



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
DANC-213	Contemporary Dance III: Technique 1	4
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
DANC-112	Music and Dance	Fall
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Dance Technique	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
1 <sup>st</sup> Cycle	Alexander Michael	2 <sup>nd</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face to face	N/A	None

### Course Objectives:

The main objectives of the course are to:

- The purpose of this course is to further develop the principles of the Martha Graham technique, building on the skills and experience acquired in Levels I and II. Special attention will be given to the embodiment of aesthetic and movement qualities within the technique. Other main objectives are travelling in all directions, jumps and leaps, and more challenging movement sequences.

### Learning Outcomes:

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

1. Perform more complex exercises within the Graham technique and sections from the repertory, as they appear in floor work, standing work and Graham choreography.
2. Practice contractions, release (neutral), and spirals in all positions, with special focus on standing work and traveling sequences.
3. Demonstrate technical precision and clarity of movement.
4. Begin to demonstrate a keen sense of musicality and rhythmic.
5. Demonstrate basic expression and theatricality in performance, founded on an aesthetic understanding of the technique.

**Course Content:**

1. Breathings, Contractions and Release
2. Spirals (Threes and Sixes)
3. Deep Stretches and Pleadings
4. Turns Around the Back
5. Back Leg Extensions
6. Graham Plies (with contractions and S arms)
7. Foot work with Spirals and Contractions
8. Side Contractions and Fan Kicks
9. Split Falls
10. Rond de Jambe in to Leg Extension
11. Traveling – Triplets and Prances
12. Musicality and Aesthetic Awareness
13. More Complex Movement Sequences

**Learning Activities and Teaching Methods:**

Practical studio workshops

**Assessment Methods:**

Attendance and In Class Performance, Practical Midterm Examination, Practical Final Examination

**Required Textbooks / Readings:**

Title	Author(s)	Publisher	Year	ISBN
Martha Graham: The Evolution of Her Dance Theory and Training	Horosko, Marian	Gainesville, FL: University Press of Florida	1991	0813024730