

DANCE 2275A (2021)
INTRODUCTION TO MODERN DANCE TECHNIQUE

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COURSE DESCRIPTION

A conceptual approach to the development of movement skills used in dance. Application of theoretical knowledge will assist the student in understanding and appreciating Modern Dance as both an art form and physical activity. Half course, 6 hours lecture/lab (Face-to-Face Format).

Please Note:

Students lacking previous dance experience should have a strong background in other forms of movement skill development. The Instructor will assume previous movement knowledge, skill, and kinesthetic learning.

The following applies to all courses: You are responsible for ensuring that you have successfully completed all course prerequisites, and that you have not taken an anti-requisite course. Lack of a prerequisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found to be ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

COURSE CONTENT

1. Body placement and control (alignment, posture, strength, balance, centering mechanisms).
2. Body movement, axial (flexion, extension, rotation).
3. Body movement, locomotor (vertical and horizontal planes).
4. Exploration of movement range; dimension; dynamics; and qualities or release of energy (swinging, sustained, suspended, vibratory, percussive, collapse).
5. Rhythmical approaches to dance (meter, accent).
6. Exploration of spatial design (direction, level, focus, etc.) and shape.
7. Explanation of written materials concerning the technical and creative development of the dancer.

NATURE OF THE COURSE

This course is designed to introduce and examine concepts associated with basic elements of modern dance techniques through directed and creative movement experiences. Course content will include creative work and techniques of the professionals that the instructor has studied with. This course will also include the analysis and the application of kinesiological, physiological, rhythmic and aesthetic aspects of human movements.

Dance is a physical activity that exists in time and space. Students can best discover and begin to understand the elements affecting movement when isolated and explained within an environment of movement. They learn through the process of developing movement skills that allow their bodies to become creative, expressive instruments.

OBJECTIVES OF THE COURSE

1. To develop the components of physical fitness and to understand the difference between them.
2. To experience and to practice various movement patterns and to learn to respond to the instructions and terms applied to them.
3. To learn, practice and perfect warm-ups.
4. To learn to recognize various basic rhythm patterns and practice moving to these rhythms.
5. To develop an awareness of the dynamics in movement and the differences between them.
6. To familiarize the students with the elements of time, space, motion and shape and show how they are used in relation to dance.
7. To develop an understanding of the creative process and establish an environment for creative activity.
8. To recognize and demonstrate movement from the dance vocabulary.
9. To understand the dance vocabulary and concepts, and how they apply to skill acquisition.

COURSE FORMAT

This course will generally follow the traditional format of a technique course where each class is broken down into four parts: 1) standing warm-ups; 2) floor warm-ups; 3) floor progressions; 4) specific movement patterns and/or movement exploration. Theoretical components such as movement analysis, anatomical analysis, rhythmical analysis and performance aspects are taught in the context of the technical skills being learned or mastered by the students. On few occasions will the theory and technique be presented separately.

It is impossible to be specific as to the day-to-day content or progress of each class. The backgrounds of the students, their ability to master the technical skills presented and the ability of the instructor to present the technical problems in a manner in which the students can understand and transfer into movement will always make every technique class slightly unique.

The **Study and Vocabulary Word List** will be used to create a personal text for this course.

RECOMMENDED READINGS

The library contains a variety of books on dance technique that students will find useful in expanding the understanding of modern dance and dance training. These are a few examples:

Minton, Sandra. *Dance Mind and Body*. Human Kinetics. 2003.

Scheff, Helene, Marty Sprague, and Susan McGreevy-Nichols. *Experiencing Dance*. Human Kinetics. 2005.

Schrader, Constance A. *A Sense of Dance*. Human Kinetics. 2005.

Sherbon, Elizabeth. *On The Count of One*. 3rd ed. California, Mayfield Pub. Co.

Vincent, L.M. *The Dancer's Book of Health*. New York, Andrews & McMeel, Inc. 1978.

VIEWING DANCE / EXPANDING MUSICAL & RHYTHMIC AWARENESS

It is recommended that students take advantage of attending live dance performances and watching television, films and video that feature dance. These outside activities will provide an opportunity for discussion about different dance techniques and approaches. Students will also recognize similar dance movements to those taught in class.

Students are encouraged to broaden the genres of music they listen to in order to challenge their comfort level and expand their awareness of musical resources that can be used with dance.

EVALUATION

40% - DAILY CLASS WORK and TECHNICAL IMPROVEMENT. The ability to master and perform dance movements presented in class and/or assigned.

Attendance is mandatory. You may have 3 unexcused absences. Classes missed may be made up in other technique classes by arrangement with the instructor.

20% - QUIZZES. These quizzes cover materials from reading assignments, handouts and lectures, as well as information presented in class. They may include identification of specific dance movements demonstrated for the student.

40% - GROUP/INDIVIDUAL MOVEMENT PROJECT - Specific details to be set out by instructor.
WRITTEN ASSIGNMENT (how does dance fit in with.....)
DANCE HISTORY PRESENTATION

The specifics for the above will be set and broken down into detail by the instructor, who needs a little time to assess the unique abilities and needs of the class members.

Technical Evaluation by Instructor

The beginning of the course will be spent establishing and making realistic assessments of each student's technical skill based on:

- physical abilities and limitations
- previous training and related experience

As the course progresses students will be evaluated on:

- improvement based on each student's previous training and experience
- basic skills that all students should be able to master during the course

Floor work

- centre control (lift in centre)
- carriage of the arms
- leg extensions
- body awareness
- concentration
- flexibility
- relaxation of shoulders
- sensitivity to movement - expression beyond 'exercises'
- focus
- memory (self contained or relies on others)

Standing (centre & barre)

- standing alignment
- pliés: turnout, leg alignment, foot work, centre control, balance
- battements (tendu, degage, grande, développé): full body alignment, leg technique, foot extension and flexion, parallel & turnout, control and lift in centre, placement, directions (devant, à la seconde, derriere)
- rond de jambe: full body alignment, leg alignment, placement, leg extension, foot extension, direction and positions. (en dedans, en dehors)
- upper body: lift in torso, relaxed shoulders, correct port de bras, control of arms and hands in positions and movements, head placement, focus

Adagio & Allegro (centre work)

- ability to maintain technique including: foot work, leaps, centre control, alignment, arms, head
- rhythmic sensitivity
- memory (self contained or relying on others)
- concentration
- focus
- expression
- direction changes
- balance and control

Floor patterns (traveling)

- ability to maintain technique including: foot work, leaps, centre control, alignment, arms, head
- rhythmic sensitivity
- memory (self contained or relying on others)
- concentration
- focus
- expression
- direction changes
- balance and control

COURSE TIMETABLE

First class – Wednesday, September 8th Dress to Dance!

Weeks of September 13th, 20th, and 27th (first 3 weeks of class)

Begin to set basic warm-ups and introduce material associated with floor progressions.

Monday, September 27th (4th week of class)

Self Evaluation - based on previous experience and initial exposure to the course, the student will begin to identify perceived strengths and weaknesses.

Thanksgiving Day, Monday, October 11th (No Class)

Fall Reading Week November 1st – 7th (No Classes)

Completion of written assignments (week twelve of classes)

Presentation of Completed Movement Projects and Final Technical Evaluation - The day that the student is to present the finished movement project will be set in advance.

Friday, December 3rd / Monday, December 6th / Wednesday, December 8th (last day of class)

(Details and dates for movement projects will be set as soon as the Instructor is able to assess the various levels of skills and background experience the students bring with them to the course. This will permit the Instructor to design projects that are challenging and meaningful yet realistic in terms of expected skill acquisition.)

DRESS FOR CLASS

Women	- ankle length tights/leggings (footless or stirrup); leotard/top (any color or cut); unitard.
Men	- tights/leggings (men's weight footless or stirrup) or form fitting gymnastic or jogging pants; T-shirt.
All	- no shoes but turning thongs or socks may be used when working on turning skills. - hair <u>must</u> be tied back out of the way of the face and neck. - jewelry is not appropriate if it is loose or distracts you during class. You may be asked to remove it! - warm-up suits, pants or shirts can be used over your normal dance clothes, but you should be prepared to remove them.

Important information to consider:

Students must turn their cell phones off during class. No pictures or videos can be taken without permission of the instructor and participant(s).

Instructor's policy on attendance and late assignments: If you are unable to attend a class, please make every effort to let the instructor know in advance by email (preferably). Full attendance at all classes is expected and medical documentation is required unless you have the instructor's permission to be absent. Unexplained absences will result in a reduction in your participation grade. Students with medical documentation or an acceptable excuse for an absence will not be penalized. Late written assignments will only be accepted and graded if permission has been granted by the instructor in advance of the deadline.

Important Notes:

i) **Course Prerequisites:** Unless you have either the prerequisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

ii) **Grading scale:** A+=90-100%, A=80-89%, B=70-79%, C=60-69%, D=50-59%, F=0-49%.

iii) **Academic Consideration for Student Absence:** Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. **Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus.** Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student's final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are not met, students will need to provide a Student Medical Certificate if the absence is medical or provide appropriate documentation if there are compassionate grounds for the absence in question. **Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.**

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty. For the Western University policy on Consideration for Student Absence, see:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/Academic_Consideration_for_absences.pdf

and for the Student Medical Certificate (SMC), see:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf

Special Note for Covid-19-related Situations:

As a guideline, if a student has been contacted by the Middlesex-London Health Unit (MLHU) to self-quarantine due to a Covid-19-related situation, then the Self-Reported Absence system is not to be used to report this absence or to request an academic accommodation. The student should contact the Academic Counselling office as soon as they are notified.

In general, students are advised to not self-determine when to self-isolate. Unless directed by the MLHU students should go about their business as usual. But if a student chooses to self-isolate due to a suspected Covid-19-related situation while waiting to receive direction from the MLHU then the student is directed to contact the Academic Counselling office as soon as possible for further direction on receiving accommodation consideration.

- iv) **Academic Consideration for Missing Work:** In cases where students are unable to submit work due to medical illness or compassionate grounds, if an online self-reported absence is submitted, or if appropriate supporting documentation is submitted to the Associate Dean's office, and the accommodation is granted, then the missed assessments may be rescheduled or discounted in the calculation of the final grade for the course, at the discretion of the instructor. If neither a self-reported absence nor an appropriate supporting document is submitted to the appropriate office, then the missed assignments will receive a grade of zero.
- v) **Academic Offences:** Submission of work with which you have received help from someone else (other than the course instructor or TA) is an example of plagiarism, which is considered a major academic offence. Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, as found at: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf
- vi) **Mental Health & Wellness:** Students that are in emotional/mental distress should refer to the Health and Wellness at Western page (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help or to go to the Wellness Education Centre located in UCC room 76. **Students in crisis in need of immediate care are directed to go directly to Student Health Services in UC11 or to click on the green "I Need Help Now" button on the Health and Wellness page above.**
- vii) **Accommodation for Students with Disabilities:** Students work with Accessible Education Western (AEW, formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: https://www.uwo.ca/univsec/pdf/academic_policies/appeals/Academic%20Accommodation_disabilities.pdf
- viii) **Religious Accommodation:** Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the Western Multicultural Calendar. <http://multiculturalcalendar.com/ecal/index.php?s=c-univwo>
- ix) **Contingency Plan:** In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online at the discretion of the course instructor.

Additional applicable statements

- i) **Examinations & Attendance:** Any student who, in the opinion of the instructor is absent too frequently from class or laboratory periods in any course will be reported to the Dean of the Faculty offering the course (after due warning has been given). On the recommendation of the department concerned, and with the permission of the Dean of that Faculty, the student will be debarred from taking the regular examination in the course. The Dean of the Faculty offering the course will communicate that decision to the Dean of the Faculty of registration.
- ii) **Electronic Devices in Exams:** Electronic devices of any type will not be permitted during the Midterm Test and/or Final Exam in this course (unless required for accessibility reasons based on an approved accommodation request from Accessible Education).
- iii) **Electronic Devices in Classrooms:** The in-class use of electronic devices (other than for instructor-approved in-class uses) is expressly prohibited. Students found guilty of disrupting the class with electronic devices will be asked to leave the class and may be subject to disciplinary measures under the Code of Student Conduct.
- iv) **Plagiarism Detection Software Usage:** All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<https://www.turnitin.com/>).
- v) **Computer-marked Multiple-choice Tests or Exams:** These may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.