



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
DANC-121	Contemporary Dance I: Technique 2	4
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
None	Music and Dance	Fall
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Music and Dance	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
1 <sup>st</sup> Cycle	Panayiotis Tofi	1 <sup>st</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face to face	N/A	DANC-111

### Course Objectives:

The main objectives of the course are to:

- Introduce the basic principles of contemporary dance through Release and Floor Work-based technique, focusing on the practice of technical skills through experiential and somatic approach, movement terminology and overall aesthetic appreciation of contemporary dance.

### Learning Outcomes:

After completion of the course students are expected to be able to:

1. Identify, embody and practice technical skills, movement terminology and aesthetic appreciation of the given technique.
2. Demonstrate the basic principles of the specific contemporary dance technique such as: Efficient use of breathing, Use of different dynamics, Weight transfer, Use of gravity (floor and standing), Space incorporation, Risk taking, Use of core and periphery, Timing and musicality, Core strength, Flexibility, Coordination, Performance, Memory and Terminology.
3. Implement the skills necessary to successfully continue the study of contemporary dance.

**Course Content:**

1. Reconnecting to the breath
2. Using the floor
3. Alignment and centre of gravity
4. Moving from the centre
5. Moving from the periphery
6. Use of space
7. Transitions: initiation-departure-arrival
8. Movement qualities and dynamics
9. Musicality, timing and rhythm
10. Sequencing
11. Self-assessment
12. Use of performance skills through technique

**Learning Activities and Teaching Methods:**

Studio practical work, Discussion and Reflection, Short assignments

**Assessment Methods:**

In Class Participation, Performance, Notebook, Practical Midterm Evaluation, Practical Final Examination

**Required Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Use of personal dance journal (sketching, notes, reflection, realisations)	Donna Farhi	St. Martin's Griffin, New York	1996	978-0-8050-4297-9
Dynamic alignment through imagery	Eric Franklin	Human Kinetics	2012	10:0-7360-6789-2

**Recommended Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Use of personal dance journal (sketching, notes, reflection, realisations)				