

## Liverpool John Moores University

Title: Performance Skills 1  
Status: Definitive  
Code: **4521DAN** (123969)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Liverpool Institute for Performing Arts

Team	Leader
Lisa Parsons	

**Academic Level:** FHEQ4  
**Credit Value:** 20  
**Total Delivered Hours:** 141  
**Total Learning Hours:** 200  
**Private Study:** 59

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	141

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Practical	Practical Class Assessment Commercial	50	
Presentation	Practical	Practical Warm-up and Log Book Presentation	50	

### Aims

*The Performance Skills 1 module aims to develop a fundamental understanding and artistic interpretation of a variety of different dance styles. Applied anatomy, physical health, and rehabilitative practices (Healthy Dancer) are included to prepare the student for continued success in a challenging professional training period and career. A broad range of specialist master classes supports regular commercial style classes across two terms.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate the fundamental skills for a variety of commercial dance styles
- 2 Develop versatility as a performer
- 3 Identify and analyse areas of imbalance and postural weaknesses in the body
- 4 Adopt a personal remedial programme as part of a daily warm up
- 5 Transfer rehabilitative practice directly into dance techniques

## Learning Outcomes of Assessments

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

Practical Class	1	2		
Assessment				
Practical Warm-up and Log Book	3	4	5	

## Outline Syllabus

*There are two strands to this module which in conjunction aim to give students the technical versatility and longevity to train safely and sustain work in the industry.*

*Students on this module will each undergo a physical diagnostic examination to identify key postural issues and imbalances. This will form the main focus of remedial learning as students will use knowledge gained through subsequent dance science sessions, body conditioning methods and the application of safe and effective warm up, to address and improve physical limitations, thus increasing their physical technical ability within all dance technique practice and performance.*

*The second strand is designed to expose students to a variety of current commercial dance styles in order to evolve into a well-rounded performer with confidence in a number of areas. Building upon the stylistic principles of a range of genres at this level, students' should be prepared to develop and apply their technical skills and stylistic interpretation to a variety of dance styles. Regular classes are supported by a broad range of specialist master classes across two terms.*

*Throughout the module, students will maintain a log book detailing their diagnostic and discussing their anatomical understanding of incorporating specific rehabilitative material and knowledge directly into dance techniques.*

*There will be 2 assessment points for this module. One will assess students on their ability to create an effective warm up practical presentation, specific to their individual physical and postural needs, as set out in their log book. The additional assessment point spans 2 terms worth of learning in which students will be assessed on their attainment, both physical and artistic in the practised commercial dance styles.*

## **Learning Activities**

Practical classes and workshops  
Masterclasses  
Diagnostic sessions  
Lectures

## **Notes**

Sarah E. Baker is the Module Leader