

University of Wisconsin-Stevens Point
College of Fine Arts and Communication
Department of Theatre and Dance

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Autumn Semester 2016

Dance 327—Modern Technique **Friday 2:00-3:50**

Office Hours: Mondays 3:30-5:00 and Tuesdays 11:30-12:30. Or by appointment.

Final Exam Meeting Time: Monday, December 19th, 8:00-10:00

Course Description:

This course is an open level modern dance technique class designed for the dance major or minor. It is representative of a professional level environment. The course focuses on the development of a personal and unique movement approach grounded in a fluid understanding of the fundamental principles of dance.

Course Learning Outcomes: Students will be able to:

- Demonstrate your ability to quickly learn and retain movement phrases and material.
- Embody the fluid, three-dimensional relationship of the body's connections, including the breath, to itself, other dancers, and to space.
- Apply a dynamic use of the body's weight to the concept of mobility/stability.
- Illustrate releasing the full weight of the body into and out of the floor with core support and fluidity.
- Navigate spatial patterns with quick shifts of weight and momentum.
- Recognize dynamic alignment and utilize it to support expressive dancing.
- Participate whole-heartedly in improvisational exercises with sensitivity, awareness, and freedom.
- Practice, experiment with, and develop a full-bodied experience of focus, rhythm, and phrasing.

These course-learning outcomes relate to the following **Program Learning Outcomes:**

- Achieve full physical expression
 - Identify and Demonstrate the fundamental principles of dance technique.
 - Apply the fundamental principles of dance technique and Re-evaluate one's approach to technique.
 - Demonstrate technical and stylistic range.
 - Analyze new methods to training at a high level.
 - Develop a personal approach to physical expression.
- Achieve anatomical efficiency
 - Identify and Use fundamental knowledge of the body to modify inefficient habitual patterning.
 - Employ optimal anatomical alignment to support injury-free dancing.

Course Requirements:

Attendance

- I expect you to come to class on time, to be dressed properly, and be ready to participate fully in all class experiences.
- I encourage you to arrive at least 20 minutes early to warm-up and to begin the process of focusing on your work and the class ahead.

It is the dance program policy to allow no more than one (1) absence for courses that meet only one time per week. Four (4) absences result in a failing grade. Frequent tardiness will not be tolerated and will lower your grade. Two (2) tardies will be counted as one (1) absence. After three (2) absences you may be asked to drop the course.

Attending but not participating

If you are well enough to attend but cannot participate (injury or non infectious illness), you can receive attendance credit by observing the full class and submitting your written observations to me at the end of class. Address what you discovered by observing class and how you will apply your discoveries to your work. If you do not submit your observations directly to me at the end of class, your observation will not count and you will be marked absent. You may observe class two (2) times only before it may affect your grade.

Receiving and Working with Responses, Suggestions and Additions

In dance, a substantial portion of learning is founded in reconsidering and refining your anatomical, kinesthetic, mental, and artistic/emotional approach to the work. Receiving responses and suggestions about your work are essential aspects of your development and training. Responses, suggestions and additions are intended for each student's improvement, and it's always possible to listen for meaningful information offered to the class group and other individual dancers. This aspect of training is a dialog. Responses, suggestions and additions are intended to bring you back on task or to take you deeper and further into the work at hand.

Course Information:

Dressing to work in class

As dancers our work together is often in close proximity. It is important that you bathe daily, and wear a fresh change of clothes to class. Dress for class in a way that does not hinder your movement or my ability to see your movement clearly. You should wear dance attire that allows for full range of motion—leotards, tights, leggings, and/or an additional layer that can be removed as the class progresses. Modern dance is historically performed and studied barefoot. However, in certain circumstances, socks may be acceptable. Secure your hair neatly so that it does not distract from your work in class. Remove neck and wrist jewelry and dangling earrings.

Dressing Rooms

Dancers should use NFAC 134 (male) and NFAC 135 (female) locker rooms to dress for class. Enter the studio dressed and ready to go. Lockers are provided for dance program majors and minors. The dance program expects all students to maintain the dressing rooms as part of our professional spaces by securing all personal belongings in your locker, and taking home and laundering worn dance clothes. So that our custodial staff can thoroughly clean, all belongings must be put away and cleared at the end of each day. Anything left on the floor will be moved to the lost and found. Students provide their own padlock. Be diligent about locking your lockers. The dance program cannot be responsible for thefts.

Floor Surfaces, Water, Food

To protect our professional floor surfaces, please do not wear body lotion or powder to class. These come off on the floor surfaces and make the floors slippery. They are also difficult to remove. Only water, in sealed bottles, is allowed in the dance studios. No beverages in open containers or food is allowed in either studio. Street shoes are not allowed in the dance program studios.

Dance Studio Use

Only dance majors and minors may reserve the NFAC dance studios. The weekly studio schedules are posted on the NFAC 136A warm-up area bulletin. You may reserve a maximum of two 90-minute rehearsal blocks/week. Studios are equipped with IPOD connection chords are provided for your use during rehearsals.

Ongoing or Previous Injuries and Self Care

As dancers it is essential that you develop a clear plan to make whole food nutrition, hydration, and a consistently adequate amount of time for rest and recuperation your top priorities. It is your responsibility to notify me of any injury or health issue that may affect your class work.

Pace and Balance – Important Considerations

As dancers you work deeply on several levels. To be able to develop and sustain a holistic approach to your training and artistry it is important to consider the following. ^[11]_[SEP]What do you need in order to successfully pace and balance your physical and academic work? ^[11]_[SEP]How deeply are you aware of the role that daily rest, recuperation, and whole food nutrition plays? What is your plan to prioritize these into your planning?

The dance program recommends that all dancers have these items on hand:

- Arnica gel or cream for bruises and strains (Biofreeze gel available at the UWSP Cardio Center; and ^[11]_[SEP]Arnica gel available at the Stevens Point Area Coop).
- An ice pack.

If you are injured either inside or outside of class it is essential to STOP what you are doing immediately and take care of your body. Immediate self-care for strains or sprains must include

Rest | Ice | Compression | Elevation ^[11]_[SEP]

Students who require ice or heat therapy for an existing injury should supply their own reusable ice/heating packs. For injury evaluation, and additional therapy needs, dance program students are encouraged to make an appointment to meet with dance program Athletic Trainers Holly Schmies (Mondays, noon-2) or Beth Kinslow (Thursdays, 11-1). See NFAC 136A warm up bulletin for fall semester evaluation hours and sign up. AT evaluation appointments meet in Room, 140A.

If you will miss two (2) or more classes due to an injury or illness you must submit all of the following, in writing, to the DNCE 203 D2L **Wellness Dropbox**. This dropbox is a place for you to confidentially record detail about any injury or illness you sustain throughout the semester that prevents you from fully participating in class.

1. Date and specific description of injury or illness
2. Physician, Chiropractor, Physical Therapist, Athletic Trainer and/or other medical professional report and specific diagnosis
3. Specific recommended follow up care, for example: icing, therapeutic exercises (number or repetitions, frequency, intensity), footwear, etc.
4. How thoroughly and consistently are you fulfilling these recommendations?
5. Specific timeline to recovery and your return to full dance participation

You are required to submit weekly updates each Sunday by 11:59 p.m. to this dropbox until such time as you're able to return to full physical participation. Your failure to submit weekly updates will result in a lowered grade.

If you sustain an injury or illness or, if other circumstances prevent you from full class participation for four (4) or more consecutive or combined weeks, the dance faculty will evaluate your circumstances and will likely suggest that you drop the course and register to take it when you are able to complete the required work. ^[11]_[SEP]

Email

You are responsible for the information sent to your UWSP email, and to check your UWSP email daily for class updates and announcements. Class information will also be posted on D2L. Check SMOD and the Department of Theatre & Dance Facebook page, and the NFAC dance program bulletin boards for additional performance listings and announcements.

UWSP Community Bill of Rights and Responsibilities

UWSP values a safe, honest, respectful, and inviting learning environment. In order to ensure that each student has the opportunity to succeed, a set of expectations have been developed for all students and instructors. This set of expectations is known as the [Rights and Responsibilities document](#), and it is intended to help establish a positive living and learning environment at UWSP. [The Rights and Responsibilities](#) document also includes the policies regarding academic misconduct, which can be found in Chapter 14.

The [Americans with Disabilities Act](#) (ADA) is a federal law requiring educational institutions to provide reasonable accommodations for students with disabilities.

If you have a disability and require classroom and/or exam accommodations, please register with the [Disability Services Office](#) and then contact me at the beginning of the course. I am happy to help in any way I can. For more information, please visit the Disability Services Office, located on the 6th floor of the Learning Resource Center (the Library).

Evaluation and Grading:

This course is listed as Pass/Fail.

Consistent attendance in class provides the greatest opportunity for growth and development in physical practice. Grading rests solely on attendance.