

DNCE20013 Dance Technique 3

Credit Points:	12.50											
Level:	2 (Undergraduate)											
Dates & Locations:	This subject is not offered in 2013.											
Time Commitment:	Contact Hours: 9 hours Total Time Commitment: 3 X 1.5 hours Contemporary Class 2 X 1.5 hours Ballet 1 X 1.5 hours Yoga											
Prerequisites:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>DNCE10022 Dance Technique 2</td> <td>Not offered 2013</td> <td>12.50</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	DNCE10022 Dance Technique 2	Not offered 2013	12.50			
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Corequisites:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>DNCE20014 Choreographic Process into Performance 3</td> <td>Semester 1</td> <td>12.50</td> </tr> <tr> <td>DNCE20015 Dance Technique Extension 2</td> <td>Semester 1</td> <td>6.25</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	DNCE20014 Choreographic Process into Performance 3	Semester 1	12.50	DNCE20015 Dance Technique Extension 2	Semester 1	6.25
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Recommended Background Knowledge:	None											
Non Allowed Subjects:	None											
Core Participation Requirements:	<p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p> </p>											
Contact:	Associate Professor Jenny Kinder Jenny.kinder@unimelb.edu.au											
Subject Overview:	<p>Dance Technique 3 expands on the fundamentals established in Dance Technique 2. Three classes in Contemporary, two in Ballet and one in Yoga provide the platform for further development of technically strong dancers capable of exploring the breadth of artistry within their dance technique. Two classes in both Contemporary and Ballet will be delivered in smaller groups to provide individualized application of training. The remaining classes will be delivered with leading dance industry professionals. Classes facilitate the mastery of exercises and consolidate the understanding of the principles of both techniques concentrating on the refinement of movement skills in more complex movement patterns. Classes continue to highlight the importance of efficient alignment, cardiovascular endurance, expression and musicality.</p> <p>This subject aims to integrate the conceptual language and practices of the subject Integrated Body Mind Practices and is taken alongside Dance Tech Extension 2.</p>											
Objectives:	<p>Objective 1.</p> <p>Application of alignment principles, technical accuracy and energy efficiency in the execution of more complex movement phrases in contemporary and ballet technique.</p> <ul style="list-style-type: none"> # Physical and kinaesthetic understanding of technical exercises # Use of anatomical knowledge to facilitate full movement range of the individual body 											

- # Increase in muscular efficiency through appropriate use of effort to reduce tension and overuse of muscle groups
- # Capacity to dance with a balanced relationship between strength and flexibility.
- # Application of principles of alignment to achieve excellence.

Objective 2.

Ability to organise and direct the body in time and space.

- # Clarity and accuracy in articulating set phrases of movement – including dynamic, rhythm/ organization in time, shape, orientation in space.
- # Capacity to source movement initiation in different parts of the body.
- # Ability to fully engage and isolate the spine, torso and limbs within the individual's muscular and skeletal possibilities.
- # Ability to travel expansively through space.

Objective 3.

Ability to direct the body's centre of mass around and away from its axis.

- # Ability to control centred and off-centre actions.
- # Ability to generate and control momentum through all activities involving weight transference including falling, thrusting, running, turning and jumping

Objective 4.

Development of muscular strength, tone and flexibility.

- # Capacity to be connected/grounded to the floor through stretch and strength in legs.
- # Ability to sustain and control high effort movement/shape activity.
- # Demonstrate freedom of movement through efficient muscle use when performing enchainment or movement phrases.
- # Capacity to quickly change speed, effort and direction.

Objective 5.

Capacity to use visualisation techniques to enhance movement form.

- # Embodied variation in movement articulation in response to different imagery

Objective 6

A strong work ethic (maintenance of self-discipline, concentration and application).

- # Demonstration of 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:	Type of Assessment Timing of Assessment Assessment % Coursework - achievement against the following criteria: Attendance (10%) Progress (30%) Standard (30%) Work ethic (30%) Ongoing (50%) Formal Assessment End of semester (40%) Progress Assessment Mid semester (10%) Hurdle requirements Students must attend 80% of all scheduled classes and attempt all elements of assessment to be eligible for a pass in this subject.
Prescribed Texts:	None
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 completion of this subject students should have acquired the following skills: <ul style="list-style-type: none"> # The capacity for kinaesthetic awareness # The ability to move within aesthetic domains # The facility to dance in particular contemporary movement techniques # A facility with ballet and contemporary technique # The application of theory to practice # The capacity to synthesise data and evaluate information

	# Capacities of imagination, transformation, and interpretation # The ability to perform
Related Course(s):	Bachelor of Fine Arts (Dance)