



Course Syllabus

Course Code	Course Title	ECTS Credits
DANC-325	Contemporary Dance V, Technique 3	4
Prerequisites	Department	Semester
DANC-224	Music and Dance	Fall
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	3 rd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	DANC-315

Course Objectives:

The main objectives of the course are to:

- to further the students training in highly physical and energetic contemporary technique class based on release technique and reinforced by somatic practices.
- supplement students' technical training with structured improvisation as a means for the students to develop their personal interpretation of movement.

Learning Outcomes:

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

1. To perform release technique vocabulary
2. To move into and out of the floor in a controlled and effortless manner.
3. To improvise in a structured way

Course Content:

1. Body Work - Somatic Practices.
2. Floor Work – Core Strengthening.
3. Floor Work – Leg Work.
4. Mid-Level Floor Work.
5. Hand and Leg Positioning for moving into and out of the floor.
6. Standing – Rolling down the spine.

7. Moving into and out of the floor.
8. Introduction to structured improvisation.
9. Set material improvisation
10. Short duration tasks based on body parts.
11. Medium duration tasks based on moving in space and levels.
12. Longer duration tasks based on body tension and movement quality.

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
Body space image	Tufnell, M., Crickmay, C.	Dance Books	1993	1852730412
Dynamic Alignment through Imagery.	Franklin, E.	Human Kinetics.	2012	978-0736067898