



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	DANC
Course Number:	122
Descriptive Title:	Dance Conditioning and Alignment
Division:	Arts, Media & Entertainment
Department:	Dance
Course Disciplines:	Dance
Catalog Description:	Dance Conditioning and Alignment is designed to increase dance specific body awareness, placement, efficiency and performance by increasing strength, flexibility, endurance and knowledge of proper anatomical alignment. Movement exercises and sequences utilized for the course include a fusion of somatic practices, dance conditioning modalities and alignment techniques.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	1
Hours Laboratory (per week):	3
Outside Study Hours:	2
Total Course Hours:	72
Course Units:	2
Grading Method:	Letter Grade and Pass/No Pass
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	
Transfer UC:	Yes
Effective Date:	pending
General Education ECC:	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	Area C1 - Arts and Humanities - Arts: Arts, Cinema, Dance, Music, Theatre
Term:	
Other:	
IGETC:	Area 3A - Arts
Term:	
Other:	

CalGETC:	Area 3A: Arts
Term:	
Other:	
Student Learning Outcomes:	Upon completion of the course students should be able to: 1. Analyze and demonstrate dance conditioning and alignment exercises utilizing breathing techniques, focus, muscle control, and visualization practices. 2. Integrate multiple somatic movement and dance conditioning modalities to enhance alignment, posture, strength, flexibility, and concentration. 3. Create a personalized dance conditioning plan consisting of 10-15 exercises.
Course Objectives:	1. Identify habitual patterns of movements as a base for acquisition of dance technique 2. Demonstrate correct body placement and alignment in everyday functioning and in specialized physical activities including dance technique 3. Demonstrate the Principles of Body-Mind Connection 4. Demonstrate body conditioning exercises and alignment techniques as they apply to dance 5. Integrate learned conditioning principles into movement effort as it relates to dance technique 6. Understand and create an individualized dance conditioning program that address specific needs of the dancer 7. Explore concentration exercises that utilize visualization and breath to improve posture and understanding of the body in space
Major Topics:	I. Understanding Movement Patterning A. Identify habitual patterns of movements as base for acquisition of dance technique 1. Visualization and activation of kinetic awareness 2. Seeing the self with the outer and inner eye/body assessment 3. Feeling the body in relationship to the floor, space, wall, objects in the environment - other people II. Demonstrate correct body placement in everyday life and while practicing dance technique A. Development of maintaining the center B. Discuss alignment in relationship to efficient movement C. Discuss alignment in relationship to aesthetic movement D. Apply the use of center/off-center movement practice III. Mind-Body Connection A. Identify the relationship of body alignment and concentration B. Identify the relationship of body alignment and balance C. Demonstrate balance, relaxation, and alertness through mental and physical centering IV. Apply body awareness and movement principles to dance techniques A. Analyze and practice elongated and passive lengthening through the limbs B. Incorporate various Somatic based principles into movement practices V. Efficiency of Movement A. Learning to work with Gravity B. Applying the principles of release techniques to expand knowledge of effort needed to complete a movement C. Finding connections between limbs through the torso, practicing body half, and upper lower body distinctions and spinal connection as a major force

	V. Body Specific Training A. Creating a Strong Core and Powerful Abdominal Muscles B. Conditioning the Muscles of the Pelvis, Hip Joint, and Knee C. Creating Stable, Flexible, and Expressive Feet D. Developing Power in the Torso, Shoulders, and Arms
Total Lecture Hours:	18
Total Laboratory Hours:	54
Total Hours:	72
A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):	
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Create an individualized dance conditioning and alignment plan that is specific to your needs as a dancer as well as addresses your habitual movement patterns and alignment.
Critical Thinking Assignment 1:	Observe a partner performing a series of alignment based exercises. Critique their ability to maintain safe anatomical alignment and communicate their habits that lead them back incorrect patterning. After this communication, switch roles and let your partner critique you performing the same series of alignment based exercises. In a journal write down your discoveries through observation as well as being observed. If there is an anatomically incorrect alignment pattern that was addressed, what do you think is the underlying cause?
Critical Thinking Assignment 2:	Identify three body connections as utilized in Bartenieff Fundamental somatic practices. Which body connection pattern do you find yourself using and why?
Other Evaluation Methods:	Class Performance, Journal kept throughout course, Presentation
If Other:	
Instructional Methods:	Demonstration, Discussion
If other:	
Work Outside of Class:	Journal (done on a continuing basis throughout the semester), Skill practice
If Other:	
Up-To-Date Representative Texts:	Franklin, Eric. <i>Conditioning for Dance: Training for Whole-Body Coordination and Efficiency, 2nd Edition</i> . Human Kinetics, 2018. ISBN-13: 978-1492533634 (Discipline Standard)
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	

Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Requisite Skill and Matching skill(s): Bold the requisite skill(s). if applicable	
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Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Elizabeth Adamis
Date:	10/01/2025
Original Board Approval Date:	12/16/2025
Effective Term:	FA 2026