



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

DAN-121 Contemporary Dance I, Technique 2 (Release)

Course Code DAN-121	Course Title Contemporary Dance I, Technique 2 (Release)	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites None
Type of Course Major Core	Field Dance technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 1 st	Lecturer(s) Lia Haraki
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites DAN-111

Objectives of the Course:

This course will introduce the basic principles of contemporary dance through Release-based technique, focusing on the practice of technical skills, movement terminology and overall aesthetic appreciation of contemporary dance.

Learning Outcomes:

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

1. Identify and practice technical skills, movement terminology and aesthetic appreciation of the given technique.
2. Demonstrate the basic principles of contemporary dance technique such as: Weight shifts, working with gravity (floor and standing), use of space, timing and musicality, movement dynamics, strength, flexibility, coordination, performance, memory and terminology.
3. Implement the skills necessary to successfully continue the study of contemporary dance.

Course Contents:

1. Everyday movement: The natural way
2. Exploring the joints – finding the liquid energy
3. Alignment and centre of gravity
4. Moving from the centre
5. Moving from the periphery
6. Directing the force – commanding the body
7. Transitions: initiation-departure-arrival
8. Movement qualities
9. Musicality, timing and rhythm
10. Sequencing

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| 11. Self-assessment
12. Inside out – Basic approaches to performing technique |
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Learning Activities and Teaching Methods:

Studio, supplemented by short assignments

Assessment Methods:

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

Required Textbooks/Reading:

A notebook to use as a journal in every class

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Cheney, Gay	<u>Basic Concepts in Modern Dance: A Creative Approach</u>	Princeton, NJ: Princeton Book Company	1989	0916622762
Penrod, James and Plastino, Jane Gudde	<u>The Dancer Prepares: Modern Dance for Beginners</u>	Mountain View, CA: Mayfield Publishing Company	1998	1852730912