

COURSES

PDF DANCE

DAN108 Pilates I 1 Credit

Introduces the basic theory and techniques of Pilates and the Alexander and the Feldenkrais technique. Covers history of Pilates theory and technique as well as mat work and the basic use of the three pieces of Pilates equipment: the reformer, the trapeze table, and the chair. Emphasizes the application of this theory and technique to dance.

DAN110 Dance for Flexibility and Tone 1 Credit

Introduction to basic techniques for dance flexibility. Students will learn some simple basic Jazz technique, terminology and choreography that includes kicks and leaps, strengthening the core muscles.

DAN132 Jazz Dance (Beginning) 1 Credit

Introduces beginning techniques of jazz dance. May be repeated for up to four credits.

DAN135 Beginning Ballet 1 Credit

Introduces beginning techniques of ballet. May be repeated for up to four credits.

DAN144 Beginning Tap Dancing 1 Credit

Introduces beginning techniques of tap dance. May be repeated for up to four credits.

DAN160 Hip-Hop Dance 1 Credit

Teaches beginning techniques of hip-hop dance. May be repeated for up to 4 credits.

DAN232 Jazz Dance (Intermediate) 1 Credit

Prerequisites: DAN132 Emphasizes intermediate techniques of jazz dance. May be repeated for up to 4 credits.

DAN244 Tap Dance (Intermediate) 1 Credit

Prerequisites: DAN144 or consent of instructor Emphasizes intermediate techniques of tap dance. May be repeated for up to 4 credits.

DAN260 Intermediate Hip-Hop Dance 1 Credit

Prerequisites: DAN160B Teaches intermediate techniques of hip-hop dance. May be repeated for up to 4 credits.