

## Kinesiology dance

**KINESIOLOGY DANCE – KNDAN**

Christine Worsley, Dean

Kinesiology, Athletics and Dance Division

Kinesiology Office Building, Room 104

**Limitations on enrollment**

Effective fall term 2013, changes to the regulations that govern community college enrollments placed limitations on the number of courses that students may take in certain disciplines within the Contra Costa Community College District. The charts below indicate which Diablo Valley College (DVC) courses are assigned to groups of courses (“families”) for which limitations have been imposed. Certain courses within certain “families” may be repeated (see catalog description), however, students are limited to four experiences within the family. Certain DVC courses are equivalent to courses at Los Medanos College and Contra Costa College. An enrollment in an equivalent course at one of those colleges will count toward the allowable four enrollments within the family.

NOTE: Diablo Valley College may offer experimental or topics courses. When appropriate, based on content, such courses will be assigned to a “family” and that enrollment will be counted as an experience within the “family”.

**KINESIOLOGY****Family: Ballet**

KNDAN-110A Ballet Fundamentals I

KNDAN-110B Ballet Fundamentals II

DANCE-212 Ballet I

DANCE-213 Ballet II

DANCE-214 Ballet III

DANCE-216 Pointe Technique

**Family: Jazz**

KNDAN-120A Jazz Dance Fundamentals I

KNDAN-120B Jazz Dance Fundamentals II

DANCE-222 Jazz Dance I

DANCE-223 Jazz Dance II

DANCE-224 Jazz Dance III

**Family: Modern**

KNDAN-130A Modern Dance Fundamentals I

KNDAN-130B Modern Dance Fundamentals II

DANCE-232 Modern Dance I

DANCE-233 Modern Dance II

DANCE-234 Modern Dance III

**Family: Ballroom Dance**

KNDAN-150A Argentine Tango

KNDAN-164A Ballroom/Social Dance I

KNDAN-166 Swing Dance

KNDAN-168A Salsa and Latin Dance I

KNDAN-168B Salsa and Latin Dance II

KNDAN-169A Argentine Tango

**Family: Tap**

KNDAN-160A Tap Dance I

KNDAN-160B Tap Dance II

**Family: Dance Production**

DANCE-150A Dance Production II

DANCE-242 Repertory Dance Production I

DANCE-244 Repertory Dance Production II

DANCE-246 Dance Production I

DANCE-248 Dance Production II

DANCE-256 Dance Production Choreography

**Family: Dance Performance**

DANCE-150B Dance Production II - Tech Week

DANCE-243 Repertory Dance Production I - Tech Week

DANCE-245 Repertory Dance Production II - Tech Week

DANCE-247 Dance Production I - Tech Week

DANCE-249 Dance Production II - Tech Week

DANCE-257 Dance Production Choreography - Tech Week

**Family: Dance Survey**

KNDAN-100 Introduction to Dance

KNDAN-162 Broadway Dance

**Family: Urban Dance**

KNDAN-150A Beginning Hip-Hop and Urban Funk

KNDAN-150B Intermediate Hip-Hop and Urban Funk

KNDAN-170A Hip-Hop and Urban Funk Dance I

KNDAN-170B Hip-Hop and Urban Funk Dance II

**KNDAN-100 Introduction to Dance**

.5-2 units SC

- *Variable hours*

This is an introductory dance course focusing on the development of coordination, rhythm, strength, flexibility, alignment and basic dance movement combinations in a variety of genres. Basic musculoskeletal alignment, movement safety, and dance appreciation skills will also be covered. CSU, UC

**KNDAN-105A Pilates Mat Work I**

.5-2 units SC

- *Variable hours*

This is an activity course introducing basic mat exercises developed by Joseph Pilates focusing on intrinsic muscle groups. The class addresses individual needs, body alignment, and core strength development, with emphasis placed on back and abdominal strengthening. CSU, UC (credit limits may apply to UC - see counselor)

## Kinesiology dance

**KNDAN-105B Pilates Mat Work II**

- .5-2 units SC
- *Variable hours*
- *Recommended: KNDAN-105A or equivalent*

This is an activity course introducing intermediate mat exercises developed by Joseph Pilates focusing on intrinsic muscle groups. The class addresses individual needs, body alignment, and core strength development, with emphasis placed on back and abdominal strengthening as it relates to intermediate level exercises. CSU, UC (credit limits may apply to UC - see counselor)

**KNDAN-110A Ballet Fundamentals I**

- .5-2 units SC
- *Variable hours*

This is an introductory course in ballet techniques. This class will focus on ballet barre, center adagio, allegro work, and across-the-floor combinations. An introduction to the history of the genre and principles of ballet as an art form will also be included. CSU, UC

**KNDAN-110B Ballet Fundamentals II**

- .5-2 units SC
- *Variable hours*
- *Recommended: KNDAN-110A or equivalent*

This is a beginning class in classical ballet techniques. The focus is on beginning barre, beginning center adagio and allegro work and beginning ballet movement combinations in the center. The course also explores the history of ballet and principles as a contemporary art form. CSU, UC

**KNDAN-120A Jazz Dance Fundamentals I**

- .5-2 units SC
- *Variable hours*

This is an introductory course in jazz dance technique. The focus is on proper jazz dance alignment, center work and movement across the floor. Introduction to the history of jazz dance will also be covered. CSU, UC

**KNDAN-120B Jazz Dance Fundamentals II**

- .5-2 units SC
- *Variable hours*
- *Recommended: KNDAN-120A or equivalent*

This is a beginning course in jazz dance technique. The focus is on proper jazz dance alignment, isolations and beginning jazz dance choreography. The evolution of jazz dance from African and Haitian dance to contemporary jazz dance technique will also be covered. CSU, UC

**KNDAN-130A Modern Dance Fundamentals I**

- .5-2 units SC
- *Variable hours*

This is an introductory course in modern dance technique. The focus will be on the development of proper modern dance alignment, center work, and movement across the floor. An introduction to modern dance history will also be included. CSU, UC

**KNDAN-130B Modern Dance Fundamentals II**

- .5-2 units SC
- *Variable hours*
- *Recommended: KNDAN-130A or equivalent*

This is a course in beginning modern dance technique. The focus will be on beginning modern dance alignment, center work and modern dance movements across the floor. Current events that shape the history of modern dance in America and in Europe will also be covered. CSU, UC

**KNDAN-150 Topics in Dance Arts**

- .3-4 units SC
- *Variable hours*

A supplemental course in the dance arts to provide a study of current concepts and problems in dance field and related subdivisions. Specific topics will be announced in the schedule of classes. CSU

**KNDAN-160A Tap Dance I**

- .5-2 units SC
- *Variable hours*

This is a beginning course in tap dance technique. The focus is on a wide range of tap dance styles. The cultural and historical aspects of this genre will also be studied. CSU, UC

**KNDAN-160B Tap Dance II**

- .5-2 units SC
- *Variable hours*
- *Recommended: KNDAN-160A or equivalent*

This is an intermediate course in tap dance technique. The focus is on the introduction of intermediate tap dance steps and combinations. The contribution of tap dance to American art and culture will also be studied. CSU, UC

**KNDAN-162 Broadway Dance**

- .5-2 units SC
- *Variable hours*

This is a course in Broadway musical dance technique. Dance styles from a variety of Broadway genres, as well as audition techniques, will be covered. The history of dance in musical theater and its impact on American culture will also be discussed. CSU, UC

**KNDAN-164A Ballroom/Social Dance I**

- .5-2 units SC
- *Variable hours*

This is an activity course in basic ballroom/social dance. This course will focus on the techniques, history, terminology, principles and other elements, including style and rhythm of ballroom/social dance. A partner is not necessary as this course will incorporate an understanding of dance footwork specific to leaders and followers. A variety of dance styles will be covered, and may include American style fox-trot, American style waltz, American style tango, night club two-step, hustle, polka, quickstep and Viennese waltz. CSU, UC

## Kineseology dance

---

### **KNDAN-166 Swing Dance**

.5-2 units SC

- *Variable hours*

This is an introductory course in Swing dances. The techniques, terminology, steps, patterns, rhythms, music and history of the various Swing dances will be covered. This is a social dance class, but a partner is not required. CSU, UC

### **KNDAN-168A Salsa and Latin Dance I**

.5-2 units SC

- *Variable hours*

This is an introductory course in the Latin dances, including Salsa. The techniques, terminology, steps, patterns, rhythms, music, history and development of a variety of Latin dances will be explored. This is a social dance class but a partner is not required. CSU, UC

### **KNDAN-168B Salsa and Latin Dance II**

.5-2 units SC

- *Variable hours*
- *Recommended: KNDAN-168A or equivalent*

This is an intermediate level course in the Latin dances including Salsa. Complex techniques, patterns, terminology and rhythms will be explored as well as music history and the development of a variety of Latin dances. CSU, UC

### **KNDAN-169A Argentine Tango I**

.5-2 units SC

- *Variable hours*

This dance activity course focuses on the fundamentals of Argentine Tango and relates the varied and complex rhythms of the music to the movements that are unique to this dance. CSU, UC

### **KNDAN-170A Hip-Hop and Urban Funk Dance I**

.5-2 units SC

- *Variable hours*

This dance activity course focuses on beginning hip-hop and funk dance technique. The impact of hip-hop and funk on popular dance, ethnic influences, historical events, and how these dance styles have come to reflect the diversity of America will be discussed. CSU, UC

### **KNDAN-170B Hip-Hop and Urban Funk Dance II**

.5-2 units SC

- *Variable hours*

This dance activity course focuses on intermediate hip-hop and funk dance technique. This course is designed to increase student movement, vocabulary, and technical skills to include complex foot work, polyrhythmic movements, and the ability to improvise in a cipher. Similarities and differences of popular/social dance in the United States will also be presented. CSU, UC