

University of Montana

## ScholarWorks at University of Montana

---

University of Montana Course Syllabi

Open Educational Resources (OER)

---

Fall 9-1-2005

### DAN 300.01: Modern Dance Technique III

Nicole W. Bradley Browning

*University of Montana - Missoula*, [nicole.bradleybrowning@umontana.edu](mailto:nicole.bradleybrowning@umontana.edu)

Follow this and additional works at: <https://scholarworks.umt.edu/syllabi>

**Let us know how access to this document benefits you.**

---

#### Recommended Citation

Bradley Browning, Nicole W., "DAN 300.01: Modern Dance Technique III" (2005). *University of Montana Course Syllabi*. 9741.

<https://scholarworks.umt.edu/syllabi/9741>

This Syllabus is brought to you for free and open access by the Open Educational Resources (OER) at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana Course Syllabi by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact [scholarworks@mso.umt.edu](mailto:scholarworks@mso.umt.edu).

## **DAN 300 Modern Dance Technique III Autumn 2005**

TRF 10:10-12pm, PARTV 005

Department of Drama/Dance  
Office hours: Call/email for appointment

Nicole Bradley Browning  
Office: PARTV 185 243-2682  
nicole.bradleybrowning@umontana.edu

Sara Pfeife  
Guest Dance Instructor August 31 – October 14, 2005  
Contact: 381-0590

### **Course Description**

A modern dance class designed to lead intermediate movers through a series of exercises and movement combinations that are technically (strength, balance, agility, line) and intellectually challenging. This course further proposes to unite one's body, mind, spirit and creative energy through such movement sequences.

### **Objectives**

1. To introduce modern dance techniques, philosophies, approaches and styles in a safe and stimulating environment.
2. To provide an outlet in which students are encouraged to advance and further develop their technical, kinesthetic, intellectual and creative capacities in movement.
3. To challenge students to move in new, unfamiliar and unexpected ways.
4. To develop individual and group performance and improvisational skills relative to the intermediate technical levels.
5. To promote an appreciation, if not love, for dance as an art form and educational tool.

### **Course Content**

#### **I. Introduction**

- A. Description of course
- B. Expectations (Attendance and Grading Policy)
- C. Daily structure of course
- D. Evaluation and Critique (Attendance and Grading Policy)

#### **II. The Technical Aspects**

- A. Kinesthetic awareness
- B. Efficiency of skeleton, joints, muscles
- C. Alignment, Line, Core Stability
- D. On-Balance/Off-Balance/Right-Side-Up/Upside-Down
- E. Control/Release/Ability to recover center
- F. Strength, Endurance, Agility, Flexibility
- G. Breath, Ease through Movement, Freedom from Tension

#### **III. The Expressive, Creative Aspects**

- A. Body and Space
  - a. Level
  - b. Direction/Dimension/Plane
  - c. Shape/Line/Symmetry/Asymmetry
  - d. Kinesphere
  - e. Personal Space/Shared Space
  - f. Positive/Negative Space
  - g. Focus/Intent
  - h. Body Parts/Isolation
  - i. Active Space
  - j. Relationships

B. Time

- a. Momentum/Duration
- b. Stillness
- c. Tempo
- d. Meter/Accent
- e. Regular/Irregular Beats
- f. Rhythm

C. Energy/Movement Qualities/Force

- a. Direct/Indirect
- b. Weight/Weight Sensing
- c. Percussive/Sustained
- d. Phrasing/Musicality/Clarity
- e. Momentum/Gravity/Release
- f. Strong/Aggressive/Gentle/Soft

D. Improvisation Tools

- a. Spontaneous, appropriate movement choices
- b. Initiate new pathways, connections
- c. Solo and group structures
- d. Contact/partnering (coming together, separating)
- e.

IV. The “Performer” Aspects

A. Style

- a. Shaping movement in a variety of ways
- b. Indicating intent, motivation

B. Articulation, Clarity, Moving with intent

C. Bringing life to space

- a. Creating an energy, mood or environment through movement
- b. Relationship between dancers
- c. Relationship between dancer and viewer

D. Compositional tools

V. Growth and Development

- A. Ability to grasp complex phrases and reverse phrases with ease
- A. Constructively receiving and applying feedback/corrections
- B. Risk taking
- C. Capability of dancing in a more integrated fashion and taking responsibility for one’s self.
- D. Development of professional attitude

**Attire**

Street shoes are not permitted in the dance studios. Movement will be experienced with bare feet. Students should plan to wear clothing suitable for movement and should take into account keeping the body warm for the beginning and end of class, bring extra clothing. It is also recommended that dancers own and bring kneepads to class. These can be ordered on line at: [www.contactquarterly.com](http://www.contactquarterly.com) for \$12. To rent a locker: See Drama/Dance Department Administrative Assistant, PARTV 199 (\$7.00/semester).

**Tardiness**

Class begins promptly at 10:10 AM. Students arriving 10 minutes late will not be permitted to take class (for safety purposes), and will instead observe and take notes. Two observations equal one absence.

**Injury**

To avoid injury, it is recommended that you arrive early to class to begin warming yourself up, bring water to class and be sure that you have eaten before class. Please notify the instructor of any injury (present/past) that may affect your performance in class.

**Performance Attendance & Written Critique**

See policy handout and critique guidelines handed out throughout the course of the semester.

**Grading Policy**

See policy handout.

**Self-Assessment Writings**

In addition to class and performance attendance and written critiques, you will be required to reflect upon your progress through written self-assessments assigned throughout the term. At any point that you feel further discussion about your progress is necessary, please schedule a meeting with the instructor.