

DANCE: THEORY (DN-T)

DN-T 9 Dance Audition Techniques

1 Unit (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 9 Lab: 36

Advisory: DNCE 2A and DNCE 12 and DNCE 14A

Formerly DNCE 9

Dance audition preparation, practice, and skill development for the commercial industry. Designed for the intermediate or advanced dancer.

DN-T 18 Introduction to Dance

1.5 Units (Degree Applicable, CSU, UC)

Lecture: 18 Lab: 27

A survey of the profession of dance through lecture, discussion, demonstration, and participation. Includes philosophies, historical overviews of each genre, and the study of vocational roles in dance. This course will include participation and a general overview in dance forms such as ballet, modern, jazz, and cultural dance.

DN-T 20 History and Appreciation of Dance

3 Units (Degree Applicable, CSU, UC)

Lecture: 54

Advisory: Eligibility for ENGL 68

Theatrical dance in western civilization. History of dance in chronological sequence emphasizing the cultural background and historical development of various forms and styles of dance to include discussion of the influence of theatrical dance on other art forms.

DN-T 27 Theory and Principles of Pilates

3 Units (Degree Applicable)

Lecture: 54

Corequisite: DNCE 39 (may have been taken previously)

Teaching skills for the Pilates method of physical and mental conditioning. Concepts and principles as applied to the mat and apparatus repertoire.

DN-T 28 Functional Anatomy for Pilates

2 Units (Degree Applicable)

Lecture: 36

Advisory: DNCE 39

Functional human anatomy as applied to the Pilates method of conditioning.

DN-T 29 Teaching Pilates Mat Repertoire

1.5 Units (Degree Applicable)

Lecture: 18 Lab: 36

Corequisite: DN-T 27 (may have been taken previously)

Learning to teach the Pilates mat exercises and principles. Includes basic, intermediate, and advanced levels focusing on pedagogy and the development of correct neuromuscular patterning.

DN-T 30 Teaching Pilates Reformer Repertoire

1.5 Units (Degree Applicable)

Lecture: 18 Lab: 36

Prerequisite: DN-T 29

Learning to teach the Pilates Reformer exercises and principles. All levels are covered with a focus on the development of correct neuromuscular patterning.

DN-T 31 Pilates Teaching-Mat and Reformer

3 Units (Degree Applicable)

Lecture: 18 Lab: 108

Prerequisite: DN-T 28 and DN-T 30

Prepares students to teach Pilates in a variety of settings and situations. Teaching reinforces knowledge and understanding of the Pilates exercises. Includes lecture, observation, self-integration, assistant teaching, one-on-one teaching, and content. Off-campus observations may be required.

DN-T 32 Teaching Pilates Cadillac and Wunda Chair Repertoire

1.5 Units (Degree Applicable)

Lecture: 18 Lab: 36

Prerequisite: DN-T 27 and DN-T 29 and DN-T 30

Learning to teach the Pilates repertoire of exercises on the Cadillac and Wunda Chair. All levels are covered with a focus on the development of correct neuromuscular patterning.

DN-T 33 Teaching Pilates Ped-a-Pul, Barrels and Auxiliary Equipment Repertoire

1.5 Units (Degree Applicable)

Lecture: 18 Lab: 36

Prerequisite: DN-T 30 and DN-T 32

Learning to teach Pilates exercises on the following apparatus: Ped-a-Pul, Ladder Barrel, Step Barrel, Arc Barrel, Magic Circle, C-cushion, and props. All levels are covered with a focus on the development of correct neuromuscular patterning.

DN-T 34 Pilates Teaching-Cadillac, Wunda Chair, & Auxiliary Equipment

3 Units (Degree Applicable)

Lecture: 18 Lab: 108

Prerequisite: DN-T 33

Prepares students to teach Pilates in a variety of settings and situations. Teaching reinforces knowledge and understanding of the Pilates exercises and concepts. Includes lecture, observation, self-integration, assistant teaching, and one-on-one teaching. Off-campus observations may be required.

DN-T 38 Dance Teaching Methods

3 Units (Degree Applicable)

Lecture: 36 Lab: 54

Corequisite: DNCE 2B (May have been taken previously) or DNCE 12B (May have been taken previously) or DNCE 14B (May have been taken previously)

The application of pedagogical methods in dance. Explores teaching strategies, imagery, motivational techniques, music for class instruction, and injury prevention. Focus is on the genres of ballet, jazz, and modern dance. Course will involve on- and off-campus dance teaching observations.