ST. OLAF COLLEGE

DANCE DEPARTMENT

Requirements for the Major

Effective Fall 2024 (04/23/25)

This document should be used as a planning tool for students intent on majoring in dance. Dance major students must consult with a Dance Faculty Advisor when planning their dance schedules.

IN ESSENCE: Fulfilling the Dance Major Requires:

1. The successful completion of a minimum of 10.5 designated course credits.
2. The design of an Area of Specialty and completion of a Senior Dance Capstone Project.
3. Participation in a range of co-curricular dance department offerings, including a minimum of three semesters in one of the student dance companies (Companydance© and Veselica International Dance Ensemble©).
   First-year dance students and/or students new to Companydance are strongly encouraged to participate in First Year Dance Project. More information is available from the Dance Department.
4. The attainment of technical proficiency in a primary genre of dance at the 200 level (expected) or 300 level (preferred) and proficiency in a secondary genre of dance at the 100 level.
5. The completion of a range of dance production work, including a minimum of one major dance production.

SPECIFICS: Fulfilling the Dance Major Requires:

1. **LANGUAGE INTENSIVE COURSES (7.0 Credits):** The dance major must complete all the following language intensive course credits (refer to suggested four-year sequence of courses below).

Term_____ Year_____	**100 Introduction to Dance** (1.0 [Core: CRE][GE: ALS-A, ORC]) Offered annually Fall term. Should be taken 1st year.
Term_____ Year_____	**124 World Dance Traditions** (1.0 [Core: GHS][GE: ALS-A, MCS-G]) Offered January term, every other year. Should be taken 1st or 2nd year.
Term_____ Year_____	**150 Movement, the Camera, and the Creative Process** (1.0 [Core: CRE][GE: ALS-A]) Offered every other year, Spring term. Should be taken 1st or 2nd year.
Term_____ Year_____	**231 Fundamentals of Choreography and Improvisation** (1.0 [Core: CRE][GE: ALS-A]) Offered annually Fall term. Should be taken 2nd year.
Term_____ Year_____	**246 Dance in the United States** (1.0 [Core: PAR, WAC][GE: ALS-A, MCS-D, WRI]) Offered annually Spring term. Should be taken after 1st year.
Term_____ Year_____	**270 Dance Anatomy and Kinesiology** (1.0 [Core: NTS][GE:IST]) Offered annually Fall term. Should be taken 2nd or 3rd year.
Term_____ Year_____	**399 Senior Dance Seminar** (1.0) Must be taken fall of senior year. Ideally, all required major courses completed prior to taking this class. Culminates in Senior Dance Capstone Project at the end of fall semester of senior year.

2. **MOVEMENT INTENSIVE COURSES (1.5 Credits):** The dance major must complete a minimum of 1.5 movement intensive course credits in at least two different genres (modern, Hip Hop, international, ballet, etc.) from the following list of classes. All movement intensive dance courses are repeatable. All movement intensive courses count towards the ACB (Active Body) Ole Core requirement and SPM (Studies in Physical Movement) GE requirement. We highly recommend that students take a West African movement intensive course during their first three semesters.

Term_____ Year_____	**106 Ballroom I** (0.25) Repeated_____(Terms/Years)
Term_____ Year_____	**107 Topics in Rhythm in Dance** (0.25). Recent topics have included West African dance, Tap, and Jazz. Repeated_____(Terms/Years)
Term_____ Year_____	**108 American Dance: Native and Immigrant Traditions** (0.25) Repeated_____(Terms/Years)

Term_____ **Year**_____	**109 International Dance I: A Survey** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**111 Modern Dance I** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**112 The African Diaspora in Contemporary Dance I** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**113 Hip Hop I** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**121 Ballet I** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**130** (0.50), **131** (0.25) **Advanced Beginning Ballet** Repeated_____(Terms/Years)
Term_____ **Year**_____	**141 Topics in Movement Studies in Dance** (0.25). Recent topics have included Intermediate Jazz, Intermediate West African Dance, and Hip Hop and History. Repeated_____(Terms/Years)
Term_____ **Year**_____	**160 Conditioning: Practice and Principles** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**206 Ballroom II** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**207 The Art of Couple Dancing** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**209 International Dance II: Selected Dance Cultures** (0.25) Repeated_____(Terms/Years)
Term_____ **Year**_____	**210** (0.50), **211** (0.25) **Modern Dance II** Repeated_____(Terms/Years)
Term_____ **Year**_____	**220** (0.50), **221** (0.25) **Ballet II** Repeated_____(Terms/Years)
Term_____ **Year**_____	**240** (0.50), **241** (0.25) **The African Diaspora in Contemporary Dance II** Repeated_____(Terms/Years)
Term_____ **Year**_____	**260** (0.50), **261** (0.25) **Hip Hop II** Repeated_____(Terms/Years)
Term_____ **Year**_____	**310** (0.50), **311** (0.25) **Modern III** Repeated_____(Terms/Years)
Term_____ **Year**_____	**320** (0.50), **321** (0.25) **Ballet III** Repeated_____(Terms/Years)

3. **AREA OF SPECIALTY (2.0 Credits):** Each dance major also designs an individualized Area of Specialty consisting of a minimum of 2.0 credits from within and/or outside the Dance Department.

   The dance student's Area of Specialty is in essence the synthesis of a content area or theme and the selection of a project presentation option (the means for exploring the content area). The Area of Specialty leads to a Senior Dance Capstone Project, which is completed in conjunction with Dance 399 (Senior Dance Seminar: must be taken fall of senior year), and builds on the student's individual Area of Specialty.

   Two courses in Area of Specialty:

   1. _____

   2. _____

Examples of student dance major Areas of Specialties include:

Content Area or Theme	Project Presentation Option
○ The Intersection of Faith and Movement	Performance*
○ Roots/Home	Performance*
○ Uncertainty	Choreography*
○ Asian-American Identity	Choreography*
○ Teaching to Dancers on the Autism Spectrum	Written Thesis
○ The Arts and Public Policy	Written Thesis
○ Positive Psychology	Blended/Integrated Forms
○ Modern Dance Applications in Figure Skating	Blended/Integrated Forms

*Students selecting the Choreography or Performance Senior Dance Capstone project option must complete Dance 374 Advanced Choreography prior to beginning their senior dance capstone project.

4. **DANCE TECHNIQUE PROFICIENCY:** Dance majors must achieve technical proficiency in level II (preferably level III) in a primary genre of dance (for example West African dance, ballet, modern, Hip Hop, international) and proficiency in level I in a secondary genre of dance.

5. **COMPANY PARTICIPATION:** Dance majors are required to participate in one of the student dance companies (Companydance© or Veselica International Dance Ensemble©) a minimum of three semesters. Participation must be planned in consultation with the dance faculty. Students selected to be a part of one of the dance companies will be registered for either Dance 170: Veselica (No credit course) and/or Dance 180: Companydance (no credit course) every semester they are involved.

Term_____ Year_____ Company (Dance 170: Veselica or Dance 180: Companydance)

Term_____ Year_____ Company (Dance 170: Veselica or Dance 180: Companydance)

Term_____ Year_____ Company (Dance 170: Veselica or Dance 180: Companydance)

6. **DANCE PRODUCTION MANAGEMENT:** Dance majors need to complete dance production work on a minimum of ONE major dance production.

Term_____ Year_____ Name of Production _____

7. **ELECTIVE COURSEWORK:** It is strongly recommended that the dance major take a selection of the following dance department electives and supplemental courses from other departments.

Term_____ Year_____ **Dance 109 - International Dance I: A Survey** (.25 [Core: ACB][GE: ALS-A, SPM]) Offered once or twice a year.

Term_____ Year_____ **Dance 209 - International Dance II: Selected Dance Cultures** (.25 [Core: ACB][GE: ALS-A, SPM]) Offered every second or third year.

Term_____ Year_____ **Dance 243 – Southeast Asian Performing Arts** (1.0 [Core: CRE, GHS][GE: ALS-A, MCG]) Offered periodically.

Term_____ Year_____ **Dance 249 – Dance NOW/NY January Term Experience** (1.0) [Core: ACB, OEP] Offered every other year during January term.

Term_____ Year_____ **Dance 290 – Topics in Dance** (1.0) Offered periodically.

Term_____ Year_____ **Dance 374 - Advanced Choreography** (1.0 [Core: CRE][GE: ALS-A]) Prerequisite: 231 Fundamentals of Choreography and Improvisation. Offered spring term every year. Required during 2nd or 3rd year if Area of Specialty includes Choreography or Performance.

Chart Version of Suggested 4-Year Dance Major Schedule of Classes

Flexibility in the suggested 4-year schedule, as needed on an individual basis, is possible and must be planned in consultation with a Dance Faculty Advisor.

Suggested 4-Year Schedule for Dance Majors

	FALL	INTERIM	SPRING
1st YEAR	__100 Intro to Dance __Movement Intensive(s) _____ _____	__124 World Dance Traditions (not offered every year, ideal option is 1st or 2nd year)	__150 MCCP (offered every other year, ideal option is 1st or 2nd year) __Movement Intensive(s) _____ _____
2nd YEAR	__231 Choreography (ideal option) __270 Dance Anatomy and Kinesiology (offered every year) __Movement Intensive(s) _____ _____		__246 Dance in the US __Movement Intensive(s) _____ _____
3rd YEAR	__Movement Intensive(s) _____ _____		__374 Adv Choreography (elective, unless senior project option is Choreography or Performance) __Movement Intensive(s) _____ _____
4th YEAR	__399 Senior Dance Seminar __Movement Intensive(s) _____ _____		__Movement Intensive(s) _____ _____