

THE DIVISION OF PHYSICAL EDUCATION AND DANCE
PE 133 Beginning Dance Technique

Instructor: Ms. Gayle Doherty
Class Time: 11:30 – 12:45

Office: Gym 103 H
Phone: 4- 8354

Office Hours
Monday/Wednesday/Friday – 9:30 – 10:30
Tuesday-Thursday - 1:00 – 2:00
By appointment

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity, which is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. 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.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body 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 and dance an integral part of the curriculum. Oxford College is no exception.

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.

COURSE OBJECTIVES: Students will:

1. Develop a proficiency in the basic skills of ballet, modern dance and jazz technique.
2. Develop an increased awareness of dance as an art form.
3. Learn about some of the major choreographers from the areas of ballet, modern dance and jazz.

TEXT: Assigned readings will be placed on reserve at the front desk in the library. Students will receive a calendar of important dates and a reading list, which will outline the reserve materials. Some test material will be given to students in the form of handouts and class instruction.

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. Failure to conform to the dress code will result in a penalty absence.

COURSE REQUIREMENTS AND GRADING SYSTEM:

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

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| 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.

PE 133 ATTENDANCE POLICY - Tuesday/Thursday

ATTENDANCE: You are responsible for what is covered in every class. Two absences are permitted without penalty. In a case of minor illness a sedentary assignment will be available for you to do in class.

LATE ARRIVALS: Late arrivals will be recorded and if repeated will result in a grade penalty or the loss of the benefit of the doubt (see below). If class has started then I have taken attendance and you are responsible for correcting your attendance record with me after class.

BENEFIT OF THE DOUBT: If you have followed the attendance policy and the course expectations (this includes punctuality and effort) and you are on the borderline between one grade and another I will assign you the higher grade. If you do not have such a worthy record you will have lost the benefit of the doubt and will receive a grade based on your average no matter how close it is to the higher 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. There are no excused absences beyond the two 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.

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

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| 3 absences | 4 point penalty | $25 - 4$ | = 21 out of 25 (can make an A) |
| 4 absences | 8 point penalty | $25 - 4 - 8$ | = 13 out of 25 (can make a B) |
| 5 absences | 12 point penalty | $25 - 4 - 8 - 12$ | = 1 out of 25 (can make a C) |
| 6 or more absences | | | = 0 out of 25 |

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Calendar and Reading List

Tuesday/Thursday

Doherty 4-8354

September

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| Tues. 4 th | Handout - Modern Vocabulary List |
| Thurs. 6 th | Pages 13 & 14 - Turnout Pages 14 & 15 – The Five Positions of the Feet Diaghilev and Fokine |
| Tues. 11 th | Pages 18 & 19 - Balancing on the Ball of the Foot Page 19 – Pointing the Foot Cecchetti and Nijinsky |
| Thurs. 13th | Page 50 – Epaulement Pavlova, Massine and Nijinska, |
| Tues. 18th | Pages 53 & 54 – Positions of the Body Balanchine |
| Thurs. 20th | Pages 71 & 72 – Five Fundamental Movements of Elevation Tudor |
| Tues. 25th | Mitchell |
| Thurs. 27th | Baryshnikov and Tharp |

October

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| Tues. 2nd | <u>BALLET QUIZ</u> – Practice Practical |
| Thurs. 4th | <u>BALLET PRACTICAL</u> |
| Tues. 9th | Handout - Modern Vocabulary List Laban and Duncan |
| Thurs. 11th | Page 2 - Defining Modern Dance – A Blend of Techniques Denishawn and Humphrey |
| Tues. 16th | Fall Break! No Class |
| Thurs. 18th | Page 15 – Decorum Graham |

- Tues. 23rd Horton, Limon and Nikolais
- Thurs. 25th Pages 89 – 94 – Evaluation and Criticism
Cunningham
- Tues. 30th Page 144 – Direction
Ailey

November

- Thurs. 1st Pilobolus, Judson Church and Grand Union
- Tues. 6th MODERN QUIZ – Practice Practical
- Thurs. 8th MODERN PRACTICAL
- Tues. 13th Handout - Jazz Vocabulary List
African Dance
- Thurs. 15th Pages 38 - 40 – Alignment
Baker
- Tues. 20th Pages 42 – 43 – Types of Injuries
Page 59 – Turns
Pages 63 & 64 - Flat Back and Precautions
de Mille, Robbins and Cole
- Thurs. 22nd Thanksgiving Break! No class.
- Tues. 27th Page 69 – Proper Stretching Techniques
Pages 80 & 81 – Second Position Straddle Stretches and Precautions
Primus and Dunham
- Thurs. 29th Pages 85 – 86 – Abdominals and Precautions
Page 89 – Modified Push-ups and Precautions
Page 89 – 90 Push-ups and Precautions
Luigi and Giordano

December

- Tues. 4th Page 97 – Locomotor Movements – Opposition
Fosse, Breakdancing
- Thurs. 6th JAZZ QUIZ – Practice Practical
- Tues 11th JAZZ PRACTICAL