

## Liverpool John Moores University

Title: CONTEMPORARY DANCE TECHNIQUE 1  
Status: Definitive  
Code: **4508DAN** (109250)  
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	

**Academic Level:** FHEQ4      **Credit Value:** 12.00      **Total Delivered Hours:** 105.00  
**Total Learning Hours:** 120      **Private Study:** 15

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	45.000
Tutorial	10.000
Workshop	50.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	PRACTICAL	Practical Work in Class (A)	70.0	1.00
Essay	ESSAY	Written Assignment (B)	30.0	1.00

### Aims

*The aim of this module is to provide the students with the core foundation skills in Contemporary dance technique. The module will run throughout the year and will develop in students, an understanding of both Graham and Cunningham based contemporary dance practice.*

*The module aims to build strength, stamina, flexibility as well as an understanding of the core performance skills associated with the techniques.*

*The module is a pre-requisite of the level 2 module in the same technique.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Demonstrate basic proficiency in fundamental elements and movements of Cunningham inspired contemporary dance practice.
- 2 Demonstrate basic proficiency in fundamental elements and movements of Graham inspired contemporary dance practice.
- 3 Demonstrate adherence to dance class protocols and good practice.
- 4 Demonstrate an understanding of safe and good practice.
- 5 Demonstrate an understanding of the historical roots of the techniques.
- 6 Demonstrate an understanding of the critical and conceptual underpinning of the technique.

## **Learning Outcomes of Assessments**

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

PRACTICAL WORK	1	2	3	4
WRITTEN ASSIGNMENT	5	6		

## **Outline Syllabus**

*The module will explore and develop  
Generic Dance Skills (shared with other level one dance technique modules)  
Warming up and cooling down processes  
Safe practice and the healthy dancer  
Extension, flexion and suppleness in the body  
Control, strength and precision in movement  
Placement, centering and alignment principles  
Use of weight and space in relation to the tasks  
Rhythm, timing, speed and dynamic range  
Travelling steps  
Expression and musicality  
Movement and muscle memory  
Observation and self-reflective skills honed through class sessions.*

### *Contemporary Technique*

*The module is focused on developing basic technical understanding of contemporary dance through a study of American Modern Dance Forms, primarily Graham and Cunningham technique. Particular attention will be placed upon the understanding and exploration of the spine, looking at postural awareness and spinal work. Students will be introduced to curves, tilts, spiral and release based work paying particular attention to where movement comes from and how the body moves in space. Exercises will be designed specifically to explore tension, expansion, fluidity and motion and will encourage the student to explore their own application and understanding gained through the 'healthy issues' programme and emphasis will be*

placed on students continuing to address their individual strengths and weaknesses and individual responsibility for the body management.

#### *History and Core Concepts*

*Throughout the delivery of the module, teaching staff will contextualise the practical work by making reference to stylistic and conceptual developments of the technique. In addition to this, students will be asked to undertake personal research into the history and development of the technique. This will culminate in a short written assignment.*

### **Learning Activities**

The module will be delivered in three or four 1.5 hour classes per week running across the majority of the year. Each class will start with a warm-up and will be followed by formal taught sessions where specific techniques will be explored, developed or refined. Direct and specific individual feedback and advice will be given to students throughout the taught element. For at least one part of one session per week students will be asked to work on a specific dance repertory through which the specific technique will be explored. Each session will conclude with a period of cool down (as the students gain experience both warm-up and cool down may be student led). Exploration of the history of the technique will be primarily student research led.

### **References**

<b>Course Material</b>	Book
<b>Author</b>	Adshead, J
<b>Publishing Year</b>	1988
<b>Title</b>	Dance Analysis, Theory and Practice
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Dance Books
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Adshead, J & Layson, J
<b>Publishing Year</b>	1994
<b>Title</b>	Dance History - An Introduction
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Routledge
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Au S
<b>Publishing Year</b>	2002

<b>Title</b>	Ballet and Modern Dance
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Thames and Hudson
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Banes, S
<b>Publishing Year</b>	1986
<b>Title</b>	Terpsichore in Sneakers
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Houghton Mifflin Co
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Bremser M
<b>Publishing Year</b>	1999
<b>Title</b>	Fifty Contemporary Choreographers
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Routledge
<b>ISBN</b>	

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## Notes

For modules with multiple assessments students must pass all individual elements, as detailed in the Principles and Procedures for Higher Education A2.3.4.