

A photograph of four dancers in black leotards performing a contemporary dance piece. They are captured in a dynamic, mid-air pose with arms extended and legs bent. The background is a plain, light-colored wall.

**California State University, Fullerton  
Department of Theatre and Dance**

***B.A. in Dance Major Handbook***

**Prepared by Debra Noble  
5/24/2018**



## **Dance Major Handbook Table of Contents**

- Mission Statement of Dance Major Program** **3**
- The Program of Study** **3-8**
  - Four - Year Guideline**
  - Technique classes**
  - Dance Assessments**
- Graduate requirements** **7-9**
  - General Education Courses**
  - Transfer Student Information**
  - Grades and Evaluation**
  - Grad Check**
- Performance Opportunities** **9-10**
  - Costume Fittings**
  - Care of costumes**
  - Make-up and Costume Needs**
  - Registration for Performance Credit**
- Choreographic Opportunities** **10**
  - Choreographer's Showcases**
  - Fall and Spring Dance Theatre**
- Communications** **10**
  - Dance call Board**
  - Letters of Recommendation**
- Facilities and Equipment** **10-11**
- Health and Wellness** **11-12**
- Career Counseling** **12**
- The Dance Association** **12-13**
- Advisement Sheet for BA in Dance Senior Project Guidelines** **14-15**
- Senior Project Guidelines** **16**



**California State University, Fullerton  
Department of Theatre and Dance**

**B.A. in Dance Major Handbook**

**Mission Statement of Dance Major Program**

The **Bachelor of Arts in Dance** is for students seeking a broad and rich background in both theory and practice. The degree is designed to foster the skills, understanding, and discipline of developing dance artists. To this end, our faculty, are united in their dedication to teaching each student as an individual. The performance-based curriculum includes an intensive training in Ballet, Modern/Contemporary Dance, and Dance Composition; complemented by Improvisation, Dance History, Kinesiology, Pedagogy, Jazz and diverse performance experiences. As we strive to educate, inspire, and motivate, our nurturing, yet rigorous, environment offers our dance majors many opportunities to develop their unique potential. Our graduating students leave prepared technically and creatively to pursue work in dance and related areas.

**The Program of Study**

A major in dance necessitates the daily training of the body and mind in technique classes. Dance majors are required to enroll in daily dance technique classes and are advised to participate in two daily classes, preferably one in Ballet and with the other in Modern technique. Dance majors are required to successfully complete the fourth level of both Ballet and Modern in order to graduate.

Care must be taken by the new dance major to follow the suggested course timeline. Some of our core courses required for graduation are rotated. These courses are offered every other semester. Losing sequence in the rotation schedule will both complicate and prolong your graduation. The curriculum has been carefully designed to give the students experiences in prerequisite classes that are then built upon in the upper division coursework. The following **Four Year Guideline** outlines the coursework for each semester. Please study this and refer to the plan before seeing your adviser.



# Dance Major Four Year Guideline

## **Freshman Year**

### **Fall Semester**

Dance 112 Ballet I or Dance 212 Ballet II  
Dance 122 Modern I  
General Education Classes  
Electives  
University 100

### **Spring Semester**

Dance 112 Ballet I or Dance 212 Ballet II  
Dance 122 Modern I  
Theatre 478B Production and Performance  
General Education Classes  
Electives

## **Sophomore Year**

### **Fall Semester**

Dance 126 Dance Improvisation  
Dance 212 Ballet II  
Dance 222 Modern II  
Dance 226 Rhythmic Analysis  
Theatre 478B Production and Performance  
General Education Classes  
Electives

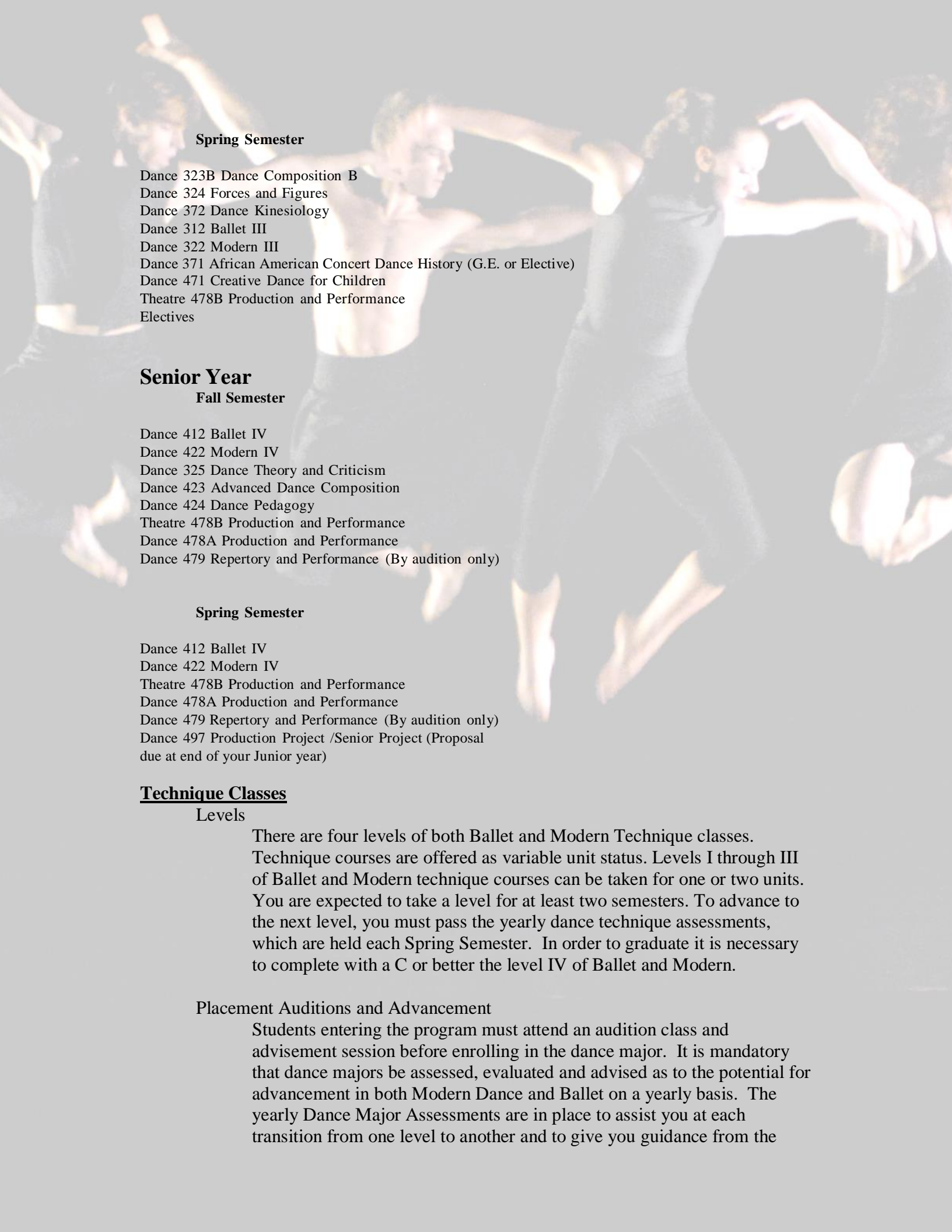
### **Spring Semester**

Dance 212 Ballet II  
Dance 222 Modern II  
Dance 301 Dance and Cultural Diversity  
Theatre 478B Production and Performance  
General Education Classes  
Electives

## **Junior Year**

### **Fall Semester**

Dance 323A Dance Composition A  
Dance 312 Ballet III  
Dance 322 Modern III  
Theatre 478B Production and Performance  
Electives



## Spring Semester

Dance 323B Dance Composition B  
Dance 324 Forces and Figures  
Dance 372 Dance Kinesiology  
Dance 312 Ballet III  
Dance 322 Modern III  
Dance 371 African American Concert Dance History (G.E. or Elective)  
Dance 471 Creative Dance for Children  
Theatre 478B Production and Performance  
Electives

## Senior Year

### Fall Semester

Dance 412 Ballet IV  
Dance 422 Modern IV  
Dance 325 Dance Theory and Criticism  
Dance 423 Advanced Dance Composition  
Dance 424 Dance Pedagogy  
Theatre 478B Production and Performance  
Dance 478A Production and Performance  
Dance 479 Repertory and Performance (By audition only)

### Spring Semester

Dance 412 Ballet IV  
Dance 422 Modern IV  
Theatre 478B Production and Performance  
Dance 478A Production and Performance  
Dance 479 Repertory and Performance (By audition only)  
Dance 497 Production Project /Senior Project (Proposal due at end of your Junior year)

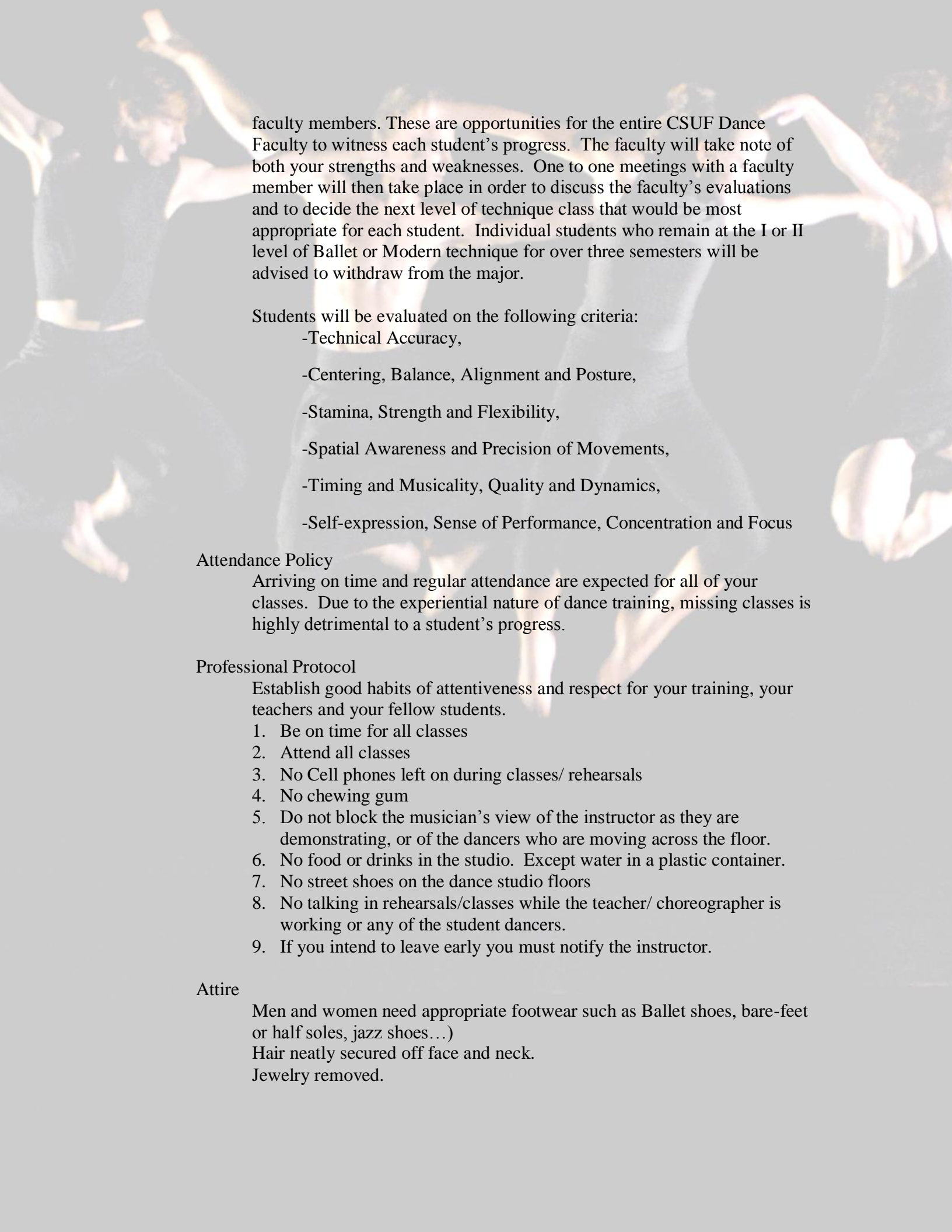
## Technique Classes

### Levels

There are four levels of both Ballet and Modern Technique classes. Technique courses are offered as variable unit status. Levels I through III of Ballet and Modern technique courses can be taken for one or two units. You are expected to take a level for at least two semesters. To advance to the next level, you must pass the yearly dance technique assessments, which are held each Spring Semester. In order to graduate it is necessary to complete with a C or better the level IV of Ballet and Modern.

### Placement Auditions and Advancement

Students entering the program must attend an audition class and advisement session before enrolling in the dance major. It is mandatory that dance majors be assessed, evaluated and advised as to the potential for advancement in both Modern Dance and Ballet on a yearly basis. The yearly Dance Major Assessments are in place to assist you at each transition from one level to another and to give you guidance from the



faculty members. These are opportunities for the entire CSUF Dance Faculty to witness each student's progress. The faculty will take note of both your strengths and weaknesses. One to one meetings with a faculty member will then take place in order to discuss the faculty's evaluations and to decide the next level of technique class that would be most appropriate for each student. Individual students who remain at the I or II level of Ballet or Modern technique for over three semesters will be advised to withdraw from the major.

Students will be evaluated on the following criteria:

- Technical Accuracy,
- Centering, Balance, Alignment and Posture,
- Stamina, Strength and Flexibility,
- Spatial Awareness and Precision of Movements,
- Timing and Musicality, Quality and Dynamics,
- Self-expression, Sense of Performance, Concentration and Focus

#### Attendance Policy

Arriving on time and regular attendance are expected for all of your classes. Due to the experiential nature of dance training, missing classes is highly detrimental to a student's progress.

#### Professional Protocol

Establish good habits of attentiveness and respect for your training, your teachers and your fellow students.

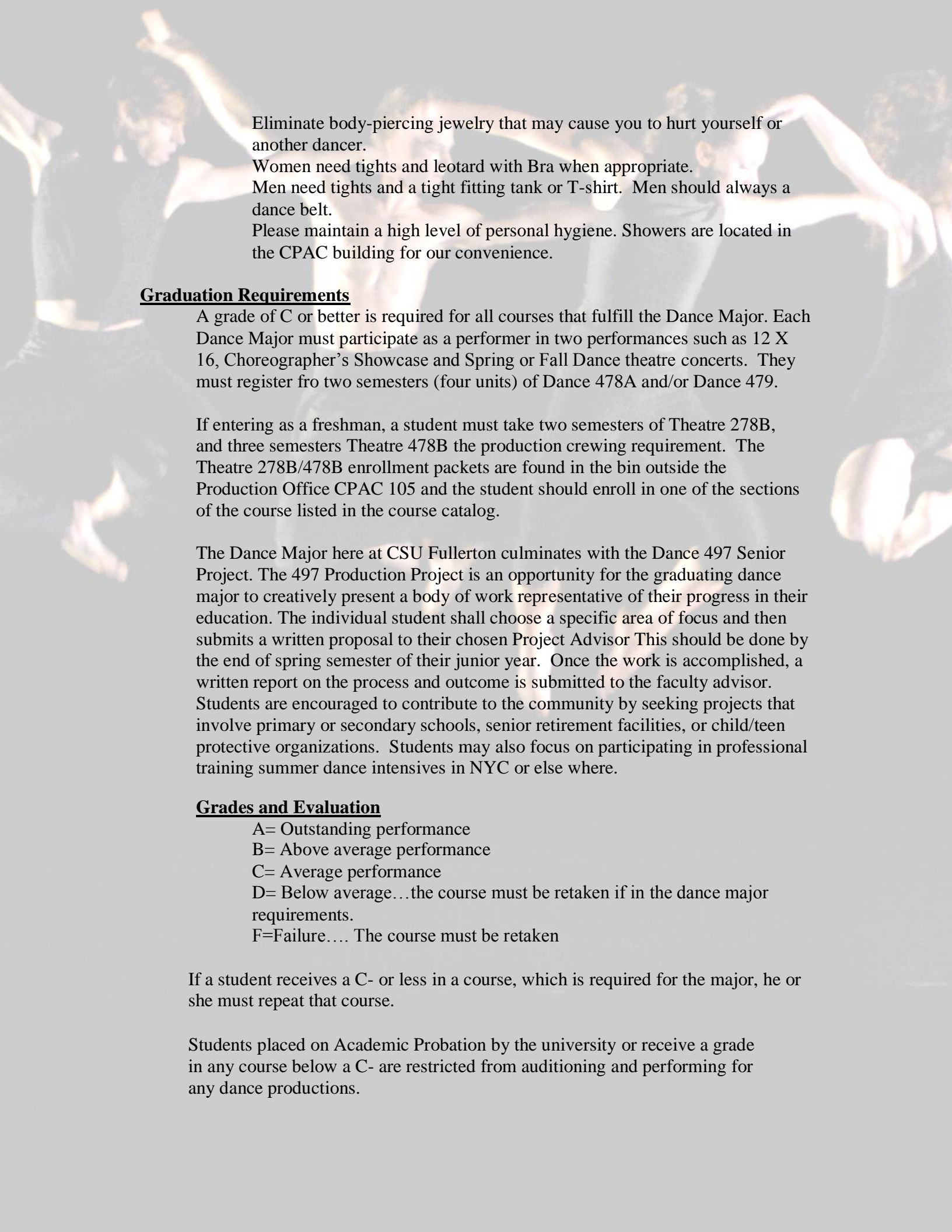
1. Be on time for all classes
2. Attend all classes
3. No Cell phones left on during classes/ rehearsals
4. No chewing gum
5. Do not block the musician's view of the instructor as they are demonstrating, or of the dancers who are moving across the floor.
6. No food or drinks in the studio. Except water in a plastic container.
7. No street shoes on the dance studio floors
8. No talking in rehearsals/classes while the teacher/ choreographer is working or any of the student dancers.
9. If you intend to leave early you must notify the instructor.

#### Attire

Men and women need appropriate footwear such as Ballet shoes, bare-feet or half soles, jazz shoes...)

Hair neatly secured off face and neck.

Jewelry removed.



Eliminate body-piercing jewelry that may cause you to hurt yourself or another dancer.

Women need tights and leotard with Bra when appropriate.

Men need tights and a tight fitting tank or T-shirt. Men should always wear a dance belt.

Please maintain a high level of personal hygiene. Showers are located in the CPAC building for our convenience.

### **Graduation Requirements**

A grade of C or better is required for all courses that fulfill the Dance Major. Each Dance Major must participate as a performer in two performances such as 12 X 16, Choreographer's Showcase and Spring or Fall Dance theatre concerts. They must register for two semesters (four units) of Dance 478A and/or Dance 479.

If entering as a freshman, a student must take two semesters of Theatre 278B, and three semesters Theatre 478B the production crewing requirement. The Theatre 278B/478B enrollment packets are found in the bin outside the Production Office CPAC 105 and the student should enroll in one of the sections of the course listed in the course catalog.

The Dance Major here at CSU Fullerton culminates with the Dance 497 Senior Project. The 497 Production Project is an opportunity for the graduating dance major to creatively present a body of work representative of their progress in their education. The individual student shall choose a specific area of focus and then submits a written proposal to their chosen Project Advisor. This should be done by the end of spring semester of their junior year. Once the work is accomplished, a written report on the process and outcome is submitted to the faculty advisor. Students are encouraged to contribute to the community by seeking projects that involve primary or secondary schools, senior retirement facilities, or child/teen protective organizations. Students may also focus on participating in professional training summer dance intensives in NYC or else where.

### **Grades and Evaluation**

A= Outstanding performance

B= Above average performance

C= Average performance

D= Below average...the course must be retaken if in the dance major requirements.

F=Failure.... The course must be retaken

If a student receives a C- or less in a course, which is required for the major, he or she must repeat that course.

Students placed on Academic Probation by the university or receive a grade in any course below a C- are restricted from auditioning and performing for any dance productions.

A photograph of four dancers in black leotards performing a contemporary dance piece in a dark studio. The dancers are captured in a dynamic, mid-air pose, with their arms extended and bodies arched. The lighting is dramatic, highlighting the contours of their bodies against the dark background.

**General Education Courses**

Each dance major should see an advisor from the Academic Advisement Center in University Hall 179. Call (657) 278-3606 to make an appointment.



## **Transfer Students**

Based on the courses that were accepted by the university for transfer, each student must then complete the unmet requirements. There are several criteria involved in assessing which dance courses can be transferred into the dance major. Primarily, the units for the courses must equate. That is, if Modern I taken at your previous school was a 1-unit course you would have to have taken it twice to receive credit for our Modern I, which is 2-units. Academic courses must be similar in content, syllabus and units to be sufficient to transfer. A course may be challenged through proper University channels. If you are entering the dance program with sufficient prior technical training (your placement class makes this assessment) lower level technique classes may be waived. You are, however, expected to take two technique courses each semester while a dance major. Students who transfer into the dance program as juniors, must take three semesters of Theatre 478B the production crewing requirement. The enrollment packet is found in the bin outside the Production Office CPAC 105 and the student should enroll in one of the sections of the course listed in the course catalog. Please also see performance requirement stated above.

## **Dance Major Transfer Student Guideline**

### **Fall Semester**

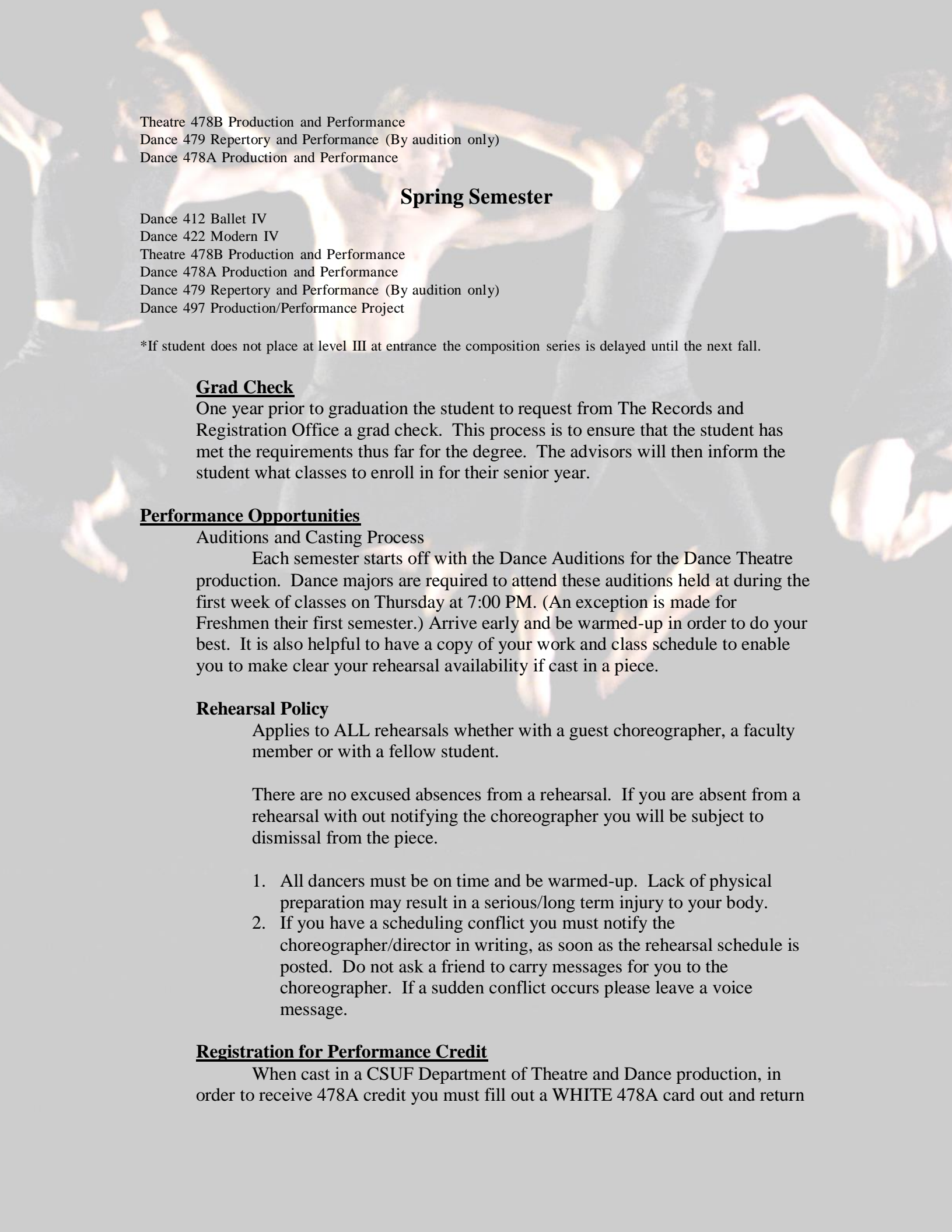
Dance 126 Dance Improvisation  
\*Dance 323A Dance Composition A (If placed at the level III of Modern on entrance)  
Dance 226 Rhythmic Analysis  
Dance 301 Dance and Cultural Diversity  
Dance 212 Ballet II  
Dance 222 Modern II  
Theatre 478B Production and Performance  
General Education Classes  
Electives

### **Spring Semester**

\*Dance 323B Dance Composition B  
Dance 212 Ballet II or 312 III (Depending on Assessment)  
Dance 222 Modern II or 322 III (Depending on Assessment)  
Dance 324 Forces and Figures  
Dance 371 African American Concert Dance History (G.E. or Elective)  
Dance 471 Creative Dance for Children  
Theatre 478B Production and Performance  
General Education Classes  
Electives

### **Fall Semester**

\*Dance 423 Advanced Dance Composition  
Dance 325 Dance Theory and Criticism  
Dance 424 Dance Pedagogy  
Dance 412 Ballet IV  
Dance 422 Modern IV



Theatre 478B Production and Performance  
Dance 479 Repertory and Performance (By audition only)  
Dance 478A Production and Performance

## **Spring Semester**

Dance 412 Ballet IV  
Dance 422 Modern IV  
Theatre 478B Production and Performance  
Dance 478A Production and Performance  
Dance 479 Repertory and Performance (By audition only)  
Dance 497 Production/Performance Project

\*If student does not place at level III at entrance the composition series is delayed until the next fall.

### **Grad Check**

One year prior to graduation the student to request from The Records and Registration Office a grad check. This process is to ensure that the student has met the requirements thus far for the degree. The advisors will then inform the student what classes to enroll in for their senior year.

### **Performance Opportunities**

#### **Auditions and Casting Process**

Each semester starts off with the Dance Auditions for the Dance Theatre production. Dance majors are required to attend these auditions held at during the first week of classes on Thursday at 7:00 PM. (An exception is made for Freshmen their first semester.) Arrive early and be warmed-up in order to do your best. It is also helpful to have a copy of your work and class schedule to enable you to make clear your rehearsal availability if cast in a piece.

#### **Rehearsal Policy**

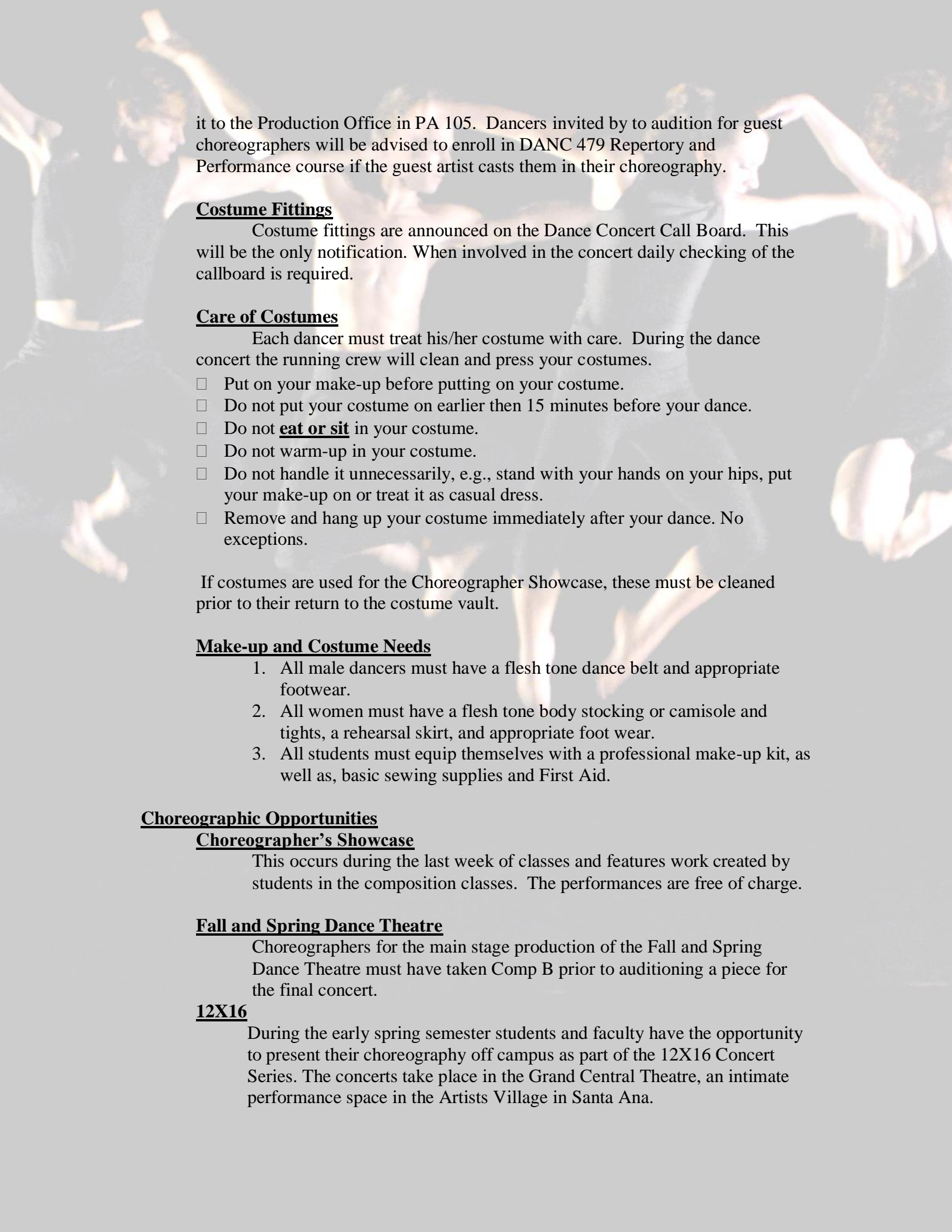
Applies to ALL rehearsals whether with a guest choreographer, a faculty member or with a fellow student.

There are no excused absences from a rehearsal. If you are absent from a rehearsal with out notifying the choreographer you will be subject to dismissal from the piece.

1. All dancers must be on time and be warmed-up. Lack of physical preparation may result in a serious/long term injury to your body.
2. If you have a scheduling conflict you must notify the choreographer/director in writing, as soon as the rehearsal schedule is posted. Do not ask a friend to carry messages for you to the choreographer. If a sudden conflict occurs please leave a voice message.

### **Registration for Performance Credit**

When cast in a CSUF Department of Theatre and Dance production, in order to receive 478A credit you must fill out a WHITE 478A card out and return



it to the Production Office in PA 105. Dancers invited by to audition for guest choreographers will be advised to enroll in DANC 479 Repertory and Performance course if the guest artist casts them in their choreography.

### **Costume Fittings**

Costume fittings are announced on the Dance Concert Call Board. This will be the only notification. When involved in the concert daily checking of the callboard is required.

### **Care of Costumes**

Each dancer must treat his/her costume with care. During the dance concert the running crew will clean and press your costumes.

- Put on your make-up before putting on your costume.
- Do not put your costume on earlier than 15 minutes before your dance.
- Do not **eat or sit** in your costume.
- Do not warm-up in your costume.
- Do not handle it unnecessarily, e.g., stand with your hands on your hips, put your make-up on or treat it as casual dress.
- Remove and hang up your costume immediately after your dance. No exceptions.

If costumes are used for the Choreographer Showcase, these must be cleaned prior to their return to the costume vault.

### **Make-up and Costume Needs**

1. All male dancers must have a flesh tone dance belt and appropriate footwear.
2. All women must have a flesh tone body stocking or camisole and tights, a rehearsal skirt, and appropriate foot wear.
3. All students must equip themselves with a professional make-up kit, as well as, basic sewing supplies and First Aid.

## **Choreographic Opportunities**

### **Choreographer's Showcase**

This occurs during the last week of classes and features work created by students in the composition classes. The performances are free of charge.

### **Fall and Spring Dance Theatre**

Choreographers for the main stage production of the Fall and Spring Dance Theatre must have taken Comp B prior to auditioning a piece for the final concert.

### **12X16**

During the early spring semester students and faculty have the opportunity to present their choreography off campus as part of the 12X16 Concert Series. The concerts take place in the Grand Central Theatre, an intimate performance space in the Artists Village in Santa Ana.

## **Communications**

If you have questions please consult

1. The CSUF CATALOG
2. The Dance Major Handbook
3. Your advisor or teacher
4. The Theatre and Dance Office PA 141A 278-3629

The Department Mailroom is PA 139 278-3628

Faculty members have a Mailbox under their name.

Your Faculty Advisor helps you plan a course of study to fulfill requirements for graduation. It is your responsibility to schedule regular meetings with him/her and to keep them informed about your decisions as well as your performances in the courses. Feel free to make appointments with your advisor and teachers to discuss your goals and achievements in the classes. The challenges of a course of study in dance are many, try to deal with them in an energetic, creative and productive manner.

## **Dance Call Board**

Please check the callboard daily if you are involved in a production. It is located around the corner from the Production Office at PA 105. You will find information regarding schedules, classes, auditions, castings, photo calls, costume fittings, and events. Students can also use the blackboard near the Production Office for getting information to fellow students.

## **Letters of Recommendation**

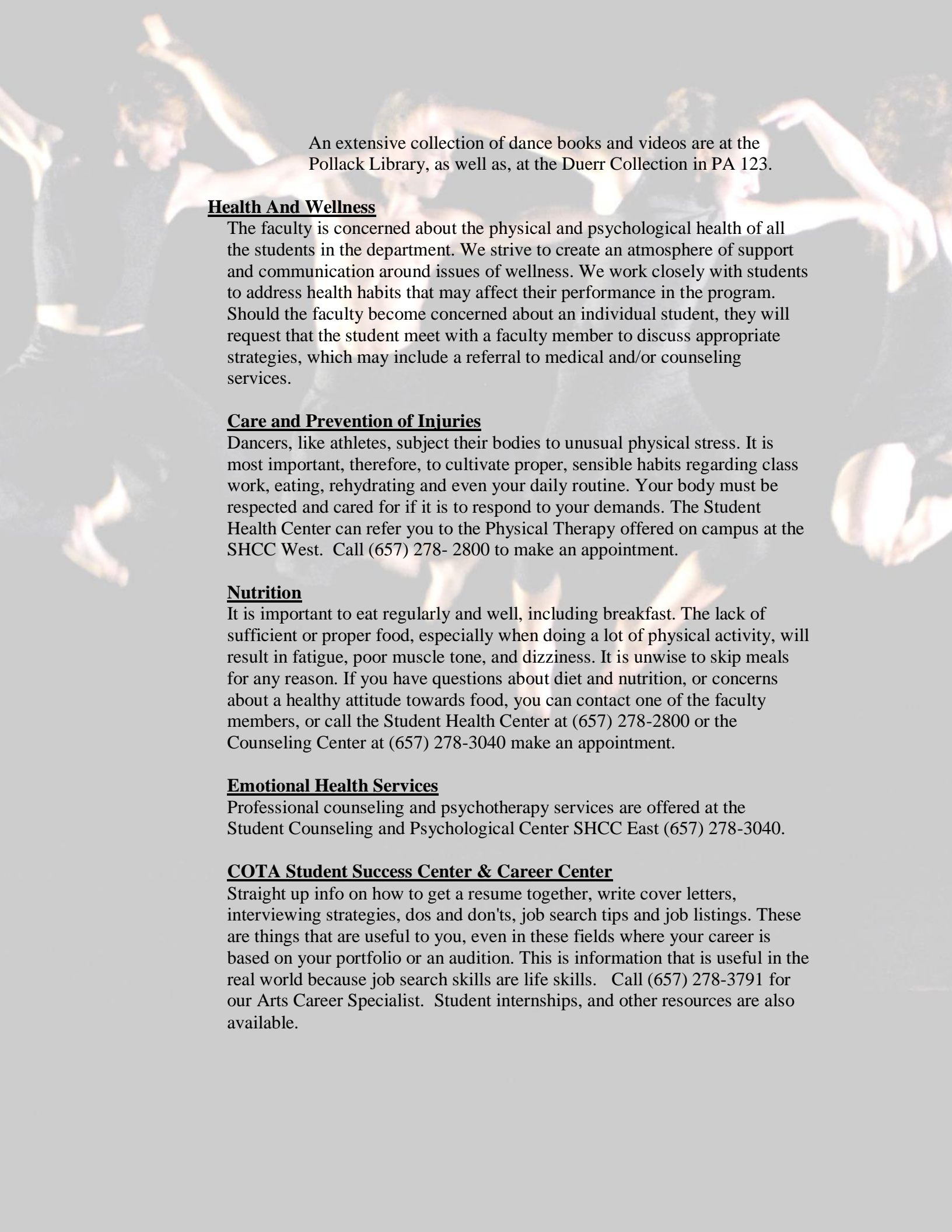
At times you will need letters of recommendation from a faculty member for a scholarship, job, etc. If they agree to write one for you, please provide the following

1. The form to be completed.
2. A stamped addressed envelope
3. Information on yourself that is necessary for the recommendation
4. Your return address
5. The due date

## **Facilities and Equipment**

Studio Use

You may reserve a dance studio by filling out the room reservation forms found in the bin outside the Production Office PA 105. The room must be left clean and orderly. Please turn off the lights and make sure the space is locked. If you have used props remove them. Lock audio equipment; cover piano, open metal curtain (if you have closed it Studio VA#148). Remove all chairs from the dancing space. Leave it ready for the next class.



An extensive collection of dance books and videos are at the Pollack Library, as well as, at the Duerr Collection in PA 123.

### **Health And Wellness**

The faculty is concerned about the physical and psychological health of all the students in the department. We strive to create an atmosphere of support and communication around issues of wellness. We work closely with students to address health habits that may affect their performance in the program. Should the faculty become concerned about an individual student, they will request that the student meet with a faculty member to discuss appropriate strategies, which may include a referral to medical and/or counseling services.

### **Care and Prevention of Injuries**

Dancers, like athletes, subject their bodies to unusual physical stress. It is most important, therefore, to cultivate proper, sensible habits regarding class work, eating, rehydrating and even your daily routine. Your body must be respected and cared for if it is to respond to your demands. The Student Health Center can refer you to the Physical Therapy offered on campus at the SHCC West. Call (657) 278- 2800 to make an appointment.

### **Nutrition**

It is important to eat regularly and well, including breakfast. The lack of sufficient or proper food, especially when doing a lot of physical activity, will result in fatigue, poor muscle tone, and dizziness. It is unwise to skip meals for any reason. If you have questions about diet and nutrition, or concerns about a healthy attitude towards food, you can contact one of the faculty members, or call the Student Health Center at (657) 278-2800 or the Counseling Center at (657) 278-3040 make an appointment.

### **Emotional Health Services**

Professional counseling and psychotherapy services are offered at the Student Counseling and Psychological Center SHCC East (657) 278-3040.

### **COTA Student Success Center & Career Center**

Straight up info on how to get a resume together, write cover letters, interviewing strategies, dos and don'ts, job search tips and job listings. These are things that are useful to you, even in these fields where your career is based on your portfolio or an audition. This is information that is useful in the real world because job search skills are life skills. Call (657) 278-3791 for our Arts Career Specialist. Student internships, and other resources are also available.

A group of dancers in black leotards performing a contemporary dance piece on a stage. The dancers are captured in various dynamic poses, with arms raised and bodies arched, set against a dark background. The lighting is dramatic, highlighting the dancers' forms.

### **The Dance Association**

Dance Majors can participate in the student run Dance Association. The Dance Association strives to enhance dance major's learning experience at Cal State Fullerton. They do this through master classes, workshops, guest choreographers, and community involvement. Meetings are held at least once a month in which we discuss upcoming events, shows, and festivals. Each semester the Association organizes a group theatre experience and attends a professional dance performance at a discounted rate. Participating in the Dance Association is a great way for new dance majors get to know the dance program as well as other dancers in the program. Most importantly, the purpose of this organization is to provide opportunities for the enhancement of our artistic skills and to aid in the community's appreciation for the art of dance.

Theatre and Dance Department  
CALIFORNIA STATE UNIVERSITY, FULLERTON

**ADVISING WORKSHEET – BA in DANCE DEGREE MAJOR**

**STUDENT** \_\_\_\_\_ **DATE** \_\_\_\_\_

**CELL PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**HOME ADDRESS** \_\_\_\_\_

**FACULTY ADVISOR** \_\_\_\_\_

DANC (56 units in the Dance major, 16 units of Open Electives and 48 units of General Education=120 units total)

<u>LOWER DIVISION</u>	<u>UNITS</u>	<u>SEMESTER COMPLETED</u>	<u>GRADE</u>
DANC 122 Modern Dance I	2	_____	___
DANC 126 Dance Improvisation	2	_____	___
DANC 212 Classical Ballet II	2	_____	___
DANC 222 Modern Dance II	2	_____	___
DANC 226 Rhythmic Analysis	3	_____	___

**TOTAL 11 units**

<u>UPPER DIVISION</u>	<u>UNITS</u>	<u>SEMESTER COMPLETED</u>	<u>GRADE</u>
DANC 312 Classical Ballet III	3	_____	_____
DANC 322 Modern Dance III	3	_____	_____
DANC 323 A,B Dance Comp.	6	_____	_____
DANC 324 Forces & Figures*	3	_____	_____
DANC 325 Dance Theory & Crit.**	3	_____	_____
DANC 372 Dance Kinesiology	3	_____	_____
DANC 412 Classical Ballet IV	3	_____	_____
DANC 422 Modern Dance IV	3	_____	_____
DANC 423 Adv. Dance Comp.	3	_____	_____
DANC 424 Dance Pedagogy	2	_____	_____
DANC 471 Creative Dance for Child	3	_____	_____
DANC 478A Performance (2)	4 total	_____	_____
And/or			
DANC 479 Repertory & Perf. (2)		_____	_____
DANC 497 Production & Perf.	1	_____	_____

**TOTAL 40 Units**

**DEPARTMENT PRODUCTION REQUIREMENT**

Dance majors are required to complete two semesters of THTR 278B and three semesters of THTR 478B, Production, equaling 5 units. Transfer students must enroll in three semesters of THTR 478B, equaling 3 units.

THTR 278 Production & Perf. \_\_\_\_\_ / \_\_\_\_\_

THTR 478B Production \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Dance majors are encouraged to enroll in DANC 478A when cast in works to perform.

\*DANC 301 is a prerequisite for DANC 324 Forces & Figures. Please take 301 prior to spring semester of your Junior year

\*\*DANC 325 satisfies the University's required Upper Division Writing Course. The English Writing Proficiency Exam may be taken after reaching Junior status.

\*\*\*OPEN ELECTIVES 16 units- Students can confer with Faculty Advisors to discuss possible choices.





## Department of Theatre and Dance Senior Project Guidelines

**Proposal Due Date** Last week of classes your junior year.

**Final Documentation Due Date** Last week of classes your senior year or before that date.

### **The Project Proposal (Due last week of your Junior year.)**

The Dance Major here at CSU Fullerton culminates with the Senior Project. The individual student shall choose a specific area and submit a written proposal to their chosen Senior Project advisor. This should be done by the end of spring semester of their junior year. This proposal should clearly outline the location, content, and timeline of their project. It is the student's responsibility to make an appointment with their advisor to discuss their proposal after its submission. Your application form with appropriate signatures must be on file in the department office prior to registration in the course.

### **The Final Documentation (Due last week of your Senior year.)**

The final project documentation should articulate the development of the student's working process during the project activity. This typed report should include a self-reflective assessment, as well as, a discussion of the growth and development that occurred through the process. Questions that should be considered in composing the final report are the following:

What were my strengths and weaknesses during this process?

How has my approach to my work changed as a result of participating in this project?

What specific experiences in the project led me to new discoveries about myself and

my philosophy of dance?

How can I incorporate these discoveries into my work as a dance artist, teacher, writer or work in other areas?

What future goals have I set for myself in my development?