DNCE10017 Dance Technique 1

Credit Points:	12.50
Level:	1 (Undergraduate)
Dates & Locations:	2012, Southbank This subject commences in the following study period/s: Semester 1, Southbank - Taught on campus.
Time Commitment:	Contact Hours: 144 Hours Total Time Commitment: 144 Hours
Prerequisites:	None
Corequisites:	

Subject	Study Period Commencement:	Credit Points:
DNCE10016 Choreographic Process into Performance 1	Semester 1	12.50
DNCE10018 Integrated Body Mind Practices 1	Semester 1	12.50

Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirments for this subject are articulated in the Subject Description, Subject Objectives, Generic Skills and Assessment Requirements of this entry.The University is dedicated to provide support to those with special requirements. Further details on the disability support scheme can be found at the Disability Liaison Unit website: http://www.services.unimelb.edu.au/disability/
Coordinator:	Assoc Prof Jenny Kinder, Ms Nina Veretennikova
Contact:	**Faculty of the VCA and Music Student Centre** Ground Floor, Elisabeth Murdoch Building (Bldg 860) Southbank Campus 234 St Kilda Road, Southbank, 3006 Enquiries Phone: 13 MELB (13 6352) Email: 13MELB@unimelb.edu.au
Subject Overview:	The study of Contemporary and Ballet Technique establishes the basis for fundamentally aware and intelligent dance artists. Four classes a week in both Ballet and Contemporary will form this subject. Exploration of the artistry of the technique is provided through different philosophies on dance to enhance and complement the contemporary and ballet techniques across the semester. Classes will focus on developing technical expertise with an emphasis on coordination, momentum, economy of action, precision of mechanics, anatomical function and alignment, utilising visualisation whilst also valuing the individual's inbuilt knowledge of the body to move. This subject aims to integrate the conceptual language and practices of the subject, Integrated Body Mind Practices, through coaching and application in technique classes.
Objectives:	This subject will enable students to: • demonstrate the fundamentals of Contemporary and Ballet technique and understand the objectives of technical training in these genres through: determination and effort made to expand movement range, technical skills and versatility in physical articulation; capacity to examine and work intelligently with personal physical structure; physical and kinetic understanding of technical exercises; verbal articulation of questions and responses in class discussions; displaying correct alignment and transference of weight, coordination and use of

	rotation; displaying strength, stamina and control when performing enchainment and movement phrases. • demonstrate a rudimentary physical understanding of the principles of functioning alignment, technical accuracy and energy efficiency through: application of principles of alignment to ensure injury prevention; use of anatomical knowledge that allows full movement range of the individual body; appropriate use of effort to reduce tension and overuse of muscle groups; capacity to dance with a balanced relationship between strength and flexibility. • develop an ability to work within a range of Contemporary Dance styles and vocabularies through: using the spine and the surrounding muscular structures in a versatile range of ways, and as a place of movement initiation; capacity to execute both simple and complex co ordinations; capacity to work with and explore weight transference. • demonstrate an analytical approach to ballet technique through: displaying ability to apply and retain corrections, self-assess and problem solve. • demonstrate an awareness of how to execute movement phrases and enchainment with differentiated and contrasting movement qualities, kinaesthetic awareness and engaging presence through: a capacity to explore and commit to a broad dynamic and movement quality range; demonstration of musicality and phrasing; clear and engaging use of focus and projection; demonstrated freedom of movement through efficient muscle use when performing enchainment or movement phrases. • be aware of how to dance with spatial clarity through: a capacity to dance with awareness of others in the space and to measure distance; a capacity to differentiate between movements of different dimensions and accurately execute floor patterns / choreographed pathways through space; an ability to travel expansively through space. • develop a clear work ethic, maintaining self-discipline, concentration and application through: demonstrating a focussed, intelligent and inquiring approach to learning; constructive response to, and application of feedback and corrections; capacity to challenge self and take risks within safe dance practice.
Assessment:	BALLET TECHNIQUE (50% of total mark for subject)Mark for Coursework 50% - Attendance 10%; Progress 30%; Standard 30% and Work Ethic 30%*Attendance mark is derived from a formula, based on student's actual attendance, which distributes marks from 10% down to below zero.Progress assessment 10% Date will be published early in semester.Formal examination 40% Date: in the exam period CONTEMPORARY TECHNIQUE (50% of total mark for subject)Mark for Coursework 50% - Attendance 10%;Progress 30%; Standard 30% and Work Ethic 30%*Attendance mark is derived from a formula, based on student's actual attendance, which distributes marks from 10% down to below zero.Progress assessment 10% Date will be published early in semester.Formal examination 40% Date: in the exam period In order to pass this subject students must successfully complete all components.
Prescribed Texts:	Conditioning with Imagery for Dancers. 2010 Donna Krasnow and Jordana Deveau.
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	On completing this subject students will have: • the capacity for kinaesthetic awareness; • the ability to move within aesthetic domains; • the facility to dance contemporary and classical techniques; • the application of theory to practice; • the capacity to synthesise conceptual ideas and evaluate information; • capacities of imagination, transformation and interpretation; • the ability to perform at optimal level.
Related Course(s):	Bachelor of Fine Arts (Dance)