

Dance Minor

The dance minor requires 15 credit hours in dance technique, choreography and composition, dance history, and performance.

Technique classes include multiple levels of ballet and modern, and jazz, with opportunities to expand into other forms through workshops and guest artist residencies. All CSU students, regardless of major, are welcome to declare the dance minor, and course offerings compliment many majors including Theatre, Music, Education, Health Sciences, Psychology and others.

Dance - Minor200200true15cd6144-68d5-4ebc-a74e-8eb847153b5f.jpegupload.jpeg200200CSU Ballet Studentsgroup of dance students practicing in practice room448b8c562-2498-4056-a3fe-e69fc931903e.jpegupload.jpeg200200CSU Ballet StudentsGroup of dance students posing in practice room16b1531de-d9dd-4ced-8b85-976a4ada86c9.jpegupload.jpeg200200CSU Ballet StudentsTwo dance students on stage practicing2bb07f509-e278-4cf9-971f-41fb35bfe251.jpegupload.jpeg200200CSU Ballet StudentsFour female ballet students in a circle connecting arms in the shape of a heartd3235139-5130-45f6-92ed-9321079a1d50.jpegupload.jpeg200200CSU Ballet StudentsFour ballet students posingf5197de1-c964-4a0d-8df4-7c2cf438169f.jpegupload.jpeg200200CSU Ballet Studenta female student in a yellow sweater soaring through the air.

ANATOMY OF DANCE: Anatomy as it applies to dance techniques to develop an individualized conditioning program.

BALLET I-III: In this course, students learn the essentials of ballet technique. Exercises and combinations are used to develop technique and terminology skills in ballet. Three levels of this course are offered, and it may be taken twice for credit.

DANCE COMPOSITION: The exploration of compositional theories of dance through movement techniques and choreography.

DANCE HISTORY: A broad survey of dance history with emphasis on the impact of dance on society from primitive times to the present.

DANCE PERFORMANCE: Performance in annual dance concert. Dance concerts are every semester.

FUNDAMENTALS OF DANCE: An introductory dance class that focuses on ballet, modern and jazz basics.

JAZZ I-III: In this course, students learn the beginning/intermediate elements and concepts of Jazz dance technique. Students will learn to execute basic jazz dance steps and incorporate them into dance composition. The course also examines the theory, technique and vocabulary of beginner/intermediate jazz dance technique including Classical Jazz, Broadway Jazz, and Commercial Jazz. Three levels of this course are offered, and it may be taken twice for credit.

MODERN: In this course, students learn modern dance techniques and theories. Three levels of this course are offered, and it may be taken twice for credit.

PILATES: Developed by Joseph Pilates, this physical-conditioning movement practice focuses on strength, flexibility, and balance.

TAP I-II: In this course, students learn various skills and techniques of tap dance. Three levels of this course are offered, and it may be taken twice for credit.

YOGA: This class explores the movement practice of yoga, using specific body positioning and breathing exercises to cultivate a connection between the mind and body.

[View the Theatre Dance Minor Program of Study](#)