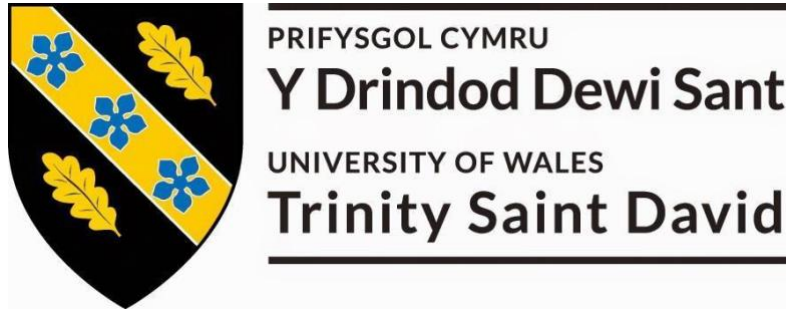




HPDA4001
INTRODUCTION TO
CONTEMPORARY TECHNIQUES

LECTURER: GWYN EMBERTON

BA Dance
2019 - 2020

AIM(S)

- To develop students' technical skills and approaches through contemporary dance styles.

LEARNING OUTCOMES/ASSESSMENT CRITERIA

Upon the successful completion of this module, the student should be able to:

- 1) Repeat and embody complex sequences of selected contemporary techniques.
- 2) Analyse differences of technique within a range of disciplines.
- 3) Evaluate the techniques studied to support physical understanding and embodiment.

INDICATIVE CONTENT

- This module introduces the body in action; students will build awareness of performance techniques, style and interpretation. Students will benefit from increased health and wellbeing and expand on creative expression through building individual skills within contemporary techniques. The focus will be upon the thinking, moving body and upon understanding the body in space through action. Techniques such as the use of breath, transfer of weight, exploration of dynamic qualities and space to support movement content will be to the fore.
- Students will explore the skills needed to build and extend technical practice and will be encouraged to challenge their ability to perform task-based class work that combines technical, expressive and interpretative skills, giving students a good foundation in dance technique that will prepare them for the demands of Level 5.

MODULE ASSESSMENT

Component 1: TECHNIQUE CLASS (6 Mins)
During this module you will participate in several technique classes a week where you will build your physical awareness of and abilities in contemporary dance and performance techniques, developing your physical and performance interpretation skills. The focus will be upon training the thinking, moving body and understanding the body in space through and in action. Classes will be informed by current practice such as floor work and improvisation, as well as referencing the influence of modern and post-modern techniques. The use of breath, transference of weight, exploration of dynamic qualities and space to support movement content will be to the fore. You will be assessed in two classes in the year one in Semester 1 and one in Semester 2.

The student should be able to: Repeat and embody complex sequences of selected contemporary techniques. (Criteria 1)	60%
Component 2: ESSAY (1500 words) In your essay, you must demonstrate an understanding of the key differences in approaches and methods of at least two different techniques and teachers/choreographers that have been referenced in the practical class-work. You are also required to evaluate the techniques, in reference to your own physical understanding and embodiment of them. You will be provided with a significant amount of information during classes, but you are expected to carry out in-depth research in your own time to support your arguments. You must also evidence additional reading and research.	
The student should be able to: - Analyse differences of technique within a range of disciplines. (Criteria 2) - Evaluate the techniques studied to support physical understanding and embodiment. (Criteria 3)	40%

Overall mark = 100%

Please note the overall mark is an average of the two components listed above.

ASSESSMENT DEADLINES:

COMPONENT 1:

Technique Classes Assessment

W/C 23rd March 2020

COMPONENT 2:

Essay Assessment Deadline

9am - 24th February 2020

Please refer to the Programme of Study Handbook for submission policies and procedures. Failure to submit will result in formal action.

Week 1

No Lectures

Week 2

No Lectures

Week 3 (October)

Lecture Title: Introduction to module

Lecture Content: During the sessions this week you will be introduced to the module, and the assessment brief.

You will participate in contemporary dance technique classes. During these sessions you will begin to explore the foundations of basic technique and terminology. Contemporary class will introduce you to some of the principals of Humphrey and Limon techniques such as breath and fall, and release. You will begin to work on the floor, exploring safe practice and strengthening exercises to support this.

Week 4

Lecture Title: Modern techniques as influences on contemporary practice

Lecture Content: **Lecture Content:** You will participate in contemporary dance technique classes. During these sessions you will continue to explore and acquire the foundations of basic technique and terminology. In the contemporary class you will revisit and refine the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week. You will continue to work on the floor, developing basic skills and understanding of safe practice. You will also work on strengthening exercises to support this, as well as exercises that improve range of motion.

Week 5

Lecture Title: Modern techniques as influences on contemporary practice continued

Lecture Content: You will participate in contemporary dance technique classes. During these sessions you will continue to explore and acquire the foundations of basic technique and terminology such as basic leg exercises. In the contemporary class, you will revisit and refine the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week, as well as acquiring some understanding of their influence on contemporary practitioners and their methods to technique training. You will continue to work on the floor, developing basic skills and understanding of safe practice. You will also

work on strengthening exercises to support this, as well as exercises that improve range of motion.

Week 6

Half term - Possible workshops / week rest

Week 7

Lecture Title: Modern techniques as influences on contemporary practice and developing complexity

Lecture Content: You will participate in contemporary dance technique classes. During these sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. In the contemporary class, you will revisit and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week. You will continue to acquire some understanding of their influence and context on contemporary practitioners and their methods to technique training. You will develop your work on and with the floor, developing basic skills and understanding of safe practice. You will also work on strengthening exercises to support this, as well as exercises that improve range of motion. You will also begin to expand your vocabulary into more complex phrases.

Week 8

Lecture Title: Modern techniques as influences on contemporary practice and developing complexity

Lecture Content: You will participate in contemporary dance technique classes. During these sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. In the contemporary class, you will revisit and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week. You will continue to acquire some understanding of their influence and context on contemporary practitioners and their methods to technique training. You will develop your work on and with the floor, developing basic skills and understanding of safe practice. You will also work on strengthening exercises to support this, as well as exercises that improve range of motion. You will also begin to expand your vocabulary into more complex phrases.

Week 7 (November)

Lecture Title: Modern techniques as influences on contemporary practice and developing complexity

Lecture Content: You will participate in contemporary dance technique classes. During these sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. In the contemporary class, you will revisit and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week. You will continue to acquire some understanding of their influence and context on contemporary practitioners and their methods to technique training. You will develop your work on and with the floor, developing basic skills and understanding of safe practice. You will also work on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 8

Lecture Title: Modern techniques as influences on contemporary practice and developing complexity

Lecture Content: You will participate in contemporary dance technique classes. During these sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. In the contemporary class, you will revisit and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week. You will continue to acquire some understanding of their influence and context on contemporary practitioners and their methods to technique training. You will develop your work on and with the floor, developing basic skills and understanding of safe practice. You will also work on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 9

Lecture Title: Modern techniques as influences on contemporary practice and developing complexity

Lecture Content: You will participate in contemporary dance technique classes. During these sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. In the contemporary class, you will revisit and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week. You will continue to acquire some understanding of their influence and context on contemporary practitioners and their methods to technique training. You will develop your work on and with the floor, developing basic skills and understanding of safe practice. You will also work on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 10 (December)

Lecture Title: Preparing for assessment

Lecture Content: You will participate in contemporary dance technique classes. During these sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. In the contemporary class, you will revisit and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release learnt in the previous week. You will continue to acquire some understanding of their influence and context on contemporary practitioners and their methods to technique training. You will develop your work on and with the floor, developing basic skills and understanding of safe practice. You will also work on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 11**Mid module assessments**Week 12**Tutorials**

There are no module classes currently scheduled for this week. However, there will be some technique classes provided. If a session has been postponed then it will be caught up during this week if required. As previously advised, please do not make alternative arrangements for this week.

Week 13 (January)**Lecture Title:** Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary. During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will revisit and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 14**Lecture Title:** Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You will also focus on transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 15

Lecture Title: Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You deepen your understanding of transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 16

Lecture Title: Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You deepen your understanding of transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 17 (February)

Lecture Title: Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You deepen your understanding of transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 18

Lecture Title: Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You deepen your understanding of transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 19

Half Term week

Week 20

Written Assessment Deadline

Lecture Title: Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You deepen your understanding of transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 21(March)

Lecture Title: Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You deepen your understanding of transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 22

Lecture Title: Expanding vocabulary

Lecture Content: The module shifts this term towards exploring different approaches, expanding your vocabulary.

During sessions you will continue to explore, acquire and expand on the foundations of basic technique and terminology. You will develop and refine exercises that are based on

the principals of Humphrey and Limon techniques such as breath and fall and release, as well as exploring the use of the torso and back in Cunningham technique. You deepen your understanding of transference of weight and using space.

You will continue to develop your work on and with the floor, exploring more complex skills development and reviewing and refining safe practices.

You will continue to focus on strengthening exercises to support this, as well as exercises that improve range of motion. You will continue to expand your vocabulary into more complex phrases, focusing on your recall abilities.

Week 23

Preparing for assessments

Week 24

Practical Assessments

READING LIST

Below is a selection of relevant reading material that will help you with this module. You are not expected to read everything on the list; you should consult what seems useful for the tasks you are doing. You will find that the library has other relevant materials as well and you should feel free to use them even if they are not on this reading list.

Module Code	HPDA4001	
Module Title	Introduction to Contemporary Techniques	
Classification	Reading List entry	Electronic*
Essential	Einav, K. <i>Embodied Philosophy in Dance</i> . London: Palgrave Macmillan UK, 2016.	☐ *
Essential	Cunningham, M. & Vaughan, D. & Harris, M. <i>Merce Cunningham: Fifty Years</i> . London: Aperture, 1997.	☐
Essential	Hannah, T. <i>Somatics: Reawakening the Mind's Control of Movement, Flexibility and Health</i> . SA: Da Capo Press, 2004.	☐
Essential	Horosko, M. <i>The Evolution of Her Dance Theory and Training</i> . Florida: University Press, 2002	☐
Essential	Legg, J. <i>Introduction to Modern Dance Techniques</i> . New York: Dance Horizons, 2012.	☐
Essential	Lewis, D. & Farlow, L. <i>The illustrated dance technique of Jose Limon</i> . Harper & Row, 1984	☐
Further	Love, P. <i>Modern Dance Terminology</i> . New York: Dance Horizons, 2011.	☐
Further	http://gagapeople.com/english/	☐ *
Further	http://www.ismeta.org/home.html	☐ *

Further	http://limon.org/	☐ *
Further	http://marthagraham.org/	☐ *
Further	http://www.mercecunningham.org/	☐ *