

Liverpool John Moores University

Title: Dance Techniques 1
Status: Definitive
Code: **4510DAN** (118751)
Version Start Date: 01-08-2012

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: 36.00
Total Delivered Hours: 348.00
Total Learning Hours: 360
Private Study: 12

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	348.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Continuous	Practice/Pres/Class Presentation	100.0	

Aims

The aim of this module is to provide the student with the core foundation skills in Ballet, Contemporary, Jazz and Tap techniques. The module aims to build strength, stamina, flexibility as well as an understanding of the core performance skills associated with each technique. The module is a foundation for the level 2 module in the same techniques.

Learning Outcomes

After completing the module the student should be able to:

- LO1 Demonstrate the foundation technical skills of Ballet, Contemporary, Jazz and Tap as discreet techniques.
- LO2 Demonstrate movement and stylistic features of Ballet, Contemporary, Jazz and Tap techniques.
- LO3 Demonstrate appropriate physical musicality of Ballet, Contemporary, Jazz and Tap techniques.
- LO4 Adhere to dance class protocols, safety and good practice.
- LO5 Apply verbal corrections and directions to practice on an ongoing basis.

Learning Outcomes of Assessments

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

Continuous	LO	LO	LO	LO	LO
Assessment	1	2	3	4	5

Outline Syllabus

The module will explore and develop the following generic dance skills:

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

Ballet Technique- Students will develop a clear understanding and application of:

Correct postural alignment engaging and utilising core strength within placement at the barre with some applied demi pointe work

Turn-out through fundamental action including plie, leg rotation en l'air and a terre

Correct principles of foot and thigh alignment - 'inside thigh' control. Demonstrations of this will include tendu, developpe, retire passe and ronde de jambe.

Fully integrated alignment and structural integration through functional movement including porte de bras and adage.

Metatarsal foot control including engagement with pirouettes and small jumps in preparation for centre. practice and petite allegro

Integrated travel through basic grande allegro

Jazz Technique- Students will develop a clear understanding and application of:

Correct postural alignment in parallel and turn out
 Warm-up, floor stretches, centre and barre work
 Isolations, movement sequences and rhythm patterns emphasising control and coordination, as well as strength and endurance
 Corner work including turning and jumping combinations
 Through combination work a variety of Jazz dance techniques and styles will be covered over the course of the module
 Throughout the delivery of the module teaching staff will contextualise the practical work by making reference to stylistic and conceptual developments of the technique

Contemporary Technique- Students will develop a clear understanding and application of:

*Basic technical understanding of contemporary dance technique
 Exploration of the spine
 Postural awareness and spinal work
 Curves, tilts, spiral, contraction and release based work
 Where movement comes from and how the body moves in space
 Various contemporary dance styles will be covered over the course of the module
 Throughout the delivery of the module, teaching staff will contextualise the practical work by making reference to stylistic and conceptual developments of the technique*

Tap Technique- Students will develop a clear understanding and application of:

*Basic technical understanding of tap dance technique
 Correct postural alignment
 Articulation of the feet
 Rhythm and dynamics
 Weight carriage and transfer
 Coordination of upper and lower body appropriate for tap dance technique
 Various tap dance styles will be covered over the course of the module
 Throughout the delivery of the module, teaching staff will contextualise the practical work by making reference to stylistic and conceptual developments of the technique.*

Learning Activities

Practical workshops and classes.

References

Course Material	Book
Author	Haas, J
Publishing Year	2010
Title	Dance Anatomy

Subtitle	
Edition	
Publisher	Human Kinetics Publishers
ISBN	

Course Material	Book
Author	Messerer, A
Publishing Year	2007
Title	Classes in Classical Ballet
Subtitle	
Edition	
Publisher	Limelight Editions
ISBN	

Course Material	Book
Author	Hatchet, F et. al.
Publishing Year	2000
Title	Frank Hatchett's Jazz Dance
Subtitle	
Edition	
Publisher	Ronon
ISBN	

Course Material	Book
Author	Kraines, M and Pryor, E
Publishing Year	2000
Title	Jump Into Jazz
Subtitle	
Edition	
Publisher	Mayfield
ISBN	

Course Material	Book
Author	Reynolds, D
Publishing Year	2007
Title	Rhythmic subjects
Subtitle	Uses of energy in the dances of Mary Wigman, Martha Graham and Merce Cunningham
Edition	
Publisher	Dance Books Ltc
ISBN	

Course Material	Book
Author	Foulkes, J
Publishing Year	2002
Title	Modern Bodies
Subtitle	Dance and American modernism from Martha Graham to

	Alvin Ailey
Edition	
Publisher	The University of North Carolina Press
ISBN	

Notes

The module will be delivered through daily classes running across the majority of the year. These classes will be formally taught sessions where specific techniques will be explored, developed or refined. Direct and specific individual feedback and instruction will be given to students throughout the duration of the module. Students will be expected to demonstrate understanding of their own physical bodies in relationship to each dance technique.