GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

DANCE 094C – HIP HOP III

1. Course Number Course Title Semester Units

DANC 094C Hip Hop III 1.5

Semester Hours

1 hour lecture (16-18 hours); 2 hours laboratory (32-36 hours); 32-36 outside-of-class hours for lecture;

80-90 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

A “C” grade or higher or “Pass” in Dance 094B.

3. Catalog Description

An intermediate to advanced level technique class which builds on the theories, principles and skills introduced

in Dance 094B and focuses on developing intermediate/advanced level skills related to hip hop dance.

Locomotor patterns and center floor combinations progress in length and complexity. Lectures cover hip hop as

a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate

various dance techniques, movement styles, and performance philosophies. Students will also learn the

fundamental principles of physical fitness and their impact on life-long health and wellness. Students are

required to attend one live dance concert produced by the dance department and one department sponsored

master class.

4. Course Objectives

The students will:

a. Demonstrate knowledge of intermediate/advanced hip hop vocabulary through performance of movement

material.

b. Analyze stylistic similarities and differences between hip hop and various other dance forms.

c. Identify extensive verbal cues as they apply to more complex movement.

d. Evaluate and discuss concert dance in terms of style, performance, and composition through video and live

performance.

e. Discuss and interpret the historical and political significance of Hip-Hop dance and how it influences, is

informed by, and otherwise relates to other cultural forms.

f. Demonstrate knowledge of the principles of physical fitness as well as healthy lifestyle choices and evaluate

their impact on an individual’s health and well-being.

5. Instructional Facilities

* 1. Mirrored dance studio or gymnasium
  2. Occasional use of video camera and television monitor

6. Special Materials Required of Student

a. Electronic storage media

b. Knee pads

c. Athletic shoes

d. Loose fitting athletic attire

7. Course Content

a. The history of hip-hop dance as an art form, including the people, places, and events that have contributed

and continue to influence its evolution.

b. Hip hop as a movement form, including intermediate/advanced level movement vocabulary, style, and

interpretation.

c. Progressive daily warm ups, that cover complete articulation of the head, shoulders, rib cage, hips, and

include stretches, isolations, and stylized movement.

d. Locomotor patterns which emphasize style and rhythmic qualities, increase in complexity, and are based on

movement material presented in Dance 094B.

e. Intermediate level center floor combination using techniques and vocabulary introduced in class.

f. Aspects of physical fitness and healthy life-style choices as they pertain to dance and their implications to

life-long health and well-being.

8. Method of Instruction

a. Lectures and presentations

b. Demonstrations and discussions

c. Application of dance vocabulary through movement demonstration and practice

d. Video presentations for lectures as well as evaluative purposes

9. Methods of Evaluating Student Performance

a. Consistent participation in class.

b. Movement midterm and final (videotaped and evaluated).

c. Monthly movement assessments (videotapes and evaluated).

d. Written critical analysis of a live dance performance.

10. Outside Class Assignments

a. Attendance at a department produced dance concert for the purpose of critical analysis.

b. Attendance at a dance department sponsored master class.

11. Representative Texts

a. Representative Text(s):

1) Durden, E. Moncell. *Beginning Hip Hop Dance*. Champaign, IL: Human Kinetics Publishing, 2019.

2) Grossmont College Department of Exercise Science and Wellness. *The Way to a Long and Healthy*

*Life*. El Cajon, CA, Grossmont College, 7th ed., 2016.

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

a. Correctly define and discuss intermediate to advanced level terminology, theories, and cultural significance

of Hip-Hop dance.

b. Demonstrate intermediate to advanced level Hip Hop dance vocabulary and movement patterns with clarity

and rhythmic accuracy.

c. Identify, discuss, and demonstrate increasingly complex dynamic and rhythmic qualities specific to Hip Hop

dance and how they relate to performance.

d. Develop aesthetic values as they relate to dance and, based upon these values, will be able to critically think

about, and analyze dance as an art form.