About the School

Arts High School
Perpich Center for Arts Education
Golden Valley, MN
Type:
Statewide residential program/
Arts-focused public high school

Grades:
11-12
Students:
300
Very mixed socio-economic status
Majors:
Dance, Literary Arts, Media Arts, Music,
Theatre, and Visual Art

About the Dance Program

Faculty:
2 full-time

Students:
20-30 dance majors + 75 non-majors

Facilities:
Above Average in the Area
• 1 large studio
• 2 locker rooms
• 120-seat black box theatre

Focus:
Modern dance-based ensemble program
that welcomes dancers with developed
talent as well as potential.

Required Courses:
Ballet Technique, Composition,
Improvisation, Dance History, Dance
Criticism, Career Explorations, Anatomy
and Somatics, Music for Dance,
Repertory, Guest Artist Residency,
Conditioning, Yoga, and Jazz

Elective courses:
Modern Dance, Arts Improvisation, Arts
and Ideas, Moving Anatomy, Viewpoints
in Dance and Theatre, and Drumming

Audition:
Movement class, interview, and an arts-
oriented assignment. Prior to the
audition, each student is sent a list of 5
words and asked to bring in a new,
original artwork related to those words.
Dancers must present a short solo in any
style.

About the Featured Class

Modern Dance Technique
Class (for dance majors):
Students work on developing
alignment and musicality, key
building blocks in their development
as modern dancers.

Student Motivation:
Mixed. Some dancers lose their
motivation when they work on more
abstract dances. Others lose their
motivation as they realize that this is
not the field for them.

Student Level:
Mixed. The background of the
dance majors varies widely with
some having just started, while
others have been dancing for ten
years or more.

In the Teacher’s Words

Why is alignment so
important in modern dance
class?
There are some basic alignment
difficulties that we all have. Often
in class we’ll be moving along
and I can see that certain things
are not working. So I back up
and go back to some basic
alignment concepts.

What is A.S.I.S.?
ASIS is the Anterior Superior Iliac
Spine or the top front pelvic rim.