

Department of Arts

Dance Placement Guidelines

Pathway	Ballet	Jazz Dance	Modern Dance	Tap Dance
Year 1 Sem 1	Ballet Foundations (7467) 1.0 Credit	Jazz Dance Foundations (7469) 0.5 Credit		Tap Dance Lab (7494) 0.5 Credit
Year 1 Sem 2			Modern Dance Foundations (7468) 0.5 Credit	
Year 2 Sem 1	Ballet II (7476) 1.0 Credit		Modern Dance II (7472) 0.5 Credit	Tap Dance II (7492) 0.5 Credit
Year 2 Sem 2		Jazz Dance II (7482) 0.5 Credit		
Year 3 Sem 1	Ballet III (7477) 1.0 Credit	Jazz Dance III (7483) 1.0 Credit	Modern Dance III (7473) 1.0 Credit	Tap Dance III (7493) 0.5 Credit
Year 3 Sem 2				
Year 4 Sem 1	Ballet Lab 0.5 Credit			
Year 4 Sem 2				
Additional Required Coursework	Anatomy & Kinesiology of Dance (7465) 0.5 Credit	Somatics (7466) 0.5 Credit	Advanced Dance Techniques (7468) 1.0 Credit	

Dance Course Catalog

7464 - Advance Dance Techniques

Credits: 1.0 Dance Credit

Prerequisite: NA

Course Description: Advance Dance Technique students will create choreographic studies and several full-length works that will potentially be showcased in a full evening production in the spring. This showcase will be comprised of selections of the work done throughout the year. If time allows, students will study and perform one or two excerpts from their professional repertory.

7465 - Anatomy & Kinesiology of Dance

Credits: 0.5 Dance Credit

Prerequisite: NA

Course Description: Anatomy and Kinesiology of Dance are designed for Dance Majors at SOTA to help facilitate knowledge of the human body as it relates to dance and overall everyday movement. Students,

through memorization, lecture, and practical application of regular dance techniques, will be able to identify basic anatomical structures of the body and the movements these structures produce (Kinesiology). Students will study bone, muscle, and connective tissue of the body, as well as movement terms and definitions used in basic kinesiology.

7466 - Somatics

Credits: 0.5 Dance Credit

Prerequisite: NA

Course Description: Somatics is the study of different body therapies to keep the dancer's body strong. Throughout the course, students will participate in various modalities of Pilates, yoga, ballet floor barre, strength work, and aerobic conditioning.

7467 - Ballet Foundations

Credits: 1.0 Dance Credit

Prerequisite: NA

Course Description: Ballet Foundations is the first course in the Ballet sequence and is designed as an introduction to classical ballet. The proper body alignment and basic position and movements will be introduced. Students will learn warm-up techniques, French vocabulary, and sequences at the barre and center floor. The emphasis will be on correct body placement, and building strength and flexibility.

7468 - Modern Dance Foundations

Credits: 0.5 Dance Credit

Prerequisite: NA

Course Description: Modern Dance Foundations is the first course in the Modern Dance sequence. Instruction will focus on the development of a strong technical foundation and will engage students in studies of rhythm, level, direction, quality, shape, and temporal variation through movement progressions and combinations. Students will be encouraged to explore their own creative abilities through choreographic studies throughout the course and will gain a basic understanding of anatomy as it pertains to movement and dance.

7469 - Jazz Dance Foundations

Credits: 0.5 Dance Credit

Prerequisite: NA

Course Description: Students in Jazz Dance Foundations will study beginning jazz dance skills, which will lead to mastery of the different styles this technique holds. They will explore rhythm and tempo work that is consistent and challenging. Students will also study dance history as it relates to the jazz age, basic anatomy, and related dance vocabulary, and will learn to recognize and appreciate a variety of different music. Choreography will be explored in groups and introduced as a solo entity. A final jury is required.

7472 - Modern Dance II

Credits: 0.5 Dance Credit

Prerequisite: 7468S - Modern Dance Foundations

Course Description: Modern Dance II is the second course in the Modern Dance sequence. Instruction will focus on the continued development of a strong technical foundation and will engage students in more in-depth studies of rhythm, level, direction, quality, shape, and temporal variation through challenging movement progressions and combinations. They will be encouraged to explore their own creative abilities through

choreographic studies throughout the course. Students will work on applying their knowledge of anatomy to their dancing.

7473 - Modern Dance III

Credits: 1.0 Dance Credit

Prerequisite: 7472 - Modern Dance II

Course Description: Modern Dance III is the third course in the Modern Dance Sequence. Students will study contemporary modern dance techniques in-depth, and develop a more finely tuned dance instrument. Students will employ their understanding of anatomy and somatic knowledge, and explore the craft of choreography in more depth than level two by engaging in movement studies and viewing the work of professional choreographers through research and attendance at performances.

7476 - Ballet II

Credits: 1.0 Dance Credit

Prerequisite: 7467 - Ballet Foundations

Course Description: Ballet II is the second course in the Ballet sequence and builds upon the techniques learned in Ballet Foundations, further refining foundational material. The course emphasizes correct alignment and body placement with the turn-out and more complicated steps and sequences at the barre and center floor. Further French dance vocabulary and dance history will be covered. Students will continue to build even greater stamina, balance, strength, and flexibility.

7477 - Ballet III

Credits: 1.0 Dance Credit

Prerequisite: 7476 - Ballet II

Course Description: Ballet III is the third course in the Ballet sequence and is designed for advanced students, where they will master more advanced steps, combinations, and vocabulary. Students will work on improving technique, strength, flexibility, balance, control, and quality of the movement. Students will also learn full ballet class structure and gain knowledge of classical ballet repertoire. This course emphasizes accuracy, quality, speed, coordination, and musicality.

7478- Ballet Lab

Credits: 0.5 Dance Credit

Prerequisite: NA

Course Description: Ballet Lab is designed for students to develop stronger technique and virtuosity. The goal of the course is to reach beyond the basic techniques of artistry. Students will learn and master pre-selected variations from a classical and contemporary repertoire. Students will also have opportunities to familiarize themselves with some of the most prominent European dancers, choreographers, and dance companies by conducting independent research.

7481 - Jazz Dance (Non-majors)

Credits: 0.5 Dance Credit

Prerequisite: NA

Course Description: Jazz Dance for Non-Majors is an introductory Jazz Dance course open to all SOTA students. Students will be introduced to a range of basic dance techniques and styles such as Jazz, Modern, Contemporary, and Salsa while utilizing the elements of movement such as rhythm, level, direction, quality, shape, and tempo. Their own creative abilities will be grown through improvisation and choreography studies. Students are also taught basic injury prevention and care and will learn basic anatomy as it pertains to dance.

7482 - Jazz Dance II

Credits: 0.5 Dance Credit

Prerequisite: 7469 - Jazz Dance Foundations

Course Description: Jazz Dance II will include a review of basic techniques and styles of jazz dance, with sequential progression into intermediate jazz dance skills. Students will be required to master longer movement phrases, with emphasis placed on expression through emotion, and more challenging techniques. Self/group choreographed works will be explored and studied. Students will also study jazz history, related vocabulary, and basic nutrition, and learn to recognize and appreciate a variety of music. Students will be able to use basic anatomical language as it relates to the Dance Anatomy class they will be taking this year. A Final Jury is required.

7483 - Jazz Dance III

Credits: 1.0 Dance Credit

Prerequisite: 7482 - Jazz Dance II

Course Description: Jazz Dance III is designed for the advanced-level dance student. Instruction will focus on the continuing development of a strong, limber technician. Emphasis will be placed on mastering longer movement phrases that entail the dancer's use of advanced technique, key elements of expression, interpretation, timing, focus, and musicality. Through research, viewing, and discussion, students will study jazz dance history, related vocabulary, nutrition, and anatomy as it pertains to dance. Students will learn to recognize and appreciate a variety of music. Choreographic studies will be explored, shown, and discussed throughout the year.

7491 - Tap Dance (Non-majors)

Credits: 0.5 Dance Credit /1.0 Dance Credit

Prerequisite: NA

Course Description: Tap Dance for Non-Majors is an introductory Tap Dance course open to all students. Students will learn a warm-up, master basic tap technique and beginning-level steps, practice tap combinations, learn vocabulary, increase rhythmic understanding, and choreograph short tap pieces during the final term.

7492 - Tap Dance II

Credits: 1.0 Dance Credit

Prerequisite: 7494 - Tap Dance Lab

Course Description: Tap Dance II is the second course in the Tap Dance sequence. Students will review and build on steps that were learned in Tap 1. They will also learn more challenging steps, including flash steps, and improve speed and sound clarity. Finally, students will increase their rhythmic knowledge, improvise, and choreograph their tap pieces during the last term.

7493 - Tap Dance III

Credits: 0.5 Dance Credit

Prerequisite: 7492 - Tap Dance II

Course Description: Tap Dance III is the third course in the Tap Dance sequence. Students will review and master the steps that were learned in Tap Dance II. They will also learn more difficult steps, including all the major flash steps: pickups, wings, and toe stand. Students will tap at much greater speeds and with increasing rhythmic complexity. Finally, students will increase rhythmic knowledge, continue to work on improvisation, and choreograph their own tap pieces during the last term.

7494 - Tap Dance Lab

Credits: 0.5 Dance Credit

Prerequisite: NA

Course Description: Tap Dance Lab is the first course in the Tap Dance sequence for SOTA Dance Majors. Students will learn a warm-up, master basic tap technique and beginning-level steps, practice tap combinations, learn vocabulary, increase rhythmic understanding, and choreograph short tap pieces during the final term.

Last Update:	October 10, 2025
Department Owner:	Becky Fox, Executive Director of Arts