Health Exercise Studies Dance (HESD)

HESD 227 African Dance I (1 credit hours)
Development of beginning level skill of East and West African dances, including history, culture, and context, emphasizing the central role that dance plays in African cultures.

GEP Global Knowledge, GEP Health and Exercise Studies
Typically offered in Fall only

HESD 228 African Dance II (1 credit hours)
Development of intermediate level skills in traditional and contemporary African dances with clear distinction between different African regions. Emphasis will be placed on culture, history, community and theoretical aspects of each dance.

Corequisite: HESD 227 (African Dance I)
GEP Global Knowledge, GEP Health and Exercise Studies
Typically offered in Fall only

HESD 230 Horton Dance Technique (1 credit hours)
Development of beginning and intermediate-level skills in Horton dance technique, including alignment, vocabulary, performance, and history, with emphasis on strengthening the body for dance. Class format will include warm-up exercises, fortifications, studies, and traveling combinations. Course also includes the study of Lester Horton's influence on American modern dance, particularly in relation to integration in concert dance and the formation of Alvin Ailey American Dance Theater.

GEP Health and Exercise Studies, GEP U.S. Diversity
Typically offered in Fall only

HESD 234 Country Dance (1 credit hours)
This course is the development of beginning-level skills in country dance including vocabulary, technique, history, and performance. A variety of fundamentals for leading and following, combinations, figures, and calls will be emphasized in American Heritage Dance, Texas Two-step, and Western Square Dance.

GEP Health and Exercise Studies
Typically offered in Spring only

HESD 240 Social Dance (1 credit hours)
Development of beginning-level skills in social dance, including vocabulary, technique, history, performance, with emphasis on leading and following in the : Cha-Cha, Foxtrot, Waltz, Rumba, and Shag.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESD 241 Social Dance II (1 credit hours)
This course will focus on training students to understand and perform more complex dances in an improvisational environment. Emphasis will be on learning advanced level dance steps and combinations that are more challenging or complex social dances not currently offered in the beginning level class. Dances taught will differ from semester to semester.

Prerequisite: HESD 240 or equivalent skills
GEP Health and Exercise Studies
Typically offered in Fall only

HESD 263 Tap Dance (1 credit hours)
This beginning-level technique class covers basic tap dance skills in warm-up exercises, combinations, and compositions. Emphasis is placed on correct alignment in tap dance steps and the exploration of a variety of rhythms and patterns.

GEP Health and Exercise Studies
Typically offered in Spring only

HESD 264 Ballet I (1 credit hours)
Development of beginning-level technical skills in ballet, including vocabulary, technique, history, performance, alignment, function and access of turnout, with emphasis on safe and efficient body use.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESD 265 Ballet II (1 credit hours)
Further development of Ballet technique building on fundamental concepts and vocabulary introduced in Ballet I. Will include increased movement capabilities, rhythmic accuracy, alignment, performance, and access of turnout. A small fee may be required for dance concert attendance.

Prerequisite: HESD 264 or Instructor Permission
GEP Health and Exercise Studies, GEP Visual and Performing Arts
Typically offered in Fall only

HESD 273 Jazz Dance I (1 credit hours)
This beginning-level technique class covers basic jazz dance skills in warm-up exercises, combinations, and compositions. A variety of jazz styles are covered including one or more of the following: classical (Luigi/ Giordano), Broadway, contemporary, Afro-jazz, and others.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESD 274 Modern Dance I (1 credit hours)
Development of beginning-level technical skills and movement concepts in modern dance, including vocabulary, technique, history, performance, and alignment, with emphasis on safe and efficient body use. Class format will include structured exercises and improvisations. A small fee may be required for dance concert attendance.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESD 275 Modern Dance II (1 credit hours)
Further development of modern dance technique, building on fundamental movement concepts and vocabulary introduced in Modern Dance I. Will include increased movement capabilities, rhythmic accuracy, and spatial relationships. A small fee may be required for dance concert attendance.

Prerequisite: HESD/DAN 274 (or permission of instructor)
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESD 280 Jazz Dance II (1 credit hours)
Further development of jazz dance technique building on fundamental concepts and vocabulary introduced in Jazz Dance I. Will include increased movement capabilities, rhythmic accuracy, alignment, and performance. A small fee may be required for dance concert attendance.

Prerequisite: HESD 273 or Instructor Permission
GEP Health and Exercise Studies, GEP Visual and Performing Arts
Typically offered in Spring only