



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-380	Contact Improvisation	4
Prerequisites	Department	Semester
DANC-141	Music and Dance	Fall
Type of Course	Field	Language of Instruction
Required	Composition and Performance	English
Level of Course	Lecturer	Year of Study
1 st Cycle	Panayiotis Tofi	3 rd
Mode of Delivery	Work Placement	Corequisites
Face to face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Introduce students to the practical and philosophical basis of contact improvisation through exercises, movement explorations, the connected practice of technical skills acquired with breath and effort, as well as personal reflections.

Learning Outcomes:

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

1. Practice the basics of the contact improvisation form with awareness, sensitivity and presence.
2. Perform, build upon and connect all skills, techniques and approaches acquired.
3. Engage fully in contact improvisations in duets, trios and open jam.
4. Reflect on one's own and others' improvisations using kinaesthetic awareness and experience.

Course Content:

1. Introduction to main principles of contact
2. The importance of the pelvis, core, and breath
3. Exploration of touch, effort, and body parts.
4. Defining and following the point of contact (leading and following)
5. Head – tail. The importance of the spine.
6. Giving and receiving weight
7. Handstands, Spirals, Falling, Rolling
8. Lifts and “flying”
9. Staying connected (peripheral vision, use of space, making decisions)
10. Working as a group
11. Physicality in contact, speed and risk
12. Maintaining the moment: Sharing the dance

Learning Activities and Teaching Methods:

Studio

Assessment Methods:

Attendance and In Class Performance, Dance Journal, Practical Mid-Term examination, Practical Final examination

Recommended Textbooks/Reading:

Title	Authors	Publisher	Year	ISBN
Caught Falling: The Confluence of Contact Improvisation, Nancy Stark Smith, and Other Moving Ideas	Stark Smith, Nancy and David Koteen	Contact Quarterly	2008	978-0937645093
Contact Improvisation: An Introduction to a Vitalizing Dance Form	Pallant, Cheryl	McFarland&Co	2006	978-0786426478

Sharing the Dance: Contact Improvisation and American Culture	Novack, Cynthia	University of Wisconsin Press	1990	029912444-4
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