

# KINESIOLOGY DANCE (KIND)

## **KIND 090 Hawaiian Dance (0.0 Units)**

Instruction of basic steps of Hawaiian dance, arm movements, terminology, the usage of Hawaiian implements for routines to Hawaiian music. Enhances mental and physical skills and quality of life.

Lab Hours: 54.0

Transfer: Not transferable

## **KIND 138 Cooperative Education Kinesiology Dance (1-8 Units)**

Cooperative Education is a key element of Victor Valley College's comprehensive approach to career development. Cooperative Education is a 16-, 12-, or 8-week course that enables students to receive college credit for paid or unpaid work opportunities. This course helps students gain valuable on-the-job work experience while providing practical education, best practices in professional development, and academic guidance through the course of their work opportunity. The combination of practical experience and curricular development empowers students to be more competitive, efficient and valuable employees upon completion of this program and/or their academic program trajectory. The course is ideal for students who are cross-training at their current worksite for upward mobility or seeking career changes, as well as those looking for entry level occupational training through work-based learning experiences such as through an internship. Cooperative Education transforms community businesses, industries, and public agencies into expanded educational training laboratories. Credit is awarded on the basis of learning objectives completed and the number of hours the student trains. Students must create/complete new learning objectives each semester they enroll. Students may utilize their present work sites. Transfer: Transfers to CSU only

## **KIND 152 Dance Choreography I (1-2 Units)**

This course is designed to introduce students to the basic elements of dance choreography. Choreography students will work in solo and small groups by using concepts of space, time, and energy to investigate and explore the basic elements of dance. Grade option.

Lab Hours: 108.0

Transfer: Transfers to CSU only

## **KIND 160A Tap Dance IA (1.0 Units)**

Students who would like to explore tap dancing for the first time will experience basic tap dancing techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 160A.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

## **KIND 160B Tap Dance IB (1.0 Units)**

Students who would like to further explore tap dancing after having some tap experience will expand on their basic tap dance techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing and performance clarity in movement combinations. Grade Option. Crosslisted with TA 160B.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

## **KIND 160C Tap Dance IC (1.0 Units)**

Students who would like to further explore tap dancing after having some tap experience and preparing for Tap IIA will expand on their tap dance techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing and performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 160C.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

## **KIND 161A Tap Dance IIA (1.0 Units)**

Students who would like to explore tap dancing at an intermediate level for the first time after having had some tap dance will experience intermediate tap dancing techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 161A.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

## **KIND 161B Tap Dance IIB (1.0 Units)**

Students who would like to further explore tap dance at an intermediate level after having had some tap dance will experience intermediate tap dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. Grade Option. Crosslisted with TA 161B.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

## **KIND 161C Tap Dance IIC (1.0 Units)**

Students who would like to further explore tap dance at an intermediate level, working towards Tap III, after having some tap dance will experience intermediate tap dance techniques with a fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 161C.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

## **KIND 162A Introduction to Ballroom Dance (1.0 Units)**

Techniques, styles and rhythms of basic social dances from selected historical periods. Emphasis on exploring the movement characteristics of the dances through dancing. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

## **KIND 162B American Rhythm Ballroom Dance (1.0 Units)**

Techniques and stylization in the following ballroom dances. Dances may include the Swing, Mambo, Bolero, ChaCha, and Rumba. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 163A Latin Ballroom Dance (1.0 Units)**

Techniques, styles and rhythms of the basic level of latin ballroom dances. May include at least the following dances; Samba, Cha Cha Cha, Rumba, Paso Doble, Jive and Tango. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 163B Standard Ballroom Dance (1.0 Units)**

Techniques and stylization in the following ballroom dances. Dances may include the Waltz, Tango, Foxtrot, Quickstep, Viennese Waltz. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 166A Introduction to Ballet Dance IA (1.0 Units)**

Students with no previous training or experience in ballet will explore introductory level ballet technique, style, and movement characteristics.

Grade Option. Crosslisted with TA 166A.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 166B Building Ballet Basics IB (1.0 Units)**

Students with introductory level ballet training will build and expand basic ballet technique, style, and movement characteristics. Grade Option.

Crosslisted with TA 166B.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 166C Ballet Fundamentals IC (1.0 Units)**

Students who have previous training in introductory Ballet IA and Building Ballet Basics IB will further explore and perfect their training in ballet fundamentals. Grade Option. Crosslisted with TA 166C.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 167A Introduction to Intermediate Ballet IIA (1.0 Units)**

An introduction to the technique and style of beginning intermediate level Ballet IIA dance. This course is for the student who has taken Ballet I level courses. Emphasis on exploring the movement characteristics of beginning intermediate Ballet IIA dance through dancing. Grade Option.

Crosslisted with TA 167A.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 167B Intermediate Ballet IIB (1.0 Units)**

Students who have been introduced to intermediate Ballet IIA will build and explore intermediate Ballet IIB skills and concepts. Grade Option. Crosslisted with TA 167B.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 167C Intermediate Ballet IIC (1.0 Units)**

Students who have training in Intermediate Ballet IIA and Intermediate Ballet IIB will explore and build advanced intermediate ballet skills. Grade Option. Crosslisted with TA 167C.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 169A Introduction to Yogalates (1.0 Units)**

Yogalates is an introduction of Pilates concepts developed by Joseph Pilates. The course will introduce core matwork and yoga-type exercises. It will also introduce improved body alignment, strength, flexibility and control. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 169B Basic Yogalates (1.0 Units)**

Basic Yogalates is a class encompassing Pilates concepts developed by Joseph Pilates. The course will introduce basic core matwork and yoga-type exercises. It will also introduce improved body alignment, strength, flexibility and control. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 169C Yogalates Core Stability and Stretch (1.0 Units)**

Yogalates Core Stability and Stretch introduces physical conditioning techniques focusing on core muscle strengthening, balance, coordination and flexibility through Pilates matwork and basic yoga exercises. This class uses exercise ball, yoga mat, hand weights to strengthen the core, improve balance, coordination and flexibility. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 169D Yogalates Core Stability and Stretch II (1.0 Units)**

Yogalates Core Stability and Stretch II is a physical conditioning class that focuses on an intermediate level core muscle strengthening, balance, coordination and flexibility. This class uses intermediate level Pilates matwork and yoga exercises and enhances posture, body awareness and muscular conditioning. This class also uses exercise ball, yoga mat, and hand weights. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 170A Jazz Dance IA (1.0 Units)**

Students who would like to explore jazz dance for the first time will experience basic jazz dance techniques with a fundamental sense of musicality. During this beginning course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 170A.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 170B Jazz Dance IB (1.0 Units)**

Students who would like to further explore jazz dance after having some jazz dance experience will expand on their basic jazz dance techniques and fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. Other styles such as theater jazz may be incorporated. Grade Option. Crosslisted with TA 170B.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 170C Jazz Dance IC (1.0 Units)**

Students who would like to further explore jazz dance after having some jazz dance experience, will expand on their jazz dance techniques and fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 170C.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 171A Jazz Dance IIA (1.0 Units)**

Students who would like to explore jazz dance at an intermediate level for the first time after having had some jazz dance will experience intermediate jazz dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Grade Option. Crosslisted with TA 171A.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 171B Jazz Dance IIB (1.0 Units)**

Students who would like to further explore jazz dance at an intermediate level after having had some jazz dance will experience intermediate jazz dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. Grade Option. See cross listing for TA 171B.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 171C Jazz Dance IIC (1.0 Units)**

Students who would like to further explore jazz dance at an intermediate level, working towards Jazz III, after having some jazz dance will experience intermediate jazz dance technique with a fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music, and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. Grade Option. Crosslisted with TA 171C.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 174A Introduction to Modern Dance (1.0 Units)**

Introduction to technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of introductory level modern dance through dancing. Grade Option. Crosslisted with TA 174A.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 174B Basic Modern Dance I (1.0 Units)**

Basic technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of introductory level modern dance through dancing. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 174C Beginning Modern Dance I (1.0 Units)**

Beginning level technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of beginning level modern dance through dancing. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 174D Intermediate Modern Dance I (1.0 Units)**

Level I technique and stylization of modern dance. For the student who has had Introduction to Modern Dance, Basic Modern Dance I, Beginning Modern Dance I or who is new to modern dance. Emphasis on exploring the movement characteristics of level I modern dance through dancing. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 175A Introduction to Modern Dance II (1.0 Units)**

Technique and stylization of introductory level modern dance II. This course is for the student who has taken Modern Dance I level classes. Emphasis on exploring the movement characteristics of introductory level modern dance II through dancing. Grade Option. Crosslisted with TA 175A.

Lab Hours: 54.0

Transfer: Transfers to CSU only

**KIND 175B Basic Modern Dance II (1.0 Units)**

Technique and stylization of basic modern dance II. This course is for the student who has taken Modern Dance I level classes and/or Introduction to Modern Dance II. Emphasis on exploring the movement characteristics of basic level modern dance II focusing on improving Modern II level technique. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 175C Modern Dance II (1.0 Units)**

Technique and stylization of Modern Dance level II. This course is for the student who has taken Modern Dance I and Basic Modern Dance II levels of dance. Students will prepare their bodies as an instrument for dance. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 175D Intermediate Modern Dance II (1.0 Units)**

Technique and stylization of Intermediate Modern Dance II. This course is for the student who has taken Modern Dance I, Basic Modern Dance II levels with the emphasis of the class on exploring Intermediate Modern Dance II level movement technique by progressing to longer, faster-paced, more difficult modern dance movement phrases. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 176A Introduction to Dance Rehearsal and Performance I (1-3 Units)**

This course is designed to introduce students to the methods used for introductory level I dance rehearsal and performance. This class is for the student who has never taken dance performance before but has taken some form of dance technique. Students will learn the etiquette of introductory level I dance rehearsal and performance, develop skills needed for quick pick up in dance choreography, and performance skills needed for dance production purposes. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 176B Performance Dance Ensemble (1-3 Units)**

This course is designed to introduce students to the methods used for dance performance and to provide students with an opportunity for public dance performance onstage. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 176C Dance Production (1.0 Units)**

This course is specifically designed for the student to learn and perform dance choreography of multiple dance disciplines. It includes learning, rehearsing and performing one or more choreographed dance pieces.

Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 176D Dance Performance (1-3 Units)**

This course is designed to provide students with the opportunity for intensive preparation for public performance of choreographed works.

Grade Option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

**KIND 190 Ethnic Dance (1.0 Units)**

Ethnic dance is any dance form which can be identified as originating with an ethnic culture and expressing the movement aesthetics of that culture. The course will explore ethnic cultures, including European, Polynesian, Asian, and Middle Eastern. It will also include village folk dance, classic dance (Kathak, Bharat Nayam), tribal dance, and many more.

Lab Hours: 54.0

Transfer: Transfers to CSU only