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DANC 200A.01: Contemporary Modern II

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DANC 200 01: Contemporary Modern Dance Theory and Technique (2 credits)
M/W/F 9:30-10:50 AM PARTV 005
University of Montana School of Theatre & Dance Autumn 2018

Instructor of Record: Professor Nicole Bradley Browning, nicole.bradleybrowning@umontana.edu
Office Hours: M/W/F 11-12pm PARTV 185/194

Course Description:

A contemporary modern dance class designed to lead the intermediate mover through a series of contemporary post-modern dance techniques. Students engage in improvisations, sequences and movement combinations that are technically, artistically and intellectually stimulating. Alignment and kinesiology sound movement patterns are emphasized.

Objectives:

- To offer contemporary modern dance technical approaches, philosophies and styles in a challenging and safe environment;
- To provide sound connections between dance technique and somatic practices: mind-body principles in practice and performance;
- To provide students with greater historical and societal contextualization of the movement forms studied;
- To guide students to move in new and unexpected ways;
- To increase one's awareness of kinesphere, alignment, technical execution, movement dynamics and performance;
- To discover one's potential for greater artistry relative to musicality, breath, weight, momentum and quality;
- To encourage interaction with one's dance community, making dance a collaborative and shared experience;
- To develop a constructive method to critically evaluate and objectively discuss dance technique, embodiment and performance;
- To gain a greater appreciation of dance.

Course Content:

As a dancer developing technical excellence, artistry and etiquette, it is expected that by the completion of this course the student will be competent and confident in the criteria listed below:

- A. Demonstration of Line and Form
 - a. Students demonstrate the ability to move upper body without displacing the pelvis
 - b. Students demonstrate control moving through parallel, internal and externally rotated positions
 - c. Students demonstrate integration
 - d. Students demonstrate line and shape with clarity
- B. Dynamic Alignment
 - a. Students understand anatomically sound alignment
 - b. Students demonstrate safe second position plié (demi/grand)
 - c. Students land safely from jumps
 - d. Students demonstrate safe grand plié in parallel, first and crossed positions
 - e. Students demonstrate alignment and balance in vertical and non-vertical positions
- C. Effective body patterning
 - a. Students coordinate breath with movement
 - b. Students know and understand references to Laban and Bartenieff Fundamentals
 - c. Students understand patterns of total body connectivity: *Breath * Core/Distal * Head/Tail * Body ½ * Upper/Lower * Cross lateral * Contra-lateral * Spiral
 - d. Students fall and recover the center of the body
 - e. Students execute turns with ease

- D. Spatial Awareness
 - a. Students understand the icosahedron
 - b. Students understand kinesphere, personal space and shared space
 - c. Students have partnering skills (counterbalance, sharing weight)
 - d. Students demonstrate ability to move in space while maintaining awareness and relationship to others
 - e. Students dance with varied facings
 - f. Students dance with greater spatial intention
- E. Time
 - a. Students understand concepts relative to time
 - b. Students dance with awareness of the beginning and endings of phrases
 - c. Students demonstrate ability to accent movement
 - d. Students dance with and without counts
 - e. Students movement with acceleration and deceleration
 - f. Students dance with awareness of phrasing
- F. Initiation and Follow Through
 - a. Students initiate movement from specific regions or parts of the body; skeletal, muscular, skin, organ
 - b. Students use weight and momentum when initiating movement
 - c. Students distinguish between sequential or simultaneous movement patterns
 - d. Students dance with internal and external focus
- G. Strength, Flexibility and Endurance
 - a. Students have strength in upper and lower halves of the body, and understand how this strength is integrated for the whole body
 - b. Students articulate clearly through feet
 - c. Students descend to and ascend from the floor safely
 - d. Students complete complex and long sequences of movement
 - e. Students integrate material from various parts of the class into culminating phrase
 - f. Students take weight easily in the upper body
 - g. Students execute floor work with ease and control
 - h. Students stretch major muscle groups efficiently
 - i. Students execute an 1.5 hour technique class with ease
- H. Professionalism, Etiquette and Performance
 - a. Students dance with specific movement qualities
 - b. Students demonstrate personal investment in class
 - c. Students demonstrate willingness to experiment
 - d. Students learn material at quicker pace
 - e. Students move through the space with confidence
 - f. Students appreciate various movement approaches
 - g. Students develop performance aesthetic
 - h. Students demonstrate constructive peer assessment skills

Class Structure:

- A. **Attendance:** Consistent and punctual attendance is required. Class begins promptly at 9:30 AM. Students arriving late will not be permitted to take class. Class will end at 10:50 AM. Students are required to remain in class until it finishes with the closing circle. Consistent departure from class before its end will result in lowering of one's grade.

Students are granted two absences for the WHOLE semester. Students may also make up two absences by watching, and writing a one-page observation of another dance class that is the approximate level and style of class that one is taking, or attending additional dance performances (see below). After a student has used her/his one absence and two makeups, the student will be docked one-third of a grade for every absence following. If the student misses an entire week of class (3 classes), an entire letter grade is docked from the student's

grade (that should not be assumed as an “A”). Make up assignments must be submitted prior to the last week of the semester.

- B. **Attire:** Your dance attire should not restrict or hide your movement. Take into account the likelihood that any part of your body will come into contact (sliding, turning, stabilizing) with the floor, and therefore, covered knees, mid drifts and shoulders are recommended (please wear long pants). For safety, keep the body warm (wear layers). Movement will most likely be experienced with bare feet, be prepared to shed socks when stabilization with the floor is necessary. It is highly recommended that dancers own and bring kneepads to class. Additionally, bring a water bottle to class! NO STREET SHOES, CELL PHONES OR CHEWING GUM PERMITTED IN THE CLASSROOM.

LOCKER RENTALS ARE AVAILABLE FOR ALL STUDENTS IN THE DANCE CLASSES. WE RECOMMEND THAT YOU DO NOT LEAVE PERSONAL BELONGINGS UNATTENDED IN THE DRESSING ROOMS, HALLWAYS, OR DANCE STUDIOS, AS THEFTS FREQUENTLY OCCUR. LOCKERS MAY BE RENTED FOR \$10 /SEMESTER, OR \$15/TWO SEMESTERS. Lockers are available for assignment following the School of Theatre & Dance Major’s Meeting on Tuesday August 28th (approximately 6:30PM), or on Friday August 31st with School of Theatre & Dance Work Study Student in PARTV 197 from 1-5PM. After this time,
erin.mcdaniel@umontana.edu

- C. **Teaching Methods:** Tactile aid will be used to correct student’s alignment and new patterns of movement. The instructor and fellow students will exercise this methodology. If you have concerns about this pedagogical method, speak to the instructor.
- D. **Self-Assessment:** Throughout the course of the semester, students may be asked to reflect upon growth. The instructor will provide specific guidelines via Moodle throughout the term (stay tuned).
- E. **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 we do not have a point breakdown, but rather general guidelines.

To receive an “A” you must:

- ❖ Have an excellent attendance record;
 - ❖ Consistently reach above and beyond average participation;
 - ❖ Demonstrate excellence in the areas listed within the syllabus “Course Content” section;
 - ❖ Demonstrate consistency in presence and investment in class material;
 - ❖ Demonstrate leadership in the class;
 - ❖ Progress over the course of the semester;
 - ❖ Fulfill all attendance, critique and self-assessment requirements;
- Note: Students may receive an “incomplete” (I) only if there are exceptional circumstances that have been discussed with the instructor.

ATTENDANCE IS REQUIRED AT THE FOLLOWING DANCE CONCERTS:

- A. **UM Dancers on Location: A Site-Specific Dance Concert**
September 29-30, 2018 @ 12noon, Mansfield Library Mall,
FREE (donations graciously accepted)
- B. **Dance Up Close:** November 1-3 @ 7:30PM, November 3 @ 2PM
Masquer Theatre, Tickets available at the UM Arts Box Office in the PARTV \$16
- C. **Studio Works:** Friday, December 7th program I at 6:30pm; program II at

8:30pm;
Open Space, Tickets \$5 *at the door*

Students may use attendance to the following concerts as make ups for absences.

- ❖ **Choose One** by Colorado-based dancers, Lauren Beale and Brooke McNamara, presented by Bare Bait Dance, September 14-15 8PM, September 15 @2PM and September 16 @ 6PM Open Space, tickets at the door, \$15
- ❖ **Springboard** by Bare Bait Dance, November 9-10 @8PM, November 11th @ 6PM, November 16-17th @8PM, November 18th @6PM Open Space, tickets at the door, \$15

Following concerts, students will be required to complete a written critique, quiz, or alternative response. Students will need to give specific examples to support your opinions, so take notes either during or after the concerts. Student's grade will be lowered by one letter grade for each assignment that is not submitted.

Odds and Ends:

- Additional assignments can be scheduled at any time at the discretion of the instructor.
- Class will NOT be meeting Friday October 5th (enjoy this day of respite)
- This course does not meet for a final exam.
- Students are encouraged to contact the instructor to engage in further discussion regarding growth and development throughout the term.
- It is the student's responsibility to contact the instructor immediately if sick or injured and unable to attend class.
- Students experiencing injury in class – attract the instructor's attention immediately.
- Familiarize self with injury policy (see below)

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://www.umt.edu/student-affairs/dean-of-students/default.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/umarts/theatredance/About/handbook.php>.

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:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with DSS, please contact DSS in Lommasson 154. I will work with you and DSS to provide an appropriate accommodation.

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 they 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 they 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, they 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 they 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, they 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 their 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 they 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 themselves 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 their physical therapy exercises while observing class. If the dancer is unable to complete such exercises, then they must discuss with the instructor.

Observation Policy:

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

Traumatic/Acute Injury:

If the dancer experiences a traumatic injury that requires they 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 their 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 they 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 their major/minor. The faculty will then review and approve (or not) the request.

Illness :

If you are sick, please stay home.

I, _____(name), have read the syllabus on
_____(date) and understand the information presented about this course. My
signature documents an agreement to adhere to these policies.