

## DANCE124 : Hip-Hop I

### General Information

Author:	<ul style="list-style-type: none"><li>Victor Robles</li></ul>
Course Code (CB01) :	DANCE124
Course Title (CB02) :	Hip-Hop I
Department:	DANCE
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1008.10) Commercial Dance
CIP Code:	(50.0399) Dance, Other.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000549790
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	DANCE 124 provides students with practical experience in current hip-hop techniques, such as popping, locking, and ticking. Through exercise and discussion students will learn coordination, strength, cardiovascular fitness, and the rhythm necessary to meet the demands of high intensity performance skills in popular street dance trends. Students are also encouraged to develop individual interpretation and personal style indigenous to this dance form.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>
Mode of Delivery:	
Author:	
Course Family:	

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Dance</li></ul>
Alternate Discipline:	No value
Alternate Discipline:	No value

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## General Education and C-ID

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Approved

### CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

### Area

Lifelong Learning and Self-Development

### Status

Approved

### Approval Date

02/22/2006

### Comparable Course

No Comparable Course defined.

## Units and Hours

### Summary

**Minimum Credit Units (CB07)** 1.5

**Maximum Credit Units (CB06)** 1.5

**Total Course In-Class (Contact) Hours** 45

**Total Course Out-of-Class Hours** 36

**Total Student Learning Hours** 81

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

### Weekly Student Hours

In Class

### Course Student Hours

Out of Class

Course Duration (Weeks)

18

Lecture Hours	1	2
Laboratory Hours	1.5	0
Studio Hours	0	0

<b>Hours per unit divisor</b>	0
<b>Course In-Class (Contact) Hours</b>	
Lecture	18
Laboratory	27
Studio	0
<b>Total</b>	45

<b>Course Out-of-Class Hours</b>	
Lecture	36
Laboratory	0
Studio	0
<b>Total</b>	36

### Time Commitment Notes for Students

No value

### Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

### Entry Standards

Entry Standards

Read, write, and converse in English.

Add, subtract, divide, and multiply.

### Course Limitations

Cross Listed or Equivalent Course

## Specifications

### Methods of Instruction

Methods of Instruction                      Lecture

Methods of Instruction                      Laboratory

Methods of Instruction                      Discussion

Methods of Instruction                      Multimedia

Methods of Instruction                      Collaborative Learning

Methods of Instruction                      Demonstrations

Methods of Instruction                      Field Activities (Trips)

Methods of Instruction                      Guest Speakers

Methods of Instruction                      Presentations

### Out of Class Assignments

- Attendance at GCC Dance Department performances
- Online research of hip hop from the 1970's to present
- Written evaluation of the performances attended

### Methods of Evaluation

### Rationale

Exam/Quiz/Test	Final exam/performance
Evaluation	Class participation in critiques, analysis, and evaluation of dance performance
Exam/Quiz/Test	Written exams
Exam/Quiz/Test	Movement exams
Writing Assignment	Written essays
Exam/Quiz/Test	Midterm exam

### Textbook Rationale

These textbooks are classic for this course

### Textbooks

Author	Title	Publisher	Date	ISBN
Lanier, Wendy	Shall We Dance? Hip-Hop Dance	North Star Editions	2017	978-1-63517-339-0
Craine, D. and Mackrell, J.	The Oxford Dictionary of Dance	Oxford	2013	978019172 7658

### Other Instructional Materials (i.e. OER, handouts)

No Value

### Materials Fee

No value

## Learning Outcomes and Objectives

### Course Objectives

Reproduce a basic hip-hop warm-up.

Interpret a basic hip-hop combination.

Examine the application of hip-hop terminology as utilized in live, video and in class performance.

Compare the development of hip-hop technique from Breakdancing to Funk styles.

### SLOs

Analyze and define basic hip-hop dance terminology and center work.

Expected Outcome Performance: 70.0

*ILOs*  
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*KIN*  
Kinesiology - AA-T

Demonstrate an understanding of biomechanical skills at different levels

Recognize and apply methods to develop and promote a physically healthy lifestyle

*DANCE*  
Dance Teaching - A.S. Degree  
Major

Design lesson plans for children, adults, and seniors

*DANCE*  
Dance Teaching - Certificate      Design lesson plans for children, adults, and seniors

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*DANCE*  
Choreographic Studies and      Explain dance vocabulary of various dance styles.  
Dance Technique

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Explain dance vocabulary of various dance styles.

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**Practice correct hip-hop dance placement and dynamic alignment.**

Expected Outcome Performance: 70.0

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*KIN*  
Kinesiology - AA-T      Demonstrate an understanding of biomechanical skills at different levels

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Recognize and apply methods to develop and promote a physically healthy lifestyle

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*ILOs*  
Core ILOs      Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

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*DANCE*  
Choreographic Studies and Dance      Demonstrate technical dance skills using correct body alignment and muscle coordination  
Technique

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Demonstrate technical dance skills using correct body alignment and muscle coordination

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Demonstrate technical dance skills using correct body alignment and muscle coordination

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*DANCE*  
Dance Teaching - A.S. Degree      Teach technical dance skills using correct body alignment and muscle coordination  
Major

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*DANCE*  
Dance Teaching - Certificate      Teach technical dance skills using correct body alignment and muscle coordination

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## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### **Introduction to the Street Dance Culture (4 hours)**

- Demographics as an influence
- Multi-Ethnic growth and development

#### **Safety (4 hours)**

- Body alignment
- Breathing

#### **Warm-up and Conditioning (2 hours)**

- Cardiovascular strength
- Muscle strength
- Flexibility

#### **Technical Skills (2 hours)**

- Coordination (legs, arms, head)
- Turns and spins
- Jumps
- Linking steps

#### **Development of Movement Vocabulary (3 hours)**

- Locking
- Jerking
- Rocking
- Freezing
- Popping
- Boogaloo
- Strut
- Clime stop
- Wave
- Tick
- Twisto-flex
- Slides
- Roboting

#### **Performance Skills (3 hours)**

- Focus
- Dynamics
- Rhythm
- Presentation
- Individual interpretation
- Personal style development

**Total hours: 18**

## Laboratory/Studio Content

### Safety (2 hours)

- Body alignment
- Breathing

### Warm-up and Conditioning (2 hours)

- Cardiovascular strength
- Muscle strength
- Flexibility

### Technical Skills (7 hours)

- Coordination (legs, arms, head)
- Turns and spins
- Jumps
- Linking steps

### Development of Movement Vocabulary (8 hours)

- Locking
- Jerking
- Rocking
- Freezing
- Popping
- Boogaloo
- Strut
- Clime stop
- Wave
- Tick
- Twisto-flex
- Slides
- Roboting

### Performance Skills (8 hours)

- Focus
- Dynamics
- Rhythm
- Presentation
- Individual interpretation
- Personal style development

**Total hours: 27**

## Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

### GCC Major Requirements

Physical Education

### GCC General Education Graduation Requirements

No Value

### Repeatability

Not Repeatable

### Justification (if repeatable was chosen above)

No Value



## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No Value

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value