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DANC 200A.01: Modern Dance Technique II

Nicole W. Bradley Browning

University of Montana - Missoula, nicole.bradleybrowning@umontana.edu

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DANC 200 Modern Dance Technique II
M/W/F 1.10 – 2.30 PM PARTV 005
Pre-requisite: DANC 100A or Consent of Instructor

School of Theatre & Dance
Autumn 2013
Office Hours: Monday/Wed 10:40-11:40, Tues 11-12

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

Course Description

A contemporary dance class designed to lead advanced-beginning movers through a series of exercises and movement combinations that continue introducing contemporary/modern dance vocabulary, and that are technically (alignment, strength, flexibility) and intellectually stimulating. This course further proposes to unite one's body, intellect, personality and creative energy through movement thereby challenging the dancer to contemplate and act upon what it is that inspires and compels the human being to dance.

Objectives

1. To continue the introduction of contemporary dance techniques, philosophies, approaches and styles in a safe and challenging environment.
2. To provide an outlet in which students are encouraged to continue developing their technical, kinesthetic, intellectual and creative capacities in movement.
3. To guide students to move in new, unfamiliar and unexpected ways.
4. To develop individual and group performance and improvisational skills relative to an advanced-beginning technical level.
5. To challenge students to remain present and connected to the class offerings.
6. 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. Structure of course
- C. Expectations (Attendance and Grading Policy)
- D. Writing Assignments

II. Description of the Course: The Technical Aspects (*Italicized items indicate the skill to be acquired in Level II technique, non-italicized items reflect skills that have been acquired in Level I*)

- A. Demonstration of Line and Form
 - a. Students become able to move upper body without displacing the pelvis
 - b. Students understand the difference between rotated and parallel positions
 - c. *Students develop a strong integration in their bodies*
 - d. *Students develop a strong sense of line and shape*
- B. Dynamic Alignment
 - a. Students have a basic understanding of alignment
 - b. Students demonstrate safe second position plie, both demi and grand
 - c. Students land safely from jumps
 - d. *Students demonstrate safe grand plie in first and third/fifth positions*
 - e. *Students properly use parallel and outwardly rotated positions*
 - f. *Students understand alignment in vertical and non-vertical positions*
- C. Effective Body Patterning
 - a. Students coordinate breath with movement
 - b. Students understand all concepts of Body Patterning:
 - i. Breath
 - ii. Core/Distal
 - iii. Head/Tail
 - iv. Body Half
 - v. Upper/Lower
 - vi. Cross lateral
 - vii. *Contra lateral*
 - viii. *Spiral*
 - c. *Students develop ability to fall and recover the center of the body*
 - d. *Students demonstrate ability to execute turns, both stationary and locomotor*

- D. Spatial Awareness
 - a. Students understand concepts related to space
 - b. Students understand kinesphere, personal space and shared space
 - c. Students have basic partnering skills (counterbalance, meeting of each other's weight, positive/negative space)
 - d. Students demonstrate ability to move within space while maintaining relationship to others
 - e. *Students develop their ability to dance according to varied facings*
 - f. *Students develop their spatial awareness and spatial intent*
- E. Rhythmic Accuracy
 - a. Students understand concepts of time
 - b. Students dance with an awareness of the beginnings and endings of phrases
 - c. Students demonstrate ability to accent movement
 - d. *Students develop their ability to distinguish the center of the beat*
 - e. *Students develop their ability to dance within complex rhythmic structures, counting patterns and unconventional time signatures*
- F. Initiation and Follow-Through
 - a. Students have an awareness of body part initiation
 - b. Students understand how to use weight and momentum in body part initiation
 - c. *Students develop the ability to distinguish successive or sequential vs. simultaneous movement*
 - d. *Students establish both internal and external focus*
 - e. *Students develop clarity in point of initiation*
- G. Strength, Flexibility and Endurance
 - a. Students develop strength in torso, feet, arms and overall alignment
 - b. Students descend to and ascend from the floor safely
 - c. Students have familiarity with proper stretching techniques for major muscle groups
 - d. Students have the ability to easily complete a 1.5 hour technique class
 - e. *Students develop clear articulation in feet*
 - f. *Students are introduced to longer and more complex sequences of movement*
 - g. *Students develop their ability to do floor work and take weight into the upper body*
- H. Professionalism, Etiquette and Performance Ability
 - a. Students understand concepts related to movement quality
 - b. Students develop their concentration efforts
 - c. Students demonstrate personal investment in class
 - d. Students demonstrate willingness to experiment
 - e. Students have an appreciation for different movement approaches
 - f. *Students develop awareness of performance aesthetics*
 - g. *Students are introduced to material at a quicker pace*
 - h. *Students begin to move through the space with confidence*
 - i. *Students develop peer assessment skills*

III. Structure of Course

Class begins promptly at 1.10 PM. **Students arriving late will not be permitted to take class (for safety purposes), and will instead observe and take notes.** Class will end at 2.30 PM. Students are required to remain in class until it finishes with the closing circle. Consistent tardiness and/or departure from class before its end will result in lowering of one's grade by ½ letter point. Grade will be lowered ½ point for each lateness or early departure thereafter. Two observations equal one absence.

Injury: (Please see Injury Addendum for participation policy)

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 (current or past) that may affect your full performance in class.

Attire

Street shoes are not permitted in the dance studios. Movement will be experienced with bare feet or socks. 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. Backpacks and again, shoes are not permitted in the studio instead they should be kept in a locker. It is recommended that students rent lockers in the hallway rather than the dressing rooms due to recent thefts. To rent a locker: See Dance Administrative Associate, PARTV 199 during her office hours: M-F 8-12pm.

III. Expectations: Attendance and Grading Policy

Attendance: Attendance is important in any field, but vital in the field of dance. Learning to dance requires that your body do it. You won't gain in flexibility, and strength, or in your ability to pick up movement or generate your own movement by hearing about what happened from a classmate, or reading a book. In other words, there is no way to make up the material you miss. **STUDENTS ARE EXPECTED TO BE IN EVERY CLASS.** However, knowing that unpredictable circumstances can arise, students are granted two permissible absences. Students may also make up two absences by watching, and writing a one-page observation of another dance class that is approximately the approximate level and style of class that one is taking. **AFTER A STUDENT HAS USED HER/HIS TWO ABSENCES AND TWO MAKEUPS, THE STUDENT WILL BE DOCKED ONE-THIRD OF A GRADE FOR EVERY ABSENCE FOLLOWING. IF THE STUDENT MISSES 6 CLASSES (IN ADDITION TO TWO PERMISSIBLE ABSENCES), THE STUDENT WILL EARN AN "F" FOR THE SEMESTER. SHOULD A STUDENT MISS 4 CLASSES OR MORE WITHIN THE FIRST TWO WEEKS OF THE SEMESTER, S/HE WILL BE ASKED TO DROP THE COURSE.**

Grading: Dance is different from many other fields in that a student's work is not as quantifiable as it is in some other subjects, such as history or math. For this reason grading is not assigned a point breakdown. To earn an "A" a student must be developing in all areas listed in the technical aspects of the syllabus. The student must achieve each area at least 65% of the time in class. Additionally, the student must fulfill all attendance, critique and self-assessment requirements. Students may receive an "incomplete" (I) only if there are exceptional circumstances that have been discussed with the instructor.

IV. Writing Assignments

Performance Attendance & Written Critique

Students are required to see three dance concerts. Students are required to see:

- **Dancers on Location (Site Specific)**, October 12-13 (Sat-Sun) noon, Mansfield Library Mall; free
- **Dance Studio Works**, November 15-16 (Fri-Sat) 6:30 and 8:30 each night, Open Space; General Admission \$5/ one show, or \$8/both shows. Tickets at the door.
- **Dance Up Close**, December 3-7 (Tues-Sat) 7:30pm, Masquer Theatre; \$9 General Admission, \$6 required students

Dancers are highly encouraged to see all available dance concerts. Tickets for performances in the PARTV Center are generally on sale in the Box Office in the Lobby of the PARTV Center. NOTE: Students may usher for performances in the Masquer Theatre by signing up at the Box Office in the Lobby. The instructor will require a response for which the guidelines will be distributed prior to the concert. Students will need to give specific examples, so it is recommended that one take notes either during or after the concerts. The student's grade will be lowered by one-third of a point for a critique that is not submitted (e.g., if you start with a B, your grade will drop to a B-, then C+ and you will receive a "C+"). **Students are required to see three concerts and complete two responses (assigned prior to each show) for this course.**

Self-Assessment Writings

Throughout the course of the semester, you will be asked to reflect upon and assess your growth in this class. Assignments will be scheduled throughout the semester at the discretion of the instructor.

Academic Misconduct and the Student Conduct Code

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at http://life.umt.edu/vpsa/student_conduct.php.

All Theatre & Dance students must have an in-depth knowledge of the practices and procedures outlined in the School of Theatre & Dance *Student Handbook*. The *Handbook* is available online at <http://www.umt.edu/theatredance/about/handbook>.

There is inherent risk involved in many Theatre & Dance classes as they are very physical in nature. Please proceed through class, shop time, or rehearsal with caution. Always be mindful of your personal safety and the safety of others. Students participating in class/shop/rehearsal/performance do so at their own risk.

Due to safety considerations, at **no** point during a student's time spent in class or serving on a production (in any capacity) should non-enrolled persons be guests of that student **without my consent**. Presence of such unauthorized persons in a class, shop, or any backstage/off-stage area will negatively affect a student's grade.

From the EO/AA Office:

Students with disabilities may request reasonable modifications by contacting me. The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). "Reasonable" means the University permits no fundamental alterations of academic standards or retroactive modifications. For more information, please consult <http://life.umt.edu/dss/>.

University of Montana Dance Program

Injury Protocol for all Dance Practicum Courses (Dance Technique, Improvisation, Composition, Pedagogy courses)

In effort to avoid injury, the Dance Faculty encourage all dance students to take responsibility for their bodies prior to the beginning of dance class. It is critical that the dancer be nourished and hydrated, rested and dressed appropriately for class (i.e. layers and kneepads for modern, ballet slippers and tights for ballet class). Additionally, dancers must arrive to class and begin to warm up their bodies to effectively prepare for class. Each dancer has unique needs, the time before class begins is there for each dancer to begin preparation of the mind and body for dance.

Chronic Injury (Tendonitis, Bursitis, Fasciitis)

If a dancer experiences a chronic, ongoing injury requiring that s/he take relative rest sit out of class then it is assumed that the dancer cannot fulfill the requirements of the class. This dancer will not be able to earn an "A" in this class.

If the dancer needs to practice relative rest, it is expected that s/he do everything as normal in class. If the injury hurts, it's important to not quit class but instead learn to modify to complete the class.

Once the dancer sits out of class, s/he cannot reenter without permission from the instructor. In general, if you leave a class, dance class protocol requires that you not rejoin the class.

If the dancer must sit out of class, it is critical that s/he communicate with the instructor, ask permission to sit out of class. At this time it is expected that the dancer explain what is the injury is that requires observation of class.

Once a dancer experiences injury, s/he must see a doctor and receive a prognosis that explains what the injury is, what the dancer can do, what the dancer should specifically avoid and a timeline that indicates when it is safe to return to full physical activity.

The dancer must also see a physical therapist and begin a rehabilitation program. When seeing a physical therapist, it is critical for the dancer to tell the therapist exactly what her/his dancing entails, how the body is used, what parts of the body are used and taxed in dance classes. The dancer needs to ask what part of class s/he should be doing and what part of class should be avoided. The dancer needs to ask when you can return to more complete physical activity, discuss the timeline. Then, the dancer must create for her/himself a checklist of what can be done and what needs to be modified or omitted. This plan must be shared with the instructor.

When the dancer must sit out of class, it is expected that the dancer complete her/his physical therapy exercises while observing class. If the dancer is unable to complete such exercises, then s/he must discuss with the instructor.

Observation Policy:

Should an injury or illness require that the dancer sit out and observe, her/his grade will reflect lack of participation in class.

Traumatic/Acute Injury:

If the dancer experiences a traumatic injury that requires s/he be absent and observing class, the dancer has the following choices:

1. Medically withdraw from the course
2. Drop the course and add a 1credit Independent Study
 - This option would enable the dancer to come back to full participation in the class over a longer course of time. It would be expected that the dancer observe class, complete her/his physical therapy exercises during class and communicate a plan of reentry into the class with direct doctor supervision over a specific period of time. The instructor of the class must approve this plan of action.
 - The 1 credit Independent Study would not count towards the dancer's required technique credits should s/he be pursuing a dance major or minor. If it becomes necessary for timely graduation, the student has the right to petition the course to be considered towards her/his major/minor. The faculty will then review and approve (or not) the request.

Illness

If you are sick, please stay home.

Absence Policy:

For a class that meets 3 times a week, each student is permitted 1 excusable absence. For each absence thereafter, 1/3 of a letter grade is docked from the student's grade. If a student sits out for an entire week of class (3 classes), an entire letter grade is docked from the student's grade.

For classes that meet 2 times a week, each student is permitted 1 excusable absence. For each absence thereafter, 1/2 of a letter grade is docked from the student's grade. If a student sits out for an entire week of class (2 classes), an entire letter grade is docked from the student's grade.

Make Up Policy:

For a class that meets 3 times a week, each student is permitted to make up 2 classes.

For a class that meets 2 times a week, each student is permitted to make up 1 class.