

THE DIVISION OF PHYSICAL EDUCATION AND DANCE

PREFACE

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education an integral part of the curriculum. The study of physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another.

PE 133 Beginning Dance Technique Syllabus
Spring 2003

Instructor: Ms. Gayle Doherty
Class Time: TTH 11:30 – 12:40 (By the Seney clock)

Office: Gym 103 H
Phone: 4-8354

Office Hours
Monday/Wednesday/Friday – 9:30 – 10:30
Tuesday/Thursday - 10:15-11:15
Or by appointment

COURSE DESCRIPTION: This course is designed to provide a basic movement experience in ballet, modern dance and jazz technique and to develop an awareness of each as an art form.

TEXT: Assigned readings are available on electronic reserve. Here's how to get to them from the college page. If you have any questions, please feel free to contact Barbara Williams (4-8381) and Andrea Heisel (4-4687) in the library. *You need to have Adobe Acrobat Reader on your computer to read the electronic reserve online.

Some test materials will be given to you in the form of handouts and class instruction.

The course syllabus, calendar and handouts for this course are posted on the class conference on LearnLink. Go to Oxford College → Class Conferences → Oxford: PE

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

ATTENDANCE POLICY
PE 133 Beginning Dance Technique - Doherty
Fall 2002

ATTENDANCE: 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: 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 you have been given. There are no excused absences beyond the 2 that are provided but make-up work may be offered at my discretion. I will not offer make-up work if too much time has passed between your absence(s) and our meeting. 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.

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

PE 133 Beginning Dance Technique

Calendar and Reading List

Tuesday/Thursday

Doherty 4-8354

T 9/3	Handout – Ballet Vocabulary List
Th 9/5	Pages 13 & 14 - Turnout Pages 14 & 15 – The Five Positions of the Feet Diaghilev and Fokine
T 9/10	Pages 18 & 19 - Balancing on the Ball of the Foot Page 19 – Pointing the Foot Cecchetti and Nijinsky
Th 9/12	Page 50 – Epaulement Pavlova, Massine and Nijinska,
T 9/17	Pages 53 & 54 – Positions of the Body Balanchine
Th 9/19	Pages 71 & 72 – Five Fundamental Movements of Elevation Tudor
T 9/24	Mitchell
Th 9/26	Baryshnikov and Tharp
T 10/1	<u>BALLET QUIZ</u> – Practice Practical
Th 10/3	<u>BALLET PRACTICAL</u>
T 10/8	Ethics Discussion
Th 10/10	Handout - Modern Vocabulary List
T 10/15	Fall Break – No class
Th 10/17	Laban and Duncan Page 2 - Defining Modern Dance – A Blend of Techniques Denishawn and Humphrey
T 10/22	Page 15 – Decorum Graham, Horton and Limon
Th 10/24	Pages 89 – 94 – Evaluation and Criticism Nikolais and Cunningham
T 10/29	Page 144 – Direction Ailey
Th 10/31	Pilobolus, Judson Church and Grand Union
T 11/5	<u>MODERN QUIZ</u> – Practice Practical
Th 11/7	<u>MODERN PRACTICAL</u>

T 11/12	Handout - Jazz Vocabulary List African Dance
Th 11/14	Pages 38 - 40 – Alignment Baker
T 11/19	Pages 42 – 43 – Types of Injuries Page 59 – Turns Pages 63 & 64 - Flat Back and Precautions de Mille, Robbins and Cole
Th 11/21	Page 69 – Proper Stretching Techniques Pages 80 & 81 – Second Position Straddle Stretches and Precautions Primus and Dunham
T 11/26	Pages 85 – 86 – Abdominals and Precautions Page 89 – Modified Push-ups and Precautions Page 89 – 90 Push-ups and Precautions Luigi and Giordano
Th 11/28	Thanksgiving – No class
T 12/3	Page 97 – Locomotor Movements – Opposition Fosse, Breakdancing
Th 12/5	<u>JAZZ QUIZ</u> – Practice Practical
T 12/10	<u>JAZZ PRACTICAL</u>