



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

DAN-122 Contemporary Dance II, Technique 2 (Release)

Course Code DAN-122	Course Title Contemporary Dance II, Technique 2 (Release)	ECTS Credits 2
Department Music and Dance	Semester Spring	Prerequisites DAN-121
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-112

Objectives of the Course:

This course will further develop the basic principles of contemporary dance technique, primarily based on Release technique. Special attention will be given to the flow of energy through and out of the body, allowing for different movement possibilities and qualities. Musicality and rhythm, spatial awareness and focus will be explored.

Learning Outcomes:

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

1. Further apply and practice the technical skills, movement terminology and aesthetic appreciation of the given technique.
2. Define basic movements in terms of weight/gravity, quality and rhythm.
3. Practice skills acquired within short, simple movement sequences.

Course Contents:

1. Gravity and the body – Floor and standing
2. Joints of the body
3. Body alignment
4. Moving from the centre
5. The body's relationship to the ground
6. Limbs
7. Exploring the different levels
8. Fall and recovery
9. The body's relation to space
10. Introduction to basic Movement Qualities (Laban)
11. Musicality, timing and rhythm
12. Performance quality

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