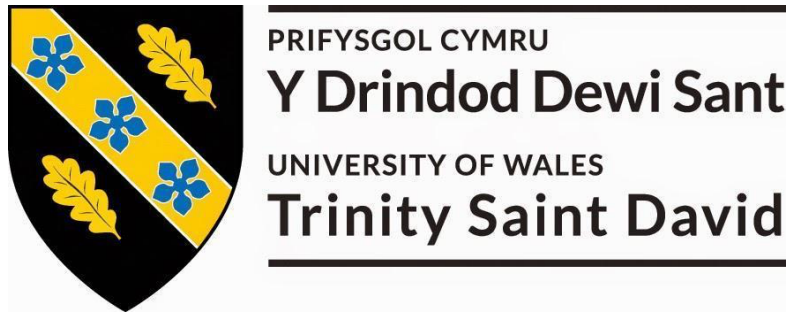




Module Guide

Core Techniques 1 ADPA4000

**LECTURERS:
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**BA Dance
2020 - 2021**

AIM(S)

- To develop students' technical skills and physical approaches through contemporary dance and ballet techniques
- To integrate awareness and physical skill through dance techniques including contemporary (release based) and contemporary ballet

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 and ballet styles
- 2) Demonstrate physical skill and awareness of dance techniques in contemporary (release based) and contemporary ballet
- 3) Evaluate the techniques studied to support physical understanding and own embodiment and awareness

INDICATIVE CONTENT

- This module introduces the body in action; students will build awareness of a range of approaches to and within both ballet and 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.
- The ballet technique element of this module will support the student's development in their basic technical functions and understanding of core elements of technique. This will be focused on technical application: understanding of vocabulary, correct posture and alignment, correct weight placement/balance, transfer of weight, and use of turn-out, as well as supporting their developing physical application such as strength, stamina, appropriate use of muscles and intensity, and spatial awareness. This element will also support students to develop musicality and musical interpretation, coordination, phrasing, integrated use of the body and flow of movement.
- Students will benefit from increased health and wellbeing and expand on creative expression through building individual skills within both techniques.
- Students will explore the skills needed to build and extend technical practice and will be encouraged to challenge their ability to perform 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: Contemporary Technique Class - 4 minutes per person	
You will be required to complete a practical contemporary technique assessment class under the instruction of your lecturer.	
The student should be able to: 1) Repeat and embody complex sequences of selected contemporary techniques and ballet styles 2) Demonstrate physical skill and awareness of dance techniques in contemporary (release based) and contemporary ballet	35%
Component 2: Ballet Technique Class – 4 minutes per person	
You will be required to complete a practical ballet technique assessment class under the instruction of your lecturer.	
The student should be able to: 1) Repeat and embody complex sequences of selected contemporary techniques and ballet styles 2) Demonstrate physical skill and awareness of dance techniques in contemporary (release based) and contemporary ballet	35%
Component 3: Essay – 1500 words max	
In an essay of no more than 1500 words, you will evaluate both contemporary and ballet in relation to your developing technical skills and dancing ability. You must also assess your physical understanding, embodiment and awareness gained through the two approaches to your training.	
The student should be able to: 1) Evaluate the techniques studied to support physical understanding and own embodiment and awareness	30%

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 11 January 2021

COMPONENT 2:

Essay Assessment

w/c 18 January 2021

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

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. You should be able to access all of these resources via the online library.

Module Code	ADPA4000	
Module Title	Core Techniques 1	
Classification	Reading List entry	Electronic *
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://www.ismeta.org/home.html	☐
Further	http://limon.org/	☐
Further	http://marthagraham.org/	☐
Further	http://www.mercecunningham.org/	☐

Weekly class break down – please consult your timetable.

Week 1 to Week 4

2 x ballet with Gwyn Emberton

2 x Contemporary with Gwyn Emberton

Week 6 to week 9

2 x ballet with Matteo Marfoggia

2 x Contemporary with Matteo Marfoggia

Week 10 to week 13

2 x ballet with Krystal Lowe

2 x Contemporary with Matteo Marfoggia