

PE 121A: Modern Dance I

Introduces fundamentals of Modern Dance technique with a focus on correct alignment, development of strength, flexibility, range of motion, and stability, and dance specific terminology.

Course Student Learning Outcomes

Upon successful completion, students should be able to:

- Apply lessons in Modern Dance-specific anatomy, safe practices, and injury prevention in order to improve well-being and Modern Dance performance.
- Engage in and appreciate different forms of artistic expression through Modern Dance.
- Interpret Modern Dance terminology to critically analyze performances.

Credits: 1

Program: [Physical Education](#)