

Liverpool John Moores University

Title: Specialist Skills for Dance 1
Status: Definitive
Code: **5570IAB** (125168)
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: 10
Total Delivered Hours: 100
Total Learning Hours: 100
Private Study: 0

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Workshop	100

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Specialist Skills Presentation including both gymnastics and circus skills	100	

Aims

The module aims to provide students will specialist performance skills used in contemporary commercial dance practice. The focus of this module will be on technical skill. Students will develop core skills in

- 1. Gymnastics and pas-de-deux gymnastic floor work*
- 2. Circus Skills including silks, hoop, and static trapeze*

Learning Outcomes

After completing the module the student should be able to:

- 1 Employ a thorough and developed level of application of practical skill in creative dance based gymnastics (solo and pas-de-deux)
- 2 Employ a thorough and developed level of application of practical skill in circus performance using at least two techniques developed within the module (silk, hoop and static trapeze etc.)
- 3 Demonstrate a thorough practical engagement with professional studio practice and health and safety

Learning Outcomes of Assessments

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

Presentation	1	2	3
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Outline Syllabus

The modules will be taught as two discrete activities unified in the final assessment presentation. The exact nature of the delivery will depend on the prior experience, physical strength and expertise of the student cohort.

Gymnastics:

Gymnastics (solo and pas de deux) are increasingly becoming a requirement for commercial dance performers. As part of the entry requirements all students joining the programme should demonstrate an aptitude for or experience of gymnastic performance. Initially the students will be introduced to basic principles of gymnastics including:

- Flexibility
- Core Strength
- Balance
- Co-ordination
- Upper and lower body strength
- Mental focus
- Discipline
- Performance

More specifically students will be asked to develop skills and abilities in basic acro skills such as rolls, handstands, cartwheels, front and back walkovers, aerial cartwheels, tucks, turns, jumps, leaps and basic tumbling skills. As the module develops performance and pas-de-deux elements will be introduced.

Circus Skills:

Building on from the basic skills of gymnastics students will be given the opportunity to develop expertise in three specific circus skills – silks, aerial hoop, static trapeze.

As the module develops students will be given the support to develop skills in one skills which may form the foundation of their specialist module at level 6

Learning Activities

The module will be delivered intensively, with multiple classes each week. All classes will specifically explore the particular safety issues associated with the planned activities. Students will be expected to wear appropriate clothing. 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 specialist performance.

Notes

Specialist dance skills at level 5 is intended as a broad overview which the student will be able to develop at level 6. Assessment is via a single integrated specialist performance presentation.