

## Liverpool John Moores University

Title: Dance 1 (Ballet and Contemporary Dance)  
Status: Definitive  
Code: **4003IAB** (120518)  
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Institute of the Arts Barcelona

Team	Leader
Philip Vickerman	

**Academic Level:** FHEQ4      **Credit Value:** 24      **Total Delivered Hours:** 210  
**Total Learning Hours:** 240      **Private Study:** 30

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	204
Tutorial	6

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Formally structured and assessed Ballet Class of 1 hour.	30	
Portfolio	AS2	Formally structured and assessed Contemporary Dance Class of 1 hour.	30	
Presentation	AS3	Studio based performance presentation (Ballet and Contemporary)	40	

### Aims

*The module aims to provide the student with  
A core level of practical understanding of the movement vocabulary, technical skills*

*and practices of Ballet techniques (Barre work, centre and rep. etc)*  
*A core level of practical understanding of the movement vocabulary, technical skills and practices of contemporary dance techniques (Graham, Limon, Cunningham etc)*  
*An understanding of appropriate studio practice, class protocol, class etiquette.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Recognize and utilize the core level of practical understanding of the movement vocabulary, technical skills and practices of Ballet techniques (Barre work, floor sequences etc)
- 2 Recognize and utilize the core level of practical understanding of the movement vocabulary, technical skills and practices of contemporary dance techniques (Graham, Limon, Cunningham etc)
- 3 Demonstrate the use and identification of professional studio practice, class protocol, class etiquette.

## **Learning Outcomes of Assessments**

The assessment item list is assessed via the learning outcomes listed:

Portfolio 1	1	3
Portfolio 2	2	3
Presentation	1	2

## **Outline Syllabus**

*Across both areas of study students will explore and develop the core skills of dance and dance training*

- *Centre work/ Barre, floor work, travelling, sequences and combination*
- *Postural alignment, placement and centring principles*
- *Extension, flexion and suppleness in the body*
- *Control, strength and precision in movement*
- *Use of weight and space in relation to tasks*
- *Musicality- Rhythm, timing, speed and dynamic range*
- *Expression and artistry*
- *Movement and muscle memory*

### *Ballet Technique*

*As well as developing the students creative ability in the expressive and technical use of the movement vocabulary of ballet, the emphasis will be on postural alignment, correct placement, musicality, flexibility and fitness. Students will progress from fundamental techniques to the rigorous demands of ballet, including repertoire.*

### *Contemporary Technique*

*Level 4 Contemporary dance explores the physical principles and characteristics of*

*post modern dance. Taking from Graham, Cunningham, and Limon techniques the students will build strength and stamina, as well as, develop centering, release, flow, abstraction and counterpointing techniques. Improvisational skills and contact work will be introduced to support the creative element of contemporary dance styles and approaches. Students will investigate and develop the ability to apply techniques and principles to simple and complex movement combinations.*

## **Learning Activities**

The module will be delivered intensively, with multiple classes each week. Each class will normally last at least one hour twenty minutes. Students will be expected to wear dance uniform. Each class will start with a warm-up and conclude with a cool down period. The classes will be developed in a coherent manner and will be linked conceptually to develop and explore specific elements of dance training or performance ideas or practices. Dance protocol and class etiquette will be incorporated to ensure healthy and good practice.

The module will culminate in a formal practical presentation of each distinctive dance technique class and a repertoire performance study to reflect a high level of technical execution and performance.

## **Notes**

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