

# THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE

## PE 133 Beginning Dance Technique Syllabus - Fall 2004

Instructor: Ms. Gayle Doherty

Office: Gym 103 H

Class Time: TTh - 2:30 – 3:45 (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 121

**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:**

Students will be able to perform:

- The 8 positions of the body as defined in the Cecchetti technique
- A combination reflective of some of the basic skills of modern dance
- A combination reflective of some of the basic skills of jazz dance

Students will be able to identify and correctly spell:

- The last names of some of the major artists from the areas of ballet, modern dance and jazz 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 class vocabulary lists when provided with a definition.

Students will be able to explain the principles of:

- Proper turnout.
- Oppositional movement.
- Epaulement

Students will be able to explain proper alignment in:

- The ankles in releve
- The foot when it is pointing
- The head and neck
- The shoulder girdle
- The ribs
- The pelvis when standing
- The knees when standing or when bending the knees
- The feet when standing (weight distribution)
- A straddle stretch

Students will be able to name or explain the 5 locomotor movements (movements of elevation)

Students will be able to name:

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

Students will be able to explain:

- The concept of diagonal for an individual dancer
- The criteria for evaluating modern dance performances
- Proper decorum for a dance class
- How to minimize the risk of injury in a flat back position

Students will be able to identify the areas of a stage when provided with a diagram

Students will be able to define:

- Modern dance
- Sickled foot and explain why it is not a safe position
- Allegro
- R.I.C.E.
- Cramp
- Sprain strain
- Shin splint
- Spotting
- Ballistic stretch and explain why it is not the most effective way to stretch
- Static stretch and explain how long it should be held

