



## Course syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
DANC-223	Contemporary Dance III, Technique 2	4
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
DANC-122	Music and Dance	Fall
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Contemporary Dance	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
1 <sup>st</sup> Cycle	J. Brendle/P.Tofi	2 <sup>nd</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face-to-face	N/A	DANC-213

### Course Objectives:

The main objectives of the course are to:

- establish a solid foundation through body awareness exercises and release technique
- provides students with opportunities to explore simple dance combinations that encourage correct alignment of the pelvis and spine
- move in space in a smooth and controlled manner

### Learning Outcomes:

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

1. Acquire proficiency in contemporary dance technique drawing on release technique.
2. Develop body awareness and strength through somatic practices which will enable them to implement this knowledge to a wide range of techniques.
3. Gain a better understanding of their bodies and harvest a long term interest in the deep connection of self awareness and body awareness..

### Course Content:

1. Core strengthening.
2. Placement and Alignment – Floor.
3. Placement and Alignment – Standing.
4. Curves and Bounces.

5. Upper Body Tilts, High Releases and Twists.
6. Drops and Swings.
7. Flat Backs.
8. Parallel and Turned Out Footwork with Weight Shifts.
9. Leg Work - Developes and Fondues with Curves.
10. Leg swings with weight shifts.
11. Traveling – Triplets and Turns.
12. Traveling – Running and Jumps.

**Learning Activities and Teaching Methods:**

Studio based movement workshops

**Assessment Methods:**

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

**Recommended Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Anatomy of Movement.	Calais-Germain, B.	Eastland Press	1993	
Dynamic Alignment through Imagery.	Franklin, E.	Human Kinetics.	2012	9780736067898