

# DANCE

**Ellen Margolis, Chair; Jennifer Camp, James Healey, Mary Hunt, Anita Mitchell**

At Pacific, opportunities in the performing arts are available to all students, regardless of major. Whether you are interested in a professional dance career, in teaching, or in combining theatre or dance with other fields of study, our courses and productions provide a well-rounded foundation.

The most collaborative of the arts, theatre and dance partake of, literature, history, music, movement, architecture, and design. Creating a compelling performance entails mastery of a wide array of skills, including acting, directing, playwriting, design, and technology.

Through rigorous work in academic, studio, and community settings, the Department of Theatre & Dance develops engaged artists and active learners. Faculty and students work together to teach, learn, create, and communicate in a spirit of exploration and collaboration. Our distinctive Applied Theatre program builds on traditional performance training to serve individuals and communities, while our theatre season offers challenging, uplifting performances to the campus.

## Program Learning Outcomes

Through theatrical production, community workshops, and academic study, the Pacific Department of Theatre & Dance strives to provide students with:

- Appreciation for the functions of the arts in all cultures, and specifically for the importance of story-telling, plays, and dance
- Practical experience in theatre and dance production, including scenic, lighting, costume, sound and make-up design; acting; stage management; dance; theatre technology; playwriting; and directing
- Critical thinking, writing, speech, and organizational skills
- Practical skills—including collaboration, problem-solving, project management, event planning, communication, and time management—that are applicable to a wide range of careers,
- Preparation through coursework, production experience, and internships for careers in theatre, dance, television, film, arts management, public relations, and teaching
- Preparation for graduate study in performance, design, and scholarly disciplines.

The dance program at Pacific University combines practical experience with rigorous academics. The program provides opportunities to perform, choreograph, and study literature and history, all of which integrate theory and practice. Students graduating with dance training go on to work in a variety of fields, including performance, production, arts management, teaching and many other professions that value communication, collaboration, critical thinking and creativity. Programs that combine well with dance include exercise science, music, business and education.

## Dance: Requirements For The Major

### Technique Foundations

Ballet: take 8 credits from the following, at least 4 of which must be upper-division:

DANC 205	Intermediate Ballet I	0-2 credits*
DANC 206	Intermediate Ballet II	0-2 credits*
DANC 305	Advanced Ballet I	0-2 credits*
DANC 306	Advanced Ballet II	0-2 credits*

Jazz or Contemporary: take 4 credits from the following

DANC 221	Intermediate Jazz Dance I	0-2 credits*
DANC 222	Intermediate Jazz Dance II	0-2 credits*
DANC 321	Advanced Jazz Dance I	0-2 credits*
DANC 322	Advanced Jazz Dance II	0-2 credits*
DANC 226	Intermediate Contemporary Dance I	0-2 credits*
DANC 227	Intermediate Contemporary Dance II	0-2 credits*
DANC 326	Advanced Contemporary Dance I	0-2 credits*
DANC 327	Advanced Contemporary Dance II	0-2 credits*

### Composition and Choreography

DANC 200	Improvisation	2 credits
DANC 301	Choreography I	4 credits

### Context and Repertoire

DANC 261	Dance Appreciation and History I	4 credits
DANC 271	Dance Appreciation and History II	4 credits
DANC 420	Teaching Methods of Dance	4 credits
<b>OR</b>		
DANC 280	World Dance and Cultures	4 credits

### Mechanics, Health, and Safety

DANC 310	Kinesiology for Dancers I	4 credits
DANC 320	Kinesiology for Dancers II	4 credits

### Production (take 2 credits from the following)

THEA 152	Costume/Makeup	1 credit
THEA 156	Run Crew	1 credit
DANC/THEA 336	Lighting Design for Dancers and Directors	2 credits

### Synthesis

DANC 497	Capstone	2 credits
DANC 498	Capstone	

### Electives (take 4 credits from the following)

DANC 280	World Dance and Culture	4 credits
THEA 325	Injury Prevention and Conditioning for Dancers	2 credits
DANC 420	Teaching Methods of Dance	4 credits
Other courses approved by department chair		

TOTAL: 48 credits

\*0-2 credit option for dance majors or minors only

## Dance: Requirements for the Minor

The Dance minor is available to all undergraduate students. Dance studies complement majors in theatre, music, visual arts, media arts, exercise science, education and psychology. The Dance minor offers strong emphasis on creativity through performance and choreography.

A minimum of 8 upper-division credits is required.

### Technique Foundations

#### Jazz or Contemporary: take 4 credits from the following:

DANC 221	Intermediate Jazz Dance I	0-2 credits*
DANC 222	Intermediate Jazz Dance II	0-2 credits*
DANC 321	Advanced Jazz Dance I	0-2 credits*
DANC 322	Advanced Jazz Dance II	0-2 credits*
DANC 226	Intermediate Contemporary Dance I	0-2 credits*
DANC 227	Intermediate Contemporary Dance II	0-2 credits*
DANC 326	Advanced Contemporary Dance I	0-2 credits*
DANC 327	Advanced Contemporary Dance II	0-2 credits*

#### Ballet: take 4 credits from the following:

DANC 205	Intermediate Ballet I	0-2 credits*
DANC 206	Intermediate Ballet II	0-2 credits*
DANC 305	Advanced Ballet I	0-2 credits*
DANC 306	Advanced Ballet II	0-2 credits*

#### Electives: take 4 additional credits from the following:

DANC 305	Advanced Ballet I	0-2 credits*
DANC 306	Advanced Ballet II	0-2 credits*
DANC 321	Advanced Jazz Dance I	0-2 credits*
DANC 322	Advanced Jazz Dance II	0-2 credits*
DANC 325	Injury Prevention Conditioning Dancers	2 credits
DANC 326	Advanced Contemporary Dance I	0-2 credits*
DANC 327	Advanced Contemporary Dance II	0-2 credits*

### Production (take 2 credits from the following)

THEA152	Costume/Makeup	1 credit
THEA 156	Run Crew	1 credit
DANC/THEA 336	Lighting Design for Dancers and Directors	2 credits

### Context and Repertoire

DANC 261	Dance History and Appreciation I	4 credits
OR		
DANC 271	Dance History and Appreciation II	4 credits

### Composition

DANC 200	Dance Improvisation	2 credits
----------	---------------------	-----------

### Electives

Choose 6 credits, at least 4 of which must be upper-division

THEA 110	Acting I	2 credits
DANC 261	Dance History and Appreciation I	4 credits
DANC 271	Dance History and Appreciation II	4 credits
DANC 280	World Dance and Culture	4 credits
DANC 301	Choreography I	4 credits
DANC 325	Injury Prevention for Dancers	2 credits
DANC 401	Choreography II	4 credits
DANC 420	Teaching Methods of Dance	4 credits

TOTAL: 26 credits

\*0-2 credit option for dance majors and minors only

## COURSES

### DANC-105 Beginning Ballet I

Course work taught at a beginning level of dance. The course work concentrates on classical ballet exercises at the beginning level with an emphasis on proper body alignment, improving flexibility and strength, and terminology and theory of movement. May be repeated for credit. 2 credits.

### DANC-106 Beginning Ballet II

A continuation of DANC 105. Course work taught progressively based on lessons taught from fall semester. The course work concentrates on classical ballet exercises at the beginning level with an emphasis on proper body alignment, improving flexibility and strength, and terminology and theory of movement. DANC 105 recommended. May be repeated for credit. 2 credits.

### DANC-121 Beginning Jazz Dance I

Beginning Jazz I is a beginning level class. The course work is based on contemporary and classical styles of jazz dance with the focus on body isolations, syncopated rhythms, improvisation and stylized choreography. May be repeated for credit. 2 credits.

### DANC-122 Beginning Jazz Dance II

A continuation of DANC 121 in the spring semester. Course work taught progressively based on technique taught from fall semester. Beginning Jazz II is a beginning level class. The course work is based on contemporary and classical styles of jazz dance with the focus on body isolations, syncopated rhythms, improvisation and stylized choreography. DANC 121 recommended. May be repeated for credit. 2 credits.

### DANC-126 Begin Contemporary Dance I

Contemporary Dance is an introductory course taught at the beginning level for students interested in contemporary styles of dance. It focuses on strengthening dancers' movements skills through increased flexibility, strength, endurance; musical awareness; develop an understanding and appreciation of contemporary dance; learning original choreography and understanding pertinent anatomical vocabulary needed to develop strong contemporary technique. May be repeated for credit. 2 credits.

**DANC-127 Begin Contemporary Dance II**

A continuation of the beginning level technique class taught progressively from lessons taught in DANC 126. It focuses on strengthening dancers' movements skills through increased flexibility, strength, endurance; musical awareness; develop an understanding and appreciation of contemporary dance; learning original choreography and understanding pertinent anatomical vocabulary needed to develop strong contemporary technique. DANC 126 recommended. May be repeated for credit. 2 credits.

**DANC-195 Independent Study**

See department for details. Independent study contract required.

**DANC-200 Dance Improvisation**

The exploration of movement. The course focuses on a guided series of exploration exercises that generate spontaneous and free form movement. Additionally, this course concentrates on freeing the body of trained movement habits in order to uncover an original movement vocabulary. Corequisite: Any 200 or 300-level technique course. 2 credits.

**DANC-205 Intermediate Ballet I**

A continuation of DANC 105 and DANC 106. Course work taught based on progressive curriculum. The course work concentrates on classical ballet exercises at the beginning level with an emphasis on proper body alignment, improving flexibility and strength, and terminology and theory of movement. Prerequisite: DANC 105 and DANC 106. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-206 Intermediate Ballet II**

A continuation of DANC 205. Course work taught progressively on lessons taught from fall semester. The course work concentrates on classical ballet exercises at the beginning level with an emphasis on proper body alignment, improving flexibility and strength, and terminology and theory of movement. Prerequisite: DANC 105 and DANC 106; or DANC 205. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-221 Intermediate Jazz Dance I**

Intermediate Jazz I is an intermediate level class. Course work taught progressively based on technique taught from beginning level Jazz. The course work is based on contemporary and classical styles of jazz dance with the focus on body isolations, syncopated rhythms, improvisation and stylized choreography. Prerequisite: DANC 121 and DANC 122. May be repeated for credit. 2 credits. The 0-2 credit option is only available to dance majors and minors.

**DANC-222 Intermediate Jazz Dance II**

A continuation of DANC 221. Course work taught progressively based on technical skills taught from fall semester. Intermediate Jazz II is an intermediate level class. The course work is based on contemporary and classical styles of jazz dance with the focus on body isolations, syncopated rhythms, improvisation and stylized choreography. Prerequisite: DANC 121 and DANC 122; or DANC 221. May be repeated for credit. 2 credits. The 0-2 credit option is only available to dance majors and minors.

**DANC-226 Intermediate Contemporary Dance I**

Contemporary Dance is an intermediate level technique class taught progressively from lessons taught in DANC 126 and 127. It focuses on strengthening dancers' movements skills through increased flexibility, strength, endurance; musical awareness; develop an understanding and appreciation of contemporary dance; learning original choreography and understanding pertinent anatomical vocabulary needed to develop strong contemporary technique. Prerequisite: DANC 126 and 127. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-227 Intermediate Contemporary Dance II**

A continuation of an intermediate level technique class taught progressively from lessons taught in DANC 226. It focuses on strengthening dancers' movements skills through increased flexibility, strength, endurance; musical awareness; develop an understanding and appreciation of contemporary dance; learning original choreography and understanding pertinent anatomical vocabulary needed to develop strong contemporary technique. Prerequisite: DANC 126 and 127; or DANC 226. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-229 Dance Ensemble I Apprentice Company**

Rehearsal and performance of new dance repertory and historical choreography. Continued development and refinement of skills acquired in other courses. Occasional work with guest dance artists and choreographers. Meets three times a week. Audition required. DANC 121, DANC 126 strongly recommended. Corequisite: Any 200 or 300-level technique course. May be repeated for credit. Offered each semester. 0-1 credit.

**DANC-255 Special Topics**

Go to <https://www.pacificu.edu/about-us/centers-institutes/advising-center/new-topics-travel-class-descriptions> or see the Advising Center.

**DANC-261 Dance History & Appreciation I**

A lecture course on the early formation of ballet from the 15th century Italian Renaissance Courts to its spread throughout Europe, and eventually to its emergence in America through the 21st century. 4 credits.

**DANC-271 Dance History & Appreciation II**

Examines 20th and 21st-century artists whose work continues to influence Dance and American Culture. The class concentrates on the dancers, choreographers, and teachers who have developed the art form, examining their works and discussing both their significance in their time period and their ongoing influence. 4 credits.

**DANC-275 Internship**

See department for details. Internship contract required. 1-4 credits.

**DANC-280 World Dance and Culture**

Explores various dance forms from a variety of international cultures including Bharata Natyam/Indian classical dance; Latin dance; African dances; Native American; Asian; and other forms. It will investigate how these dance forms play a part in the various cultures; ritually, socially, or performed as a source of entertainment. Counts toward core requirement: International Perspectives. 4 credits.

**DANC-301 Choreography I**

An introductory course on learning the craft of choreography. It focuses on strengthening performance skills for staged works through improvisational movement exercises and choreographic studies. As a choreographer, the student will learn to develop movement themes through the exploration and use of the concepts and principles applied in dance, such as time, space, and energy. Overall, students will develop a critical awareness through analytical assessment of his/her own work and other choreographic works. Prerequisite: DANC 200. 4 credits.

**DANC-305 Advanced Ballet I**

Dance 305 is a continuation of Intermediate Ballet (DANC 205 and DANC 206). Course is taught based on a progressive curriculum. The course concentrates on classical ballet exercises with an emphasis on proper body alignment, improving flexibility and strength, terminology, and theory of movement. Prerequisite: DANC 205 and DANC 206. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-306 Advanced Ballet II**

A continuation of DANC 305. Course is taught based on a progressive curriculum. The course concentrates on classical ballet exercises with an emphasis on proper body alignment, improving flexibility and strength, and terminology and theory of movement. Prerequisite: DANC 205 and DANC 206; or DANC 305. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-310 Anatomy and Kinesiology for Dancers I**

The study of body mechanics as it pertains to dance movement. This course concentrates on anatomy and physiology, nutrition for dancers, screening for muscular imbalances, injury prevention, and supplemental conditioning. Its goal is to give dancers knowledge, insight, and an understanding of proper body mechanics, technically, and aesthetically as it applies to dance movement. It also aids in a greater understanding of the importance of maintaining the body at its physical peak to meet the demands of a profession in dance both mentally and physically. BIOL 110 or BIOL 200, BIOL 230 or BIOL 240, and EXIP 281 recommended. 4 credits.

**DANC-320 Anatomy and Kinesiology for Dancers II**

A continuation of the study of body mechanics as it pertains to dance movement. This course concentrates on anatomy and physiology, nutrition for dancers, screening for muscular imbalances, injury prevention, and supplemental conditioning. Its goal is to give dancers knowledge, insight, and an understanding of proper body mechanics technically and aesthetically as it applies to dance movement. It also aids in a greater understanding of the importance of maintaining the body at its physical peak to meet the demands of a profession in dance both mentally and physically. Prerequisite: DANC 310. 4 credits.

**DANC-321 Advanced Jazz Dance I**

Course is an intermediate/advanced level class. Course work taught progressively based on technique taught from Intermediate Jazz Dance I and II. The course work is based on contemporary and classical styles of jazz dance with the focus on body isolations, syncopated rhythms, improvisation and stylized choreography. Prerequisite: DANC 221 and DANC 222. May be repeated for credit. 2 credits. The 0-2 credit option is only available to dance majors and minors.

**DANC-322 Advanced Jazz Dance II**

This course is an intermediate/advanced level class. Course work taught progressively based on technique taught from Intermediate Jazz Dance I and II. The course work is based on contemporary and classical styles of jazz dance with the focus on body isolations, syncopated rhythms, improvisation, and stylized choreography. Prerequisite: DANC 221 and DANC 222; or DANC 321. May be repeated for credit. 2 credits. The 0-2 credit option is only available to dance majors and minors.

**DANC-325 Injury Prevention Conditioning Dancers**

Designed to teach dancers how to maintain a healthy practice through the use of cross-conditioning exercises. The course will also focus on how to screen for muscular weaknesses and apply conditioning exercises to strengthen dancers' bodies to prevent injuries. Additionally, there will be an overview on the benefits of healthy eating habits for dancers and their importance in sustaining both mental and physical stamina needed for the demands of dance. DANC 310 and DANC 320 recommended. Corequisite: A 200 or 300-level technique course. 2 credits.

**DANC-326 Advanced Contemporary Dance I**

This is an intermediate/advanced level technique class taught progressively from lessons taught in Beginning and Intermediate Contemporary Dance (DANC 126, 127, 226, 227). It focuses on strengthening dancers movements skills through increased flexibility, strength, endurance; musical awareness; develop an understanding and appreciation of contemporary dance; learn original choreography and understand pertinent anatomical vocabulary needed to develop strong contemporary technique. Prerequisite: DANC 226 and DANC 227. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-327 Advanced Contemporary Dance II**

A continuation of DANC 326. This is an intermediate/advanced level technique class taught progressively from lessons taught in Beginning and Intermediate Contemporary Dance (DANC 126, 127, 226, 227, 326). It focuses on strengthening dancers movements skills through increased flexibility, strength, endurance; musical awareness; develop an understanding and appreciation of contemporary dance; learn original choreography and understand pertinent anatomical vocabulary needed to develop strong Contemporary technique. Prerequisite: DANC 226 and DANC 227; or DANC 326. May be repeated for credit. 2 credits. The 0-2 credit option is only available to Dance majors and minors.

**DANC-336 Lighting for Dance & Directors**

Gives students practical knowledge and experience with the lighting craft to inform both their creative work and their ability to collaborate and communicate their lighting needs when working with designers. Students will be exposed to practical application and creation of expressive lighting techniques. Students will explore color theory and electrical safety. This class is recommended for, but not limited to, dance students. Also listed as THEA 336. Prerequisite: THEA 120 or DANC 200. DANC 301 and DANC 401 recommended. 2 credits.

**DANC-355 Special Topics**

Go to <https://www.pacificu.edu/about-us/centers-institutes/advising-center/new-topics-travel-class-descriptions> or see the Advising Center.

**DANC-395 Independent Study**

See department for details. Independent study contract required.

**DANC-401 Choreography II**

Choreography II allows students who have studied basic choreography to focus on creating work for small groups. It focuses on strengthening performance skills for staged works through improvisational movement exercises and choreographic. As a choreographer, the student will learn to develop movement themes through the exploration and use of the concepts and principles applied in dance, such as time, space, shape, force, and motivation. The course will also focus on the development of a critical awareness in the analytical evaluation of his/her own work and through the viewing of other choreographic works. Prerequisite: DANC 301. Corequisite: A 200 or 300-level technique course. 4 credits.

**DANC-420 Teaching Methods of Dance**

Concentrates on how to prepare students to teach dance. It focuses on isolating and analyzing individual movements, with an emphasis on correct, safe execution and use of appropriate muscles. In addition, students learn how to teach with an accompanist, understand time signatures for specific movement combinations, prepare a course lesson plan, and daily lesson plans. Each student will teach at least one lesson to the entire class. Prerequisite: DANC 305 and DANC 306; or DANC 321 and DANC 322; or DANC 326 and DANC 327. 4 credits.

**DANC-429 Dance Ensemble II Advanced Company**

Rehearsal and performance of new dance repertory and historical choreography. Continued development and refinement of skills acquired in other courses. Occasional work with guest dance artists and choreographers. Meets twice weekly. Audition required. Course is intended for juniors and seniors. Corequisite: Any 200 or 300-level technique course. Instructor's consent required. May be repeated for credit. Offered each semester. 0-1 credit.

**DANC-495 Independent Study**

See department for details. Independent Study contract required.

**DANC-497 Senior Capstone Project I**

This course is an independent project for senior students, which fulfills 2 credits of the 4 credits required for the Dance major. Areas may emphasize either aspects of performance/choreography, or dance research. Projects may include research in the following areas of dance: education, science, art, history, digital media, or other related topics. The capstone project will be determined between the student and the faculty advisor. Students must meet with their advisor during their junior year to set goals in order to complete their capstone project in the fall and spring of their senior year. Students choosing the choreography/performance project, will present their project in the fall semester. Students choosing the research project will complete fieldwork in the fall semester and written research results will be completed in DANC 498. Instructor's consent required. 2 credits.

**DANC-498 Senior Capstone Project II**

This course is part two of the independent project for senior students who have completed DANC 497 in completion toward the Dance major. Students will complete a written thesis documenting the process and results from DANC 497. A final oral presentation of the final work findings will be completed at the end of the semester discussing results from the performance, showing, teaching demonstration, or the chosen dance project. Prerequisite: DANC 498 with minimum grade B. 2 credits.