



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-111	Contemporary Dance I, Technique 1	4
Prerequisites	Department	Semester
N/A	Music and Dance	Fall
Type of Course	Field	Language of Instruction
Required	Dance Technique	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Alexander Michael	1 st
Mode of Delivery	Work Placement	Corequisites
Face to face	N/A	DANC-112

Course Objectives:

The main objectives of the course are to:

- Introduce students to the basic principles of the Martha Graham technique.
- Special attention will be given to the strict execution of line and alignment.
- A focus will be on connecting musical and movement transitions during floor work and standing.

Learning Outcomes:

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

1. Identify and execute the basic exercises within the Graham vocabulary/ technique and simple Graham-based combinations.
2. Define terminology of the primary Graham exercises given in the beginning of the semester.
3. Demonstrate contractions, release (neutral) spirals on all positions and how they are used in floor work (bounces, breathing, 3's and 6's, turns round the back) and standing (turns, jumps, walks, running, leaps).
4. Apply movement principles exercises from the floor work and to standing work and simple Graham repertory.

Course Content:

1. Breathings, Contractions and Release
2. Spirals (Threes and Sixes)
3. Deep Stretches
4. Turns Around the Back
5. Graham plies (with contractions and S arms)
6. Foot work with spirals and contraction
7. Side contractions and Fan kicks
8. Adagio
9. Circular walks
10. Triplets
11. Step Draws
12. Prances and other Traveling Steps
13. Jumps and Leaps
14. Simple Graham-based Combinations

Learning Activities and Teaching Methods:

Studio

Assessment Methods:

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

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Onstage with Martha Graham	Hodes, Stuart	University Press of Florida; 1st edition	2021	0813066387