

Liverpool John Moores University

Title: Dance Technique 2 (Ballet/Contemporary)
Status: Definitive
Code: **5561IAB** (124346)
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	

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 200
Total Learning Hours: 200
Private Study: 0

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Workshop	200

Grading Basis: 40 %

Assessment Details

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

Aims

Building on from the students' previous studies in year 1 (level 4), 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 Describe and demonstrate an advanced level of application of practical skill in the movement vocabulary, technique, creative and expressive practices of Ballet
- 2 Describe and demonstrate advanced level application of practical skill in the movement vocabulary, technique, creative and expressive practices of Contemporary Dance
- 3 Describe and demonstrate a thorough practical engagement with professional studio practice, class protocol and class etiquette.

Learning Outcomes of Assessments

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

Assessed Performance 1	1	3
Assessed Performance 2	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 centring 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

In Level 5 the Ballet element will build on from the core skills developed in level 4. It will focus on advanced accuracy, precision and artistic interpretation. The teaching will emphasize 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

Contemporary dance techniques will build on the student's studies in level 4. The focus of the work will be on the development of higher levels of physicality, advanced complexity, subtle detail and creativity. As with level 4, the studies will involve the development of skills based around the work of the 20th-century masters such as Cunningham, Graham, and Limón, who serves 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 kinaesthetic 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.

Notes

The module will allow the students to build upon Ballet and Contemporary dance techniques introduced in level 4. Assessment is via two formally assessed classes.