

# THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE

## PE 133 Beginning Dance Technique Syllabus – Spring 2005

Instructor: Ms. Gayle Doherty

Office: Gym 103 H

Class Time: TTh – 1:00 – 2:10 (by the Seney clock)

Phone: 4-8352

### Office Hours

Monday/Wednesday – 2:00 – 3:00

Tuesday/Thursday - 12:00 – 1:00

Friday – 10:30 – 11:30

**COURSE DESCRIPTION:** This course is designed to provide a basic experience in ballet, modern dance and jazz technique.

**TEXT:** Assigned readings are available on electronic reserve. You will need to have Adobe Acrobat Reader on your personal computer to access the electronic reserve online. You can also access them on the computers in the Oxford College library.

Some test materials will be given to students in the form of handouts and class instruction. The course syllabus, calendar and all other handouts for this course are posted on the class conference on LearnLink. Go to Oxford College → Class Conferences → Oxford: PE → PE 133

**DRESS:** Choose from the following dancewear options: leotards, tights, unitards, bicycle pants, sweat pants, sweatshirts, and t-shirts. Clothes should be loose enough to allow for freedom but fitted enough to allow for viewing of alignment. You may choose to buy a pair of ballet shoes for ballet and jazz. If you do not choose to buy shoes you should wear socks for ballet and jazz. Modern is performed without shoes or in socks. Secure your hair out of your face and remove large dangling jewelry. Chewing gum is not permitted in a dance class.

### **COURSE REQUIREMENTS AND GRADING SYSTEM:**

A = 90 - 100      B = 80 - 89.9      C = 70 - 79.9      D = 60 - 69.9      F = Below 59.9

10%	Ballet Quiz	A written exam covering assigned readings and class instruction
15%	Practical 1	An evaluation of student performance of the eight positions of the body and the transitions as defined by the Cecchetti technique (students will be videotaped individually)
10%	Modern Quiz	A written exam covering assigned readings and class instruction
15%	Practical 2	An evaluation of a modern dance adagio (students will be videotaped individually)
10%	Jazz Quiz	A written exam covering assigned material and class instruction
15%	Practical 3	An evaluation of a traveling jazz combination (students will be videotaped in groups and spacing will be a part of the evaluation)
25%	Participation	An evaluation of daily participation throughout the semester *** See attached attendance policy ***

The Oxford College Honor Code applies and is respected in this class. All work must be submitted truthfully and must be each student's own work. When working with a group in a dance skills test, following others is not cheating.

## **COURSE OBJECTIVES:**

**Ballet** – Students will be able to:

Perform:

- The 8 positions of the body as defined in the Cecchetti technique

Identify and correctly spell:

- The last names of some of the major ballet artists when provided a brief description of his or her work
- The names of the 8 positions of the body as defined in the Cecchetti technique when provided with illustrations
- The 5 positions of the feet when provided with illustrations
- The technical terms provided on the ballet vocabulary list when provided with a definition.

Explain the principle of:

- Proper turnout.
- Epaulement

Explain proper alignment in:

- The ankles in relation to the toes in releve
- The foot when it is pointing
- The knees when standing or when bending the knees

Name or explain the 5 locomotor movements (movements of elevation)

Explain:

- The concept of diagonal for an individual dancer

Define:

- Sickled foot and explain why it is not a safe position

**Modern** – Students will be able to:

Perform:

- A combination reflective of some of the basic skills of modern dance

Identify and correctly spell:

- The last names of some of the major modern artists when provided a brief description of his, her or their work
- The technical terms provided on the modern vocabulary list when provided with a definition.

Explain:

- The criteria for evaluating modern dance performances
- Proper decorum for a dance class

Identify the areas of a stage when provided with a diagram

Define:

- Modern dance

**Jazz** – Students will be able to:

Perform:

- A combination reflective of some of the basic skills of jazz dance

Identify and correctly spell:

- The last names of some of the major jazz artists when provided a brief description of his, her or their work
- The technical terms provided on the jazz vocabulary list when provided with a definition.

Name:

- The 5 areas of the spine from the top to the bottom
- The 3 layers of abdominal muscles

Define:

- R.I.C.E. – what do the letters mean and how does it help an injury
- Cramp
- Sprain
- Strain
- Shin splint

Explain:

- Spotting – what is its purpose
- How to protect the lower back and knees in a flat back position
- Proper form in a straddle stretch
- Proper form in a sit-up
- Proper form in a push-up
- Oppositional Movement
- Proper alignment in the head and neck, the shoulder girdle, the rib cage, the pelvis, the knees and the feet

**ATTENDANCE POLICY -** You are responsible for what is covered in every class. Two absences are permitted without penalty. In a case of a minor illness a sedentary assignment will be available for you to do in class. If this is necessary beyond one class you should make an appointment to discuss your situation with me.

**LATE ARRIVALS:** It is expected that students will arrive for class on time. Late absences will be recorded as such and if excessive may result in a reduction of points from a student's final grade.

**RELIGIOUS HOLIDAYS:** Religious holidays approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday.

**EXTENUATING CIRCUMSTANCES:** Regarding your attendance grade (25%), if you find yourself in an extenuating circumstance, it is your responsibility to make an appointment with me as soon as possible to discuss your situation. I will want to know how you have used each of the 2 absences (1 week of classes) you have been given. All absences should be for valid reasons. There are no excused absences beyond the 2 that are provided but make-up work may be offered at my discretion. The amount of time it takes for you to initiate this meeting will be a consideration in my decision. If you have a physical situation that requires an adapted syllabus it is essential that you provide specific information from a medical professional immediately explaining what activities are prohibited and what you are still physically able to do. Information can be faxed to me (Gayle Doherty) at 770 784-4677.

**ATTENDANCE GRADE:** 25% of your grade will be based on participation. Students who do not miss more than the 2 classes permitted will receive the full 25 points for participation. All other absences will result in a penalty, which will increase with each additional absence.

3 absences	5 point penalty	25 – 5	= 20 out of 25 (can make an A)
4 absences	15 point penalty	25 – 15	= 10 out of 25 (can make a B)
5 absences	25 point penalty	25 – 25	= 0 out of 25 (can make a C)
6 or more absences			student will make a D or F

**Calendar and Reading List  
PE 133 Beginning Dance Technique  
Spring 2005**

Th 1/20	Introduction
T 1/25	Ballet Vocabulary List - Ballet Class
Th 1/27	Pages 13 & 14 - Turnout Pages 14 & 15 – The Five Positions of the Feet Diaghilev, Fokine and Cecchetti
T 2/1	Pages 18 & 19 - Balancing on the Ball of the Foot Page 19 – Pointing the Foot Nijinsky and Pavlova
Th 2/3	Page 50 – Epaulement Masse and Nijinska
T 2/8	<b>No Class!</b>
Th 2/10	<b><u>No Class!</u></b>
T 2/15	Pages 53 & 54 – Positions of the Body Balanchine
Th 2/17	Pages 71 & 72 – Five Fundamental Movements of Elevation Tudor and Mitchell
T 2/22	Baryshnikov and Tharp
Th 2/24	<b><u>BALLET QUIZ</u></b> – Practice Practical
T 3/1	<b><u>BALLET PRACTICAL</u></b>
Th 3/3	Handout - Modern Vocabulary List - Laban and Duncan
T 3/8	Page 2 - Defining Modern Dance – A Blend of Techniques Denishawn and Humphrey
Th 3/10	Page 15 – Decorum <b>Graham, Horton and Limon</b>
T 3/15	<b><u>SPRING BREAK – NO CLASS!!!!</u></b>
Th 3/17	<b><u>SPRING BREAK – NO CLASS!!!!</u></b>
T 3/22	Pages 89 – 94 – Evaluation and Criticism Nikolais and Cunningham
Th 3/24	Page 144 – Direction Ailey
T 3/29	Pilobolus, Judson Church and Grand Union

Th 3/31 T 4/5	<b><u>MODERN QUIZ</u></b> – Practice Practical <b><u>MODERN PRACTICAL</u></b>
Th 4/7	<b>Handout - Jazz Vocabulary List</b> Baker
T 4/12	Pages 38 - 40 – Alignment de Mille, Robbins and Cole
Th 4/14	Pages 42 – 43 – Types of Injuries Page 59 – Turns Pages 63 & 64 - Flat Back and Precautions Primus and Dunham
T 4/19	<b><u>No Class!</u></b>
Th 4/21	Page 69 – Proper Stretching Techniques Pages 80 & 81 – Second Position Straddle Stretches and Precautions Luigi
T 4/26	Pages 85 – 86 – Abdominals and Precautions Page 89 – Modified Push-ups and Precautions Page 89 – 90 Push-ups and Precautions Giordano
Th 4/28	Locomotor Movements – Oppositional Movement Fosse Course Evaluation
T 5/3	<b><u>JAZZ PRACTICAL – JAZZ QUIZ</u></b>