



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-224	Contemporary Dance IV, Technique 2	4
Prerequisites	Department	Semester
DANC-223	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	2 nd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	DANC-214

Course Objectives:

The main objectives of the course are to:

- establish a solid foundation through body awareness exercises and release technique
- focus on the technique of moving safely on the floor
- provides students with opportunities to explore their center in horizontal positions, which will lead to more complex standing work
- focus on finding connections in the body to discover flow in the movement
- move in space in a smooth and controlled manner whilst maintaining the alignment

Learning Outcomes:

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

1. Giving weight and finding support from the floor, using the floor
2. Finding and strengthening the center of the body in the horizontal, revising body alignment
3. Utilizing the breath in movement
4. Analysing connections in the body in order to get into a flowing quality of movement without being imprecise
5. Using the space, exploring „to move big“
6. Predicting how much energy and muscle action is needed/not needed
7. Applying different movement qualities and distinguishing between them
8. Demonstrating a three dimensional quality of movement

Course Content:

1. Alignment exercises on the floor
2. Cross lateral exercise (floor and standing)
3. Simple rolls across the floor
4. Combination of rolls across the floor
5. Leg swings exercise on the floor
6. Leg swings combination
7. Over head roll
8. Foot exercise with use of the back
9. Plies with upper body
10. Swing-combinations
11. Travelling exercises: - turns, jumps
12. Improvisation tasks

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
Anatomy of Movement.	Calais-Germain, B.	Eastland Press	1993	
Dynamic Alignment through Imagery.	Franklin, E.	Human Kinetics.	2012	978-0736067898