

## Liverpool John Moores University

Title: DANCE AND MOVEMENT WORKSHOP  
Status: Definitive  
Code: **4504OPT** (109303)  
Version Start Date: 01-08-2011

Owning School/Faculty: Liverpool Institute for Performing Arts  
Teaching School/Faculty: Liverpool Institute for Performing Arts

Team	Leader
Sarah Baker	Y

**Academic Level:** FHEQ4      **Credit Value:** 12.00      **Total Delivered Hours:** 120.00  
**Total Learning Hours:** 120      **Private Study:** 0

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Online	90.000
Workshop	30.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	CONTINUOUS	Ongoing assessment of classroom participation	80.0	1.00
Essay	ESSAY	Written assignment	20.0	1.00

### Aims

*This module aims to create an opportunity for students to explore the potential of physical expression in dance and equip students with the confidence to operate with freedom and purpose. Principles of safe and correct practice will inform an exploration of expression through movement and dance; starting from varying textual/visual/musical sources, students will work collaboratively to present a range of work.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate safe and correct use of the body within given warm-up exercises
- 2 Display the ability to execute simple dance phrases
- 3 Create and maintain expression and meaning through simple movement combinations
- 4 Demonstrate the ability to create dance in small groups
- 5 Demonstrate basic awareness and anatomical principles in dance
- 6 Demonstrate the ability to use time, weight and space
- 7 Prepare work for presentation
- 8 Articulate understanding and knowledge in a written critical evaluation

## Learning Outcomes of Assessments

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

CONTINUOUS ASSESSMENT	1	2	3	4	5	6	7
WRITTEN ASSIGNMENT	8						

## Outline Syllabus

### *1. Introduction to dance and movement fundamentals*

*a) correct and safe practice - injury prevention/warm-up/cool down/looking after your body*

*b) anatomical principles - alignment/placement/centre/use of spine/basic anatomy/ideokinisis*

*c) body basics - control, extension, flexion, strength, clarity and precision,*

*d) time, weight and space - gravity, energy, use of breath, dynamics, use of space,*

*e) movement co-ordination - motor skills, kinetic response, connection, movement memory, movement/dance combinations/sequences;*

### *2. Dance making: applying physical understanding in the creative context;*

*a) stimuli for dance - textual/visual/aural/musical/sensorial sources*

*b) improvisations*

*c) simple choreographic structures - motif and development etc.*

*d) finding meaning and expression through the dance making*

*e) presenting a number of progressively challenging movement/dance performance pieces*

### *3. Practical evaluation of work in classroom participation;*

*a) increase in dance/movement vocabulary*

*b) observation of group choreographic processes and outcomes*

*c) observation of professional choreography on video/film*

*d) feedback*

*Dance making: applying physical understanding in the creative context*

*Practical evaluation of work in classroom participation*

## Learning Activities

The module is delivered in the group situation through classes and workshops. A ten week series of classes, the assessment on the module is ongoing through classroom participation.

## References

<b>Course Material</b>	Book
<b>Author</b>	Marshall, L
<b>Publishing Year</b>	2001
<b>Title</b>	The body speaks, performance and expression
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Methuen
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Cohen, S
<b>Publishing Year</b>	0
<b>Title</b>	Dance as a theatre art
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Copeland, R (eds)
<b>Publishing Year</b>	0
<b>Title</b>	What is dance?
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

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## Notes

This module is an introduction to dance and movement skills for students who are not on the BA (Hons) Performing Arts (Dance).