



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-122	Contemporary Dance II, Technique 2	4
Prerequisites	Department	Semester
DANC-112	Music and Dance	Spring
Type of Course	Field	Language of Instruction
Required	Contemporary Dance	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	J. Brendle/P.Tofi	1 st
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	DANC-121

Course Objectives:

The main objectives of the course are to:

- introduce students to the basic principles of contemporary dance through Release and Floor Work-based technique and includes information from other techniques, such as Limon, Laban, and Yoga
- Build on elements learned in DANC-121
- focus on the practice of exercises that establish one's center in horizontal position, leading to standing combinations and simple exercises across the floor.
- Focus on smooth level changes, developing a strong awareness of the differentiation of movement qualities, and maintaining alignment in motion

Learning Outcomes:

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

1. Give weight and find support from the floor, using the floor.
2. Locate and strengthen the center of the body in the horizontal.
3. Practice correct body alignment (vertical and horizontal).
4. Utilise the head – coccyx connection in stillness and motion.
5. Understand connections in the body in order to move without much muscular effort
6. Incorporate breath in the movements
7. Establish spatial awareness and precise directions.

Course Content:

1. Alignment exercises on the floor
2. Cross lateral exercises (floor and standing)
3. Coordination exercises
4. Simple rolls across the floor (starting on all fours)
5. Stabilizing the connection between coccyx/sit bones and top of head
6. Upper body swings
7. Leg swings on the floor
8. Leg swings standing
9. Foot exercises
10. Plié exercises
11. Swing-combinations
12. Travelling exercises: simple turns, 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:

Title	Author(s)	Publisher	Year	ISBN
The Essential Guide to Contemporary Dance Techniques Paperback	Clarke, M.	Crowood Press	2020	9781785006999