Contemporary Modern Dance Proficiency Standards Outline

DANC 1605 Contemporary Modern Dance Foundations I Proficiency Standards

At the end of the course the at a beginning level of proficiency at a foundational level, the student should be able to demonstrate the ability to the following:

-improve alignment awareness as applied in various movement situations
-floor exercises and level changes that strengthen “core” and “pelvic floor” support
-simple locomotion steps (walks, runs, triplets and turn variations and five variations of a jump)
-learn and execute basic contemporary warm-up exercises
-maintain musical phrasing in simple movement phrases in centre and across-the-floor combinations
-utilize improvisation and perform “on the spot”
-work within a group to co-design and perform short dances

DANC 1615 Contemporary Modern Dance Foundations II Proficiency Standards

At the end of the course the student should demonstrate a level of proficiency with previous dance training application evident. The student should be able to demonstrate the ability to the following with low-intermediate abilities of the following movement foundations:

-improve alignment awareness and movement ease as applied in various dance situations
-floor exercises and level changes that strengthen “core” and “pelvic floor” support
-simple locomotion steps (walks, runs, triplets and turn variations and five variations of a jump)
-execute basic contemporary warm-up exercises provided in the course
-maintain musical phrasing in simple movement phrases in centre and across-the-floor combinations
-utilize improvisation and perform “on the spot”
-work within a group to co-design and perform short dances

DANC 2652, Contemporary Dance Technique Technical Proficiency Standards

The **DANC 2652** course is designed to assist the student broadening and deepening his/her basic understanding of movement concepts processes, principles and theories that embody contemporary dance foundations; and to improve and develop technical skills and artistry**.**

At the successful completion of the course the DANC 2652 student will be able to demonstrate noticeable progress in the practice of the following course content:

A. Movement Foundations
- Basic physical and conceptual understanding of the fundamental movement principles introduced in this course (such as access to femoral flexion, pelvic floor, and spine; and rib supported arms)
- Incorporation of some of the six basic movement patterns as a means to provide better support; facilitate dynamic alignment and develop efficient movement organization
- Breath support and phrasing
- Anatomical relationships and mobility/stability factors
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B. Dance Vocabulary will include the introduction to:
- Various initiation and sequencing patterns to create movement phrasing variations
- Flexibility and strength exercises, and how differentiated from “tension”
- Spinal articulation (three curves of spine; “C” curve, diagonal and spiral)

- Pelvic floor relationship to center-of-weight shift and weight transfer
- Qualities of staccato, swinging, suspending, rising, falling and rebounding
- Locomotion patterns and pathways, including basic combinations of walks, runs, triplets, skips and leaps
- Balance and control in adagio movement
- Off-vertical and off-balance in fall and recovery
- Basic axial movements and level changes on and off the floor
- Turns, jumps and leaps (both on and off-vertical)

C. Performance
- Simple effort combinations (weight, time, space and flow) establish dynamic qualities and phrases
- Use of tempo, rhythm and phrasing variations exemplify musicality
- Spatial clarity including differentiating dimensions, planes and diagonals
- Establish spatial tension, and the interplay with "weight suspension" in an off-vertical movement sequences
- One-minute length movement combinations requiring application of movement material and fuller body investment
- Performance risks that reflects growth in movement/expressive capabilities

DANC 3653 Contemporary Modern Dance Technique Technical Proficiency Standards

During the course of two consecutive semesters at each level in each genre, the dance major candidate should demonstrate technical and artistic growth in the respective criteria sited in the following outline:

The DANC 3653 course is designed to assist the student broadening and deepening his/her basic understanding of movement concepts processes, principles and theories that embody contemporary dance foundations; and to improve and develop technical skills and artistry.

At the successful completion of the course the DANC 3653 student will be able to demonstrate noticeable progress in the practice of the following course content:

A. Movement Foundations
- Deepening the physical and conceptual understanding of the fundamental movement principles (such as strengthening femoral flexion, pelvic floor, and connecting spine and rib supported arms)
- Incorporation of some of the six basic movement patterns as a means to provide better support; facilitate dynamic alignment and develop efficient movement organization
- Breath support and inner shaping qualities are further developed and in all movement situations

B. Dance Vocabulary will include the continued study of:
- Anatomical relationships and mobility/stability factors
- Initiation and sequencing patterns are clarified and expanded.
- Flexibility and strength, while releasing "tension"
- Spinal articulation (three curves of spine; "C" curve, diagonal and spiral)
- Pelvic floor relationship to center-of-weight shift and weight transfer
- Balance and control in adagio movement with suspended extensions
- Off-balance in fall and recovery and other applications
- Off-vertical spatial patterns that gain momentum and are redirected
- Refined axial movements, leg extensions, level changes
- Complex and speedy locomotion patterns and pathways, including basic combinations of runs, triplets, turns, jumps, skips and leaps (both on and off-vertical variations combined)

C. Performance
- Developed and discerned effort combinations (weight, time, space and flow) establish varied dynamic qualities and phrases
- Musicality through the use of tempo, rhythm and phrasing variations
- Spatial clarity including differentiating dimensions, planes and diagonals
- Spatial tension, and the interplay with "weight suspension" in an off-vertical movement sequences
- Two-minute long complex movement combinations that demand full-bodied investment
- Performance risks that reflects expansion of movement/expressive capabilities

DANC 4654 Contemporary Modern Dance Technique Technical Proficiency Standards

The DANC 4654 course is designed to assist the student broadening and deepening his/her basic understanding of movement concepts processes, principles and theories that embody contemporary dance foundations; and to improve and develop technical skills and artistry**.**

At the successful completion of the DANC 4654 course the student will be able to demonstrate noticeable progress in the practice of the following course content:

A. Movement Foundations
- Establishing physical and conceptual understanding of the fundamental movement principles (such as access to femoral flexion, pelvic floor, and spine and rib supported arms)
- Incorporation of all of the six basic movement patterns as a means to provide better support; facilitate dynamic alignment and develop efficient movement organization
- Breath support and inner shaping qualities are further developed and integral in all movement situations

B. Dance Vocabulary will involve the formulation of:
- Establishing stillness and mobility/stability interrelationships
- Various initiation and sequencing patterns are organized into complex phrases
- Flexibility and strength is differentiated from "tension" to achieve more refined muscle use
- The "C" curve, three curves of spine; diagonal and spiral movements in the spine are articulated in a variety of combined ways
- Consistent pelvic floor, center-of-weight shift and weight transfer interrelationship
- Balance and control in adagio movement involves complex and varied transitions
- Off-balance in fall and recovery and off-vertical suspension that re-energizes the movement combinations throughout
- Refined axial movements, leg extensions, level changes
- Complex and speedy locomotion patterns and pathways, including basic combinations of runs, triplets, turns, jumps, skips and leaps (both on and off-vertical variations combined)

C. Performance
- Developed and more discerning effort combinations (weight, time, space and flow) to establish dynamic qualities and phrases
- Acute musicality through the use of tempo, rhythm and phrasing variations
- Spatial clarity including differentiating dimensions, planes and diagonals
- Spatial tension, and the interplay with "weight suspension" in an off-vertical movement sequences
- Final jury is a solo performance that is approximately three-minutes long and involves complex movement combinations requiring extreme full-bodied investment
- Performance risk and presence that reflects range in individual movement/expressive capabilities

DANC 4754 Contemporary Modern Dance Technique Technical Proficiency Standards

The course is designed to assist the student broadening and deepening his/her basic understanding of movement concepts processes, principles and theories that embody contemporary dance foundations; and to improve and develop technical skills and artistry.

At the successful completion of the course the student will be able to demonstrate noticeable progress in the practice of the following course content:

A. Movement Foundations
- Confirming physical and conceptual understanding of the fundamental movement principles (such as access to femoral flexion, pelvic floor, and spine and rib supported arms)
- Incorporation of all of the six basic movement patterns as a means to provide better support; facilitate dynamic alignment and develop efficient movement organization
- Breath support and inner shaping qualities are further developed and integral in all movement situations

B. Dance Vocabulary will include the continued study of:
- Establishing stillness and mobility/stability interrelationships
- Various initiation and sequencing patterns are organized into complex phrases
- Flexibility and strength is differentiated from "tension" to achieve more refined muscle use
- The "C" curve, three curves of spine; diagonal and spiral movements in the spine are articulated in a variety of combined ways Absolute pelvic floor/center-of-weight shift/weight transfer interrelationship
- Balance and control in adagio movement involves complex and varied transitions
- Off-balance in fall and recovery and off-vertical re-energizes the movement combinations throughout
- Refined axial movements, leg extensions, level changes
- Complex and speedy locomotion patterns and pathways, including basic combinations of runs, triplets, turns, jumps, skips and leaps (both on and off-vertical variations combined)

C. Performance
- Developed and more discerning effort combinations (weight, time, space and flow) to establish dynamic qualities and phrases
- Acute Musicality through the use of tempo, rhythm and phrasing variations
- Spatial clarity including appropriate projection while differentiating ever-changing dimensions, planes and diagonals
- Spatial tension extends well beyond the body, and the interplay with "weight suspension" in an off-vertical movement sequences is extremely intuitive
- Final assessment is often a solo performance that involves complex movement combinations requiring extreme full-bodied investment
- Performance risk and presence exemplifies considerable range in individual movement/expressive capabilities