

DANCE (DNC)

DNC 101 - Beg. Dance: An Exploration

Credit Hours: 2, Contact Hours: 4

Division: Humanities

This course will introduce the major disciplines of dance: ballet, jazz, and modern. Basic dance skills will be acquired through the practice of exercises, steps, and techniques. This course is designed for those with little or no background in dance. Group 2 course.

DNC 110 - Modern Dance I

Credit Hours: 2, Contact Hours: 4

Division: Humanities

This course is designed to introduce students to the physical training and the creative thought process involved in executing modern dance as an art form. This course will consist of technique, improvisation, and creative problem solving through movement. Modern dance and its relationship to music and the historical development of modern dance will also be explored. Group 2 course.

Recommended Prerequisites: DNC 101 or previous experience.

DNC 111 - Modern Dance II

Credit Hours: 2, Contact Hours: 4

Division: Humanities

This course is designed as an extension of Modern Dance I. This class will consist of increasing proficiency in modern dance through extended studies in technique, improvisation, creative problem-solving, and performance. Dance history and critical perspectives in dance will also be explored. Group 2 course.

Required Prerequisites: DNC 110 or previous experience

DNC 120 - Choreography & Performance

Credit Hours: 2, Contact Hours: 4

Division: Humanities

Study choreography by participating in an instructor-led choreographed dance, created through structured improvisation and creative problem-solving techniques. Students will also create and develop their own dances through the exploration of a wide range of approaches to choreography. Performance and its relationship to community and cultural values will also be explored. The culmination of the class work will be a dance performance for the public. Group 2 course.

Required Prerequisites: DNC 101, DNC 110 or previous experience

DNC 121 - Swing, Latin & Slow Dancing I

Credit Hours: 1, Contact Hours: 2

Division: Humanities

This course will introduce students to a fun form of exercise and recreation you can do for the rest of your life through swing and social dancing. Many styles of dancing will be covered including swing, jitterbug, tango, cha cha, waltz, slow dancing, two-step, Latin dancing, and many swing moves that can be incorporated into any dance situation. Please wear slippery soled shoes.

DNC 122 - Hip-Hop Dance

Credit Hours: 1, Contact Hours: 2

Division: Humanities

Learn dance combinations used in the Hip-Hop dance style. Develops the strength, flexibility, rhythm, balance, and safe body mechanics to dance confidently in a social atmosphere to popular Hip-Hop music. A great way to exercise and have fun at the same time. Wear clean, dry gym shoes.

DNC 131 - Yoga I

Credit Hours: 1, Contact Hours: 2

Division: Humanities

Yoga is postural work emphasizing precise and careful body alignment and maximum spinal extension. Yoga works through the concreteness of the body to teach balance and integration. It is an effective way to stretch and strengthen the body. Using movement and breath, yoga brings a therapeutic calm to the body and mind, releasing stress and bringing relaxation. Group 2 course.

DNC 132 - Yoga II

Credit Hours: 1, Contact Hours: 2

Division: Humanities

Yoga techniques focus on understanding and controlling the body, the breath, and the mind through exercises (asans), breathing techniques (pranayamas), and meditation training (quieting the mind and body). Yoga poses are designed to develop strength and give maximum flexibility to the muscular, skeletal, and nervous systems with special emphasis on building a strong, supple spine. Benefits include improved circulation, hormonal balance, poise, and a more stable emotional nature. Learning proper breathing will help you cope with stress and increase your energy level. Wear loose, comfortable, layered clothing and plan to work barefooted. Bring two blankets, a mat, and a bath towel. Group 2 course. Prerequisite(s): DNC 131 or instructor permission.

Required Prerequisites: DNC 131

DNC 135 - Bikram Yoga I

Credit Hours: 1, Contact Hours: 2

Division: Humanities

This is Original Hot Yoga, 105 degrees, pure, powerful, authentic, unchanged, taught exactly as Hatha Yoga Master Bikram Choudhury intends it to be taught. 26 poses, 2 breathing exercises, 90 minutes, plus heat. Prerequisite: good heart health and not pregnant. Group 2 course.

DNC 136 - Bikram Yoga II

Credit Hours: 1, Contact Hours: 2

Division: Humanities

A continuation of the original Hot Yoga, 105 degrees, pure, powerful, authentic, unchanged, taught exactly as Hatha Yoga Master Bikram Choudhury intends it to be taught. 26 poses, 2 breathing exercises, 90 minutes, plus heat. Prerequisite: good heart health and not pregnant. Group 2 course.