of postural alignment through barre à terre practices, and the refinement of French ballet terminology. This course incorporates physical analysis, spatial awareness, movement patterning, musicality, and the correct application of classical ballet terminology.

#### **Dance 103**

##### **Ballet III - credits: 3**

This course is a continuation of the knowledge achieved in Dance 102; the aim of this course is to refine the students' understanding and implementation of the technical and artistic qualities of classical ballet. Strength and stamina are developed through movement sequencing and technical and musical challenges are presented while students continue to engage in floor barre practices. The aesthetic principles of the art form are explored. Emphasis is placed on the incorporation of movement material with intellectual functions and movement intention to develop students' cognitive learning.

#### **Dance 104**

##### **Ballet IV - credits: 3**

A continuation of the concepts learned on Dance 103, this is a concentrated inquiry and an advance exploration of classical ballet. It is expected that students at this level have reached both an intellectual and physical understanding of the aspects of placement, alignment, turnout, and the required strength for execution of complex movement sequences. Artistic expression is



developed through the emphasis on the quality of movement, the integration of movement material with cognitive operations and movement intention, including physical memory and sensory awareness.

### **Dance 105**

#### **Contemporary I - credits: 3**

This course introduces the form at a basic level with emphasis on integrating phrasing and musicality with movement patterns. Students develop learning skills in the classroom including current contemporary movement styles, movement analysis, problem-solving, physical and verbal articulation of dance concepts. Basic contemporary floor work techniques are introduced in this course as well as the study of Graham technique principles and Taylor style concepts.

### **Dance 106**

#### **Contemporary II - credits: 3**

Building on the knowledge achieved in Dance 105, this course emphasizes an increased kinesthetic awareness of the details and concepts as new contemporary movement vocabulary is introduced. Students sharpen the ability to interpret, analyze, and execute contemporary movement, including connection to the floor, contractions, release, spirals, and suspension at an intermediate level. Students continue to develop and refine their personal artistic expression in direct relationship to the principles outlined in the course.

### **Dance 107**

#### **Contemporary III - credits: 3**

This course is a continuation of the knowledge achieved in Dance 106, this course emphasizes the importance of the use of movement intention as an integral part of performance and an awareness of the importance of the dancers' relationship to space. Dancers utilize an expressive and qualitative range of movement, performance, and structured contemporary movement sequences. Students are expected to be reflective and engage in critical thinking while embodying concepts of modern and contemporary dance, their social and historical influence, and the relationship between both.

### **Dance 108**

#### **Contemporary IV - credits: 3**

A continuation of the concepts learned on Dance 107, in this course students must demonstrate a deep level of intellectual understanding and an ability to articulate both verbally and physically the concepts and theories of modern and contemporary methodologies. Somatic awareness and kinesthetic control specifically during floor work and movement sequences are presented in this course. Advanced Artistic expression is developed through the emphasis in the quality of movement, movement mechanics, and the integration of contemporary movement material with cognitive operations, including physical, memory and sensory awareness.



### **Dance 109**

#### **Performance Skills I - credits: 2**

This course is an introduction to the art and skills of extemporaneous dancing. It functions as a dance laboratory where students practice awareness training, somatic approaches to movement, exploratory exercises and undertake detailed kinetic research. This course gives students the tools to express movement in a personal manner.

### **Dance 110**

#### **Performance Skills II - credits: 3**

This course is a continuation and development of the skills in Dance 109. The course provides opportunities for personal reflection, group discussion and analysis of assigned readings, media, and live performance. Special emphasis is placed on solo performance studies and practices, confidence building and peer assessment.

### **Dance 111**

#### **Performance Skills III - credits: 3**

This course is a continuation of the knowledge achieved in Dance 110. In this course students are introduced to voice and singing techniques in relation to movement. Students will learn to describe and differentiate between the distinctive improvisatory practices and values developed by modern and contemporary artists to serve as tools for their personal voice as movers.

### **Dance 112**

#### **Performance Skills IV - credits: 4**

A continuation of the concepts learned on Dance 111. Students must demonstrate a deep intellectual understanding and ability to articulate both verbally and physically the concepts and theories of performance techniques developed in this course. Artistic maturity is achieved through emphasis on the personal and unique characteristics of each student and of the group as a collective unit. Students are expected to assimilate choreography, use previous acquired knowledge on improvisatory practices, voice, and singing practices to develop the necessary skills for them to confidently perform movement.

### **Dance 113**

#### **Theory Studies I - credits: 4** (Dance Composition, Dance History, Independent Study Practice, and Music)

This introductory course examines the basic framework of dance history, dance composition, and music with an emphasis on student's individual practices as dancers, performers and movers. Students will explore how dance, music, and composition have developed as a result of history, cultural context as well as study the masters of dance and choreography who have laid the foundation of current dance trends.

### **Dance 114**

#### **Theory Studies II - credits: 3** (Anatomy, Independent Study Practice, and Music)

This course is a continuation and development of the skills explored in Dance 113. In this course students will be introduced to anatomy to provide an understanding of how it pertains to dance



while giving students the opportunity to apply the knowledge to their own bodies and practices. This course also focuses on the study of music. Students will gain tools and concepts that will enhance their musicality by allowing them to make interdisciplinary connections and equipping them with the correct terminology to articulate their knowledge.

### **Dance 115**

**Theory Studies III - credits: 3** (Dance Composition, Stage Craft, and Independent Study Practice)

This course is a continuation of the knowledge achieved in Dance 114. In this course students will get familiarized with techniques and tools to generate movement and further their personal investigation on movement practices and tendencies. Students will be encouraged to further investigate the origin and inspiration for various dance forms. This course will also serve as an introduction to knowledge, skills and responsibilities associated with a wide variety of stage technologies and activities to be found in the world of technical theatre, particularly as it relates to dance production.

### **Dance 116**

**Theory Studies IV - credits: 2** (Dance Criticism and Independent Study Practice)

A continuation of the concepts learned on Dance 115. Students must demonstrate a deep level of intellectual understanding of various dance forms and theories as well as develop the ability to articulate the concepts presented in this course. Students will be able to find similitudes and draw interdisciplinary connections. This course will provide the necessary tools for students to have a well-informed opinion about dance and dance performance. Students will be able to articulate and describe dance in a knowledgeable way using the proper terminology.

## ***Commercial Track***

### **Dance 201**

**Ballet I - credits: 2**

This course examines fundamental dance principles by studying the specific discipline of classical ballet at a basic level. Instruction of simple movement sequences are strategically introduced to challenge and increase students' knowledge of movement form with focus on musical phrasing. Emphasis is given to the study of postural alignment through the study of floor barre, and ballet terminology, both in its written and physical form.

### **Dance 202**

**Ballet II - credits: 2**

Building on the knowledge achieved in Dance 201, this course examines the kinesthetic principles and discipline of classical ballet. The instruction of movement sequences requires a basic foundation in both vocabulary and physical awareness. Students reinforced their practices by studying barre à terre technique in addition to the conventional ballet class. Focus is given to the comprehensive study of postural alignment, the refinement of ballet terminology. This course



incorporates physical analysis, spatial awareness, movement patterning, musicality, and the correct application of the terminology.

### **Dance 203**

#### **Ballet III - credits: 2**

This course is a continuation of the knowledge achieved in Dance 202; this course aims to refine the students' understanding and implementation of the technical and artistic qualities of classical ballet at an intermediate level. Strength and stamina are developed through movement sequencing, floor barre, technical and musical challenges. The aesthetic principles of the art form are explored. Emphasis is placed on the incorporation of movement material with cognitive functions and movement intentions to develop the psychology of the student.

### **Dance 204**

#### **Ballet IV - credits: 2**

A continuation of the concepts learned on Dance 203, this is a concentrated inquiry of and exploration in advanced classical ballet. It is expected that students at this level have reached both an intellectual and confident physical understanding of the aspects of placement, alignment, turnout, and the required strength for execution of complex ballet movement sequences. Students continue their practices in floor barre during this course. Artistic expression is developed through the emphasis in the quality of movement, the integration of movement material with cognitive operations and movement intention, including physical memory and sensory awareness.

### **Dance 205**

#### **Hip Hop I - credits: 3 (House, Party Moves, Soul)**

This course examines fundamental dance principles by studying the style of Hip Hop dance and culture. Instruction of simple movement sequences is strategically introduced to challenge and increase students' knowledge of the Hip Hop style and musical phrasing. Focus is given to the study of House, party/club dances and soul-dance-based moves. Students will learn how to flex and isolate small movements in the joints, which create the look of "Popping" and "Locking" that they will need in Hip Hop II.

### **Dance 206**

#### **Hip Hop II - credits: 3 (House, Heels, Popping, Locking)**

Building on the knowledge achieved in Dance 205, this course examines the kinesthetic principles and style of Hip Hop dance. The instruction of movement sequences requires a basic foundation in both terminology and physical awareness. Focus is given to the comprehensive study of the Old and New School styles, House, and Popping and Locking. This course will provide students with the fundamental tools and techniques of interpreting Hip Hop music, anticipating sounds and movements, and the embodiment of the music through the use of body and vocal percussion.



### **Dance 207**

#### **Hip Hop III - credits: 3** (Vogue, Waving, Waacking)

Building on the knowledge achieved in Dance 206, this course aims to refine the students' understanding and implementation of the technical and artistic qualities of Hip Hop. Students are expected to have the stamina and coordination to execute a full and complex choreographic sequence. This course will provide students with the opportunity to strengthen their rhythm, muscle activation, precision and performance presence. There will be an emphasis on Waacking, Voguing, and Waving techniques. Students will develop ways to connect with a specific character, portray emotions and personalities through Hip Hop movement vocabulary.

### **Dance 208**

#### **Hip Hop IV - credits: 3** (House, Vogue, Popping, Locking, Waacking)

A continuation of the concepts learned on Dance 207, this is a concentrated inquiry of and exploration in advance Hip Hop. Emphasis will be on staying connected to the music and "rockin' the beat" as well as achieving muscle control and create body isolations to make the illusion of "popping". It is expected that students at this level have reached both an intellectual and physical understanding of important aspects of the diverse styles of Hip Hop like House, Popping, Locking, Waacking and Voguing. Students will required strength for execution of complex movement sequences. A strong Hip Hop foundation and personal style will emerge and develop in this course.

### **Dance 209**

#### **Performance Skills I - credits: 2**

This course is an introduction to the art and skills of spontaneous dancing in the commercial movement styles such as Theater Dance, Broadway, Tap, and Street Jazz. This course will function as a dance laboratory where students practice awareness, somatic approaches to movement, exploratory exercises and undertake detailed kinetic research. This course will also incorporate knowledge on improvisatory practices, basic voice techniques and singing practices to develop the necessary skills for them to confidently perform with movement.

### **Dance 210**

#### **Performance Skills II - credits: 3**

This course is a continuation and development of the skills in Dance 209. This course provides opportunities for personal reflection, group discussion and analysis of media, and live performance within the commercial dance world. Students consider the historical events of the last century and examine how these events impacted various cultural movement forms and in particular American dance styles, shaping today's popular Street, Hip-Hop, and Theater dance

scene in the T.V, theater and Film industry. Students in this course will develop the skills that are associated with the extraversion and exuberance needed in the entertainment industry. Voice, acting, and improvisational practices will be explored in this course.



### **Dance 211**

#### **Performance Skills III - credits: 3**

This course is a continuation of the knowledge achieved in Dance 210. In this course students learn basic voice techniques and the ways they relate to the studied commercial movement and styles. This course will help students to learn how to describe and differentiate between commercial and theatre practices and values. Students will develop agility in mind and body to be able to shift from one commercial dance style to another.

### **Dance 212**

#### **Performance Skills IV - credits: 4**

A continuation of the concepts learned on Dance 211. Students in this course are expected to master the skills necessary to meet the demands of the entertainment industry, where different styles of movement are combined in a fast-paced and often unusual ways. Artistic maturity is developed through the emphasis in the personal and unique characteristics of each student as well as their ability to use multidisciplinary concepts to help them have a well-rounded performance. At the end of this course, students will gain the necessary skills to be considered a triple threat performer.

### **Dance 213**

#### **Theory Studies I - credits: 4** (Dance Composition, Dance History, Independent Study Practice, and Music)

This introductory course examines the basic framework of dance history with an emphasis on the origins of commercial dance styles and their effect on the development of urban dance around the world. This course will also explore dance composition and music with an emphasis on student's individual practices as dancers, performers and movers. Students will explore how urban dance forms have advanced through history, cultural context and origins, and the individual choreographers and dancers who have led the extensive history of the commercial art form.

### **Dance 214**

#### **Theory Studies II - credits: 3** (Anatomy, Independent Study Practice, and Music)

This course is a continuation and development of the skills in Dance 213. In this course students will be introduced to anatomy to provide an understanding of how that pertains directly to commercial dance, giving students the opportunity to apply the knowledge to their own bodies and practices. Elements of music theory are introduced with an emphasis on urban, popular, and cultural music. Students will gain tools and concepts that will enhance their practices as dancers by allowing them to make interdisciplinary connections and having the correct terminology to articulate their knowledge.

### **Dance 215**

#### **Theory Studies III - credits: 3** (Dance Composition, Stage Craft, and Independent Study Practice)

This course is a continuation of the knowledge achieved in Dance 214. In this course students are encouraged to further investigate the origin and inspiration for commercial dance to develop a language in which to discuss specific attributes. In this course students will get familiarized with



diverse techniques and tools to generate urban inspired movement and further their personal investigation on movement practices. This course will also serve as an introduction to knowledge, skills and responsibilities associated with a wide variety of stage technologies and activities to be found in the world of technical theatre, particularly as it relates to dance production.

### **Dance 216**

#### **Theory Studies IV - credits: 2** (Dance Criticism and Independent Study Practice)

A continuation of the concepts learned on Dance 215. Students will be able to find similitudes and draw interdisciplinary connections and concepts. This course will provide the tools for students to have a well-informed opinion about commercial dance and dance performance. Students will be able to articulate and describe dance in a knowledgeable way using the correct terminology. Students in this course are expected to understand the theory and history behind commercial dance as well as recognize the demands of the entertainment industry.

### **Dance 217**

#### **Theatre Dance I - credit: 1**

This course introduces students to the idioms and influences associated with the development of Jazz as a unique U.S. American dance form, leading to the development of Theatre Dance. Through the course, students develop an understanding of the rhythmic and dynamic differences inherent in Jazz, which incorporates syncopation, improvisation and polyrhythmic phrasing. Attention is paid to the historical and cultural influences of jazz as an American phenomenon, its African-American roots, and its continuous development as influenced by social trends.

### **Dance 218**

#### **Theatre Dance II - credit: 1**

This course is a continuation and development of the skills explored Dance 217. This course will survey vernacular Jazz, Contemporary, Folk Dance, Performance Art, Dance Theater, Tap, and other urban commercial dance styles. Students work on precision, body awareness, and performance. Students are required to research influential Jazz and Theatre Dance choreographers and learn how to describe their specific dance styles.

### **Dance 219**

#### **Theatre Dance III - credit: 1**

This course is a continuation of the knowledge achieved in Dance 218. The course emphasizes the importance of the use of movement intention as an integral part of performance. Students will develop awareness through an investigation of the relationship between Theatre Dance and

music. Dancers utilize an expressive and qualitative stylized movement including the one of Bob Fosse, Jack Cole, Matt Mattox, and Luigi. Students are expected to reflect and engage in critical thinking while embodying concepts of theatre dance and its social and historical influence.





### **Dance 220**

#### **Theatre Dance IV - credit: 1**

A continuation of the concepts learned on Dance 219. In this course, students must demonstrate a deep level of intellectual understanding and the ability to articulate both verbally and physically the concepts and practices of Theatre, Jazz, Tap, and Broadway dance styles. Artistic expression is developed through the emphasis on the quality of movement and its connection to music and rhythm. Focus is given to the integration of interdisciplinary movement concepts of Ballet and Modern with Theater Dance, including physical memory and sensory awareness. By the end of this course students will have the necessary tools and dance skills to be versatile dancers in the Theatre Dance genre and be prepared for the commercial dance industry.

### *Electives*

### **Dance 301**

#### **Yoga - credits: 1**

This course introduces students in both tracks to basic asana (postures) and brief overview of the 8-limb system of yoga. This course will focus on use of breath, correct body alignment and on strengthening the body. Students will develop inner awareness and mind and body connection, to help them find their center and be in tune with their bodies.

### **Dance 302**

#### **Pilates - credits: 1**

This course is designed for students in both tracks of study. It is a comprehensive exploration of Pilates movement sequences with a focus on breathing exercises. Students will enhance their body awareness and strengthen the deep core muscles such as pelvic floor muscles, transverse abdominals, lumbar multifidi, iliopsoas major, and diaphragm. Students will develop a strong awareness of their biomechanics, which will help them prevent injuries throughout their dancing careers.

### **Dance 303**

#### **Stretch - credits: 1**

This course for students on both tracks of study, aims to gain flexibility, body awareness, and alignment to help students prevent dance injuries and support strength. The course focuses on the execution of dynamic stretch exercises accompanied by comprehensive breathing techniques that allow students to turn their attention inward and concentrate on their bodies. A strong emphasis is placed on lengthening the hip flexors and expanding the spine to promote healthy body alignment and placement.

### **Dance 304**

#### **Gyrokinesis® - credits: 1**

This course introduces an innovative system of exercise that focuses on the Gyrotonic® and Gyrokinesis® methodology to students in both tracks. The aim of this course is to stretch and



strengthen deeper muscles while simultaneously stimulating connective tissues in and around the joints of the body by using circularity, spiraling and undulating movements. Students will be able to utilize harmonious movements and cultivate energy flow with synchronized breathing patterns, and creating a spherical, three-dimensional awareness.

### **Dance 305**

#### **Salsa - credits: 1**

This is a course for the beginning salsa dancer in either track of study, interested in learning the basics of salsa dance style and terminology such as clave, break step, Cha Cha Cha, swing, and mambo. Students will focus on the carriage of the body, footwork, use of upper body and arms, control of turns, and the relationship of sounds and movement. During this course traditional rhythm phrases will be explored through collaborative practices.

### **Dance 306**

#### **Acting for Dancers - credits: 1**

Ballet/Contemporary Track students in this course learn conventional acting terminology, as well as elements of acting history and theory that most closely relate to dance, in order to explore theatre form in relation to dance. The effects of acting methodologies on dance movement and the integration of the two are explored. This course requires analytical written and oral assignments, compositional exercises involving movement and script, and analysis of audio and visual media.

### **Dance 307**

#### **Tap - credits: 1**

This course for Ballet/Contemporary Track students is for the beginning tap dancer interested in learning the basics of tap dance technique and terminology such as brushes, shuffles, ball changes, flaps, cramp rolls, time steps, etc. The course will focus on carriage of the body. Students will gain control of tap sounds, and explore the relationship of sounds to increase foot rhythmic control. The course will also explore Broadway style Tap choreography.

### **Dance 308**

#### **African Diaspora - credits: 1**

The course provides an introduction to African Dance styles such as Afro Caribbean, East and West African Dance for students on both tracks of study. The course aims to guide students through a rich understanding of the history and diversity of African Dance styles and its function in the societies from which they originated. The course is accompanied by live drummers and explores the call and response as well as musical cueing techniques.

### **Dance 309**

#### **Theatre Dance - credits: 1**

This course for Ballet/Contemporary Track dancers is an intermediate study of Jazz and Theatre Dance as an American dance form. Students are required to analyze and recreate choreographic phrases incorporating stylistic differences appropriate to the diversity of Broadway, Jazz, and



Theatre Dance traditions. The evolution of the art form is discussed. Dancers are expected to incorporate this knowledge into their performance skills.

### **Dance 310**

#### **Contemporary - credits: 1**

This intermediate level Contemporary dance course is for Commercial Track students. The course explores Modern and Contemporary dance methodologies with an emphasis on musicality. Students will develop skills in the classroom including comprehensive floor work, body coordination, musicality, expansion of movement, traveling through space, and body articulation through complex movement sequences.