ELEMENTARY MODERN DANCE TECHNIQUE  
Dance 2276B / 2018

COURSE DESCRIPTION  
Studies begun in Introduction to Modern Dance Technique are continued and developed to give a deeper understanding of the movement skills and theoretical materials that apply to the technical study of Modern Dance. Half course: six hours lecture/laboratory. Prerequisite: Dance 2275A/B or permission of the Faculty.

COURSE CONTENT  
1. Exposure to specific technical warm-up patterns  
2. More complex movement skills  
3. Emotional and intellectual stimuli for movement expression.  
4. Rhythmical and musical aspects of movement qualities.  
5. More complicated locomotor and non-locomotor movement patterns.  
6. Presentation of specific movement patterns that demonstrate different qualitative approaches to focus, use of space and movement attack.

NATURE OF THE COURSE  
This course is designed to expand the student's understanding of movement skills and concepts developed in the introductory course (Dance 2275A/B). Directed and creative movement experiences will be more challenging. The course will also include the analysis and application of kinesiological, psychological, physiological and rhythmical aspects of human movement.

OBJECTIVES OF THE COURSE  
1. To become familiar with terms associated with the organization of dance, its form and structure.  
2. To make connections between dance and related areas (visual art, music, sports, drama, literature, science).  
3. To become familiar with terms used in music that can define more accurately rhythmic aspects of movement. (meter, accent, phrasing, rhythm pattern, beat, tempo.)  
4. To encourage individualized artistic expression through the acquisition of more advanced technical and performance skills.  
5. To help establish a realistic self-image based on the individual's physical body and its potential range for movement.  
6. To encourage greater movement potential by developing a willingness to explore new movement.  
7. To explore and enhance the capacity for self expression through dance movement.
COURSE FORMAT
Class sessions will explore: (1) floor warm-ups; (2) standing warm-ups; (3) floor progressions; (4) specific movement patterns and/or movement exploration.

Theoretical components such as movement analysis, anatomical analysis, rhythmic analysis, and performance aspects are taught in the context of the technical skills being learned or mastered by the students.

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.

EVALUATION

40%  Work in class
Students will be evaluated on learning, improvement and performance of the movement material presented in class. This will include weekly journal topics that are assigned in relation to specific technical skills or performance development. The instructor will ask to see the student’s journal two or three times during the course.

20%  Personal Technical Challenge
This assignment is designed to improve the ability to analyze kinesthetic and anatomical factors that interfere with, delay, alter or prevent the acquisition of discrete movement skills essential to dance technique.

The students and the instructor will identify and discuss areas of personal movement strength and weakness.
- Students will outline the challenges and determine a plan of action according to specific directions that will be provided.
- Students will be expected to submit a summary evaluation of their work and success.

20%  Movement Pattern Showing Variation in Dance Styles
This assignment is designed to facilitate the development of an original movement pattern using distinct styles and movement qualities. Working in small groups, the final product will be presented.

20%  Solo Presentation
This assignment is a final dance technique composition that the student will compose and present to demonstrate improvement in skill level and ability to apply performance skills. Each student will be given specific challenges to be included in the creation of the composition.

Attendance is mandatory. You may have 3 un-excused absences. When students are unable to participate physically due to illness or minor injury, they are encouraged to attend class and watch. It may be possible to make up some missed classes by arrangement with the instructor.

The Policy on Accommodation for Medical Illness may be found at [https://studentservices.uwo.ca/secure/index.cfm](https://studentservices.uwo.ca/secure/index.cfm)

“Students that are in emotional/mental distress should refer to Mental Health@Western [http://www.uwo.ca/uwocom/mentalhealth/](http://www.uwo.ca/uwocom/mentalhealth/) for a complete list of options about how to obtain help.
**COURSE TIMETABLE**

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>January 8</td>
<td>• Begin evaluation of student's technical abilities. Class work will focus on assessing and introducing material to improve technical knowledge, skill level, and individual artistic expression.</td>
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<td>January 22-26</td>
<td>• Outline and assign the specific technical skills that students will be analyzing in their Personal Technical Challenge Assignment.</td>
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| February 2 | • First part of the Personal Technical Challenge Assignment is due.  
  - identify specific areas of weakness and strength  
  - outline the challenges and determine a plan of action |
| February 19-23 | • Reading Week: No Class |
| March 7-9 | • Discuss, set groups, and select movement material for Movement Pattern Showing Variation in Dance Styles Assignment. |
| March 16 | • Confirm dates for presentations of Movement Patterns Showing Variation in Dance Styles. |
| March 19 | • Discuss and assign final solo dance compositions. |
| March 26 & 28 | • Present Movement Patterns Showing Variation in Dance Styles. |
| April 6 | • Final written summary evaluation of the Personal Technical Challenge Assignment is due. |
| April 6, 9 & 11 | • Perform final solo dance compositions. |

**DRESS FOR CLASS**

<table>
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<tr>
<th>Gender</th>
<th>Requirements</th>
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<tr>
<td>Women</td>
<td>- ankle length tights (footless or stirrup); leotard or unitard.</td>
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<tr>
<td>Men</td>
<td>- tights (men's weight footless or stirrup) or form fitting gymnastic or jogging pants: shorts or T-shirt.</td>
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| All      | - no shoes but turning thongs or socks can be used when working on turning skills.  
  - hair must be tied back out of the way of 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. |
ACCOMODATIONS FOR ACADEMIC OFFENCES
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 https://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf

“University Policy on Plagiarism: Plagiarism is a major academic offence (see Scholastic Office Policy in the Western Academic Calendar). “Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. The University of Western Ontario uses software for plagiarism checking. Students may be required to submit their written work in electronic form for plagiarism checking.”

University Code of Student Conduct: “The University seeks to provide an environment of free and creative inquiry within which critical thinking, humane values, and practical skills are cultivated and sustained.” The University Code of Student Conduct can be found at http://www.uwo.ca/univsec/board/code.pdf