

Liverpool John Moores University

Title: Ballet and Contemporary Dance
Status: Definitive
Code: **5501IAB** (124913)
Version Start Date: 01-08-2021

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

Team	Leader
Fran Leaver	Y

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 160
Total Learning Hours: 200
Private Study: 40

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	20
Workshop	140

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS1	Formally structured and assessed Ballet class	50	
Practice	AS2	Formally structured and assessed Contemporary class	50	

Aims

The module aims to provide the student with:

1. An advanced level of practical skill in the movement, vocabulary, technique, creative and expressive practices of Ballet.

2. An advanced level of practical skill in the movement, vocabulary, technique,

creative and expressive practices of Contemporary Dance.

3. A thorough, practical engagement with professional studio practice, class protocol, class etiquette.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate advanced level application of practical skill in the movement vocabulary, technique, creative and expressive practices of Ballet.
- 2 Demonstrate advanced level application of practical skill in the movement vocabulary, technique, creative and expressive practices of Contemporary Dance.
- 3 Demonstrate thorough, practical engagement, with professional studio practice, class protocol, class etiquette.

Learning Outcomes of Assessments

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

Practical	1	3
Practical	2	3

Outline Syllabus

In this module students will explore and develop advanced technical, creative and expressive skills in dance across the two disciplines of Ballet and Contemporary dance. Teaching will include an exploration of:

- *Centre work/ Barre, floor work, travelling, sequences and combination*
- *Postural alignment, placement and centering 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

The Ballet element will focus on advanced accuracy, precision and artistic interpretation. The teaching will emphasise the quality of performance and the advancement of more technical skills including partnering and point work for women. Students will develop travelling phrases, which will be performed with multiple turn combinations; Fouettés for women and multiple tours for men. Grande allegro work will include coda. Mime work will be included to enhance the narrative nature of the Classical Repertoire.

Contemporary Technique

The Contemporary element will focus on the development of higher levels of physicality, advanced complexity, subtle detail and creativity. The studies will involve the development of skills based around the work of the 20th-century masters such as Cunningham, Graham, and Limón, who serve as the foundation for 21st-century dance. Structured and unstructured improvisations and contact work will explore the creative and collaborative nature of current practice. Students will be encouraged to further develop their kinesthetic sensitivities to define the 'self' as an artist.

Learning Activities

The module will be delivered intensively, with multiple classes each week. 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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