**EXPANDED COURSE DESCRIPTION**

**DANCE**

School of the Arts, Media, Performance and Design  
Dance Department

FA / DANC 1205 3.0 SECTION A  
CONTEMPORARY/BALLET DANCE FORMS  
FALL 2017 / WINTER 2018

Last Modified Date: 09/07/2017

**COURSE CALENDAR DESCRIPTION**

Offers an introductory course in ballet. Emphasizes integrated movement, alignment, classical ballet vocabulary, artistic expression, as well as the creative process. Corequisite: FA/DANC 1215 3.00

Offers an introductory course in ballet. Emphasizes integrated movement, alignment, classical ballet vocabulary, artistic expression, as well as the creative process. Required of all BFA dance majors. Corequisite: FA/DANC 1215 3.00

**INSTRUCTOR(S)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Section / Format / Term</th>
<th>Contact Email</th>
<th>Contact Phone</th>
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</thead>
<tbody>
<tr>
<td>Bolt, Jennifer</td>
<td>Sec. A / STDO / Y</td>
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<td>York Ext. 22254</td>
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<tr>
<td>Wootten, Claire Frances</td>
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<td>York Ext. 22128</td>
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**SPECIAL FEATURES**

This course runs over **TWO** academic terms (Fall and Winter) and is designated as a Y course. **The TERM for this course is, therefore, defined as September 7, 2017 to April 6, 2018.**

**Course Instructors:**

Fall Term: Claire Wootten  
(416) 736-2100 Ex. 22128  
ACE 321  
**Course email:** danc101@yorku.ca  
This email is monitored Mondays through Thursdays from 8:00 AM – 4:30 PM.

Winter Term: Jennifer Bolt  
(416) 736-2100 Ex. 22254  
ACE 314  
jbolt@yorku.ca

**Time and Location:**

Section A: Mondays and Wednesdays 8:45 AM – 10:15 AM  
ACE 249 Studio E

Section B: Mondays and Wednesdays 10:30 AM – 12:00 PM  
ACE 249 Studio E

**N.B.** There will be no classes on the following days:  
Monday, October 9, 2017 – Thanksgiving Day  
October 26 – October 29, 2017 – Fall Reading Days  
February 17 – 23, 2018 – Winter Reading Week
**Co-requisite:** For Dance Majors - FA/DANC 1215 3.00 and FA/DANC 1216 3.00. For Non-Majors - Permission of the Department.

Course consultation hours:

Fall Term: Mondays 12:15 – 1:00 PM. A sign-up sheet is located on the door of ACE 321

Winter Term: TBA

**Course Webpage:** [https://moodle.yorku.ca/moodle/](https://moodle.yorku.ca/moodle/)

**Specific Course Ground Rules and Expectations:** We are all aware that professional behaviour maintains the integrity of the teaching/learning environment and fosters a sense of community. This includes appropriate dress, work habits and punctuality. Professional behaviour is respectful of the dance studio, the art form, and fellow artists and is, therefore, expected of all participants.

Your personal work habits impact on the atmosphere and progress of the entire class. Come to studio prepared physically, mentally and spiritually. As your schedule and available studio space allow, commit to a 20-minute silent warm-up. This will support a positive group work ethic by encouraging preparedness and ensuring punctuality.

Upon entering the studio, be respectful of your classmates’ and the musicians’ warm-up time. If you need to talk, do it outside the studio.

All cell phones and personal electronic devices are to be turned off before entering the studio and stored in safe place for the duration of the class.

Please be aware that, should you enter the studio after the class has started, you will not be permitted to physically participate. Enter unobtrusively and take a seat. You can remain mentally and emotionally engaged in the class by writing notes for your journal as you observe class. Do not enter the studio space while music being played and dancers are engaged in dancing. This poses a safety risk to those dancing. Wait until the music has stopped before entering any dance studio class.

Keep a personal record of your attendance and participation for verification at the end of the course. (You’ll need that information to complete the Self-evaluation.)

**Professionalism and Classroom Etiquette:** Professionalism is much more than the act of receiving money for your work. It is an attitude. It is about having confidence and pride in your work with a willingness to contribute to the group. These guidelines will also help you attain autonomy and professional capacity.

- Address all your personal care issues before class begins. This includes doing a bathroom run, filling your water bottle and a having a supply of tissues. **You should not need to leave the studio during class unless you are experiencing a personal emergency.**
- Please participate in helping to prepare the studio space for dancing in advance of the class start time to ensure a timely beginning.
- Please stand and cease all preparatory/warm-up activities when the Course Director or Guest Instructor indicates the start of class.
- Whether a correction is given to an individual or the entire class, all students are expected to apply the correction to their own work. 
- When working in pairs or small groups, aim to stay focused on the given task and be prepared to direct your attention back to the group quickly in order maintain the classroom pace. Respect and support your peers by staying focused. This means that there are times when one must put aside personal feelings to maintain an optimal work environment.
- Refrain from whispering between exercises and/or while classmates are presenting, as this can cause distraction for students, musicians and the Course Director.

**Musicians and Music**

- Dancing involves two artistic practices—music and movement. Our Departmental musicians are an invaluable part of our York Dance community. Show your respect by acknowledging their presence, gratitude through positive feedback, silence when they play and applause at the end of class.
- Please be sure not to block the musician’s view when waiting at the side. The musician must be able to see the dancers moving in the space at all times.
- Should our regular musician be away, kindly exercise patience and respect to both the Course Director and the new musician. Should we be without a live musician, work to adapt to the use of silence and/or
recorded music as a valuable opportunity to work on other related areas of your dance practice.

TOPICS AND CONCEPTS

Philosophy of Physical Practice in the Department of Dance

With studio experience at its core, technique training is grounded in the Department's long-held commitment to foundational contemporary/modern dance forms. In this context, Contemporary Ballet is used in the curriculum as a support for the investigation of movement principles such as space, weight, flow, fall/recovery, opposition, suspension, breath and isolation. Contemporary Ballet also focuses on dynamic alignment for safe practice, development of “line” and, at the same time, increasing strength, flexibility, stamina and dynamic range.

Topics, Concepts and Format:

This course will focus on developing basic skills of Ballet technique. It is designed for dance majors seeking a BFA degree within the School of Arts, Media, Performance & Design. Please note: It is assumed that all enrolled students will have a well-established physical dance practice. It is not suitable for those new to dance practice.

There will be strong emphasis on self-directed learning through the development of vocabulary, musicality, sequencing, and performance skill. Correct alignment, retention of material, and implementation of corrections are necessary for progress. Improved awareness of individual strengths and development of positive approaches for dealing with weaknesses will be combined with technical and artistic advancement.

The class is structured on a monthly cycle whereby skill, stamina and artistry can be improved together. To support class work, daily practice of a self-designed conditioning sequence is advisable. (This is a great opportunity to apply the knowledge you are gaining through the Fundamentals of Physical Practice course.) Throughout the course, students work closely, in and out of class, with classmates who will act as peer tutors/coaches. Classes, or portions thereof, will periodically be videoed for in-class viewing. This is an excellent opportunity to acknowledge progress and re-evaluate personal goals.

Required readings and viewings will be assigned throughout the course and discussed in class. Students are encouraged to recommend reading and viewing material for the class.

Written Assignments: Weekly journaling supports reflective practice and is therefore an integral part of the course. Your journal provides a place for notating exercises, enchaînements, corrections, attendance, self-evaluation, and personal notes related to progress. A summary of your journal will be submitted at the end of the course in April. See separate Journal Assignment sheet for details.

To further foster self-reflection and encourage dialogue with the Course Director, students will submit a Midterm Self–evaluation at the end of the Fall term to which the Course Director will respond. This allows for an exchange of ideas, information, and assessments on progress and process. See separate Midterm Self-evaluation sheet for details.

Students will also submit a Midterm Reflection at the end of the Fall term. This writing will be graded and constitutes 5% of the Communication Skills grade. See Midterm Reflection sheet for details.

Course Text /Readings/Viewings: Students are advised to purchase the asterisked (*) references. Readings and viewings will be assigned on the monthly schedule posted on Moodle. Additional readings/viewings may be assigned or recommended during the course.


**Required Performances:**

2017. *Fall for Dance North*, Sony Centre – October 4 – 6, 2017. Tickets are $15.00 and can be purchased online at http://www.ffdnorth.com/.


**Please note:** There may be special presentations, events, performances, meetings and/or workshops during class time as part of your course schedule (TBA). For the purpose of taking full advantage of the expertise in our Department, you may have other guest faculty, graduate students and/or guest teachers in this course (TBA).

**LIST OF LEARNING OUTCOMES AND EXAMPLES OF**

The purpose of this course is to assist students in developing basic technical skill, safe practice habits and musical awareness through Contemporary Ballet.

**Breadth, depth and application of knowledge**

By the end of this course students will be able to:

- synthesize and articulate (performatively and verbally) basic level material and principles
- demonstrate an embodied understanding of technical skill and musical awareness as well as demonstrate basic written skill in notating and analyzing movement

**Communication skills**

By the end of this course students will be able to:

- hone non-verbal communication skills through an embodied understanding of artistic presentation and style
- hone verbal skill through in-class query, discussion and partner work
- clearly express their thoughts and processes through their writing
- develop collaborative learning and teaching techniques through peer mentoring/coaching
Awareness of limitations of knowledge
By the end of this course still will be able to:
- utilize reflexive skill through goal-setting and journaling
- develop cognitive and metacognitive processes
- design appropriate performance and process goals to develop an awareness of their physical limitations and thus develop a safe and efficient movement practice

Autonomy and professional capacity
By the end of this course still will be able to:
- demonstrate problem-solving capability in both the short-term challenges of class and the longer-term challenges of goal attainment
- access self-directed learning skill
- consistently demonstrate professional conduct including, but not limited to, exemplifying and maintaining good classroom citizenry; advocating for democratic values; practicing positive self-talk to maintain a positive, collaborative and sustainably supportive learning space inside and outside the studio.

GRADED ASSESSMENT

Midterm - 15% (unofficial)
Based on all categories as listed below with their respective weighting. Midpoint grades will be distributed in class in prior to the withdrawal date of February 9, 2018.

Breadth, depth and application of knowledge - 40%
Demonstrated through mindful dynamic alignment, consistent whole body integration, awareness and use of safe dance practices, skilled coordination and articulation, reliable control, embodiment of movement and music concepts and terminology, effective application of corrections, varied qualities of movement, development of written notation and analysis skill.

Communication – Non-verbal (Artistry and Style), Verbal (Peer work, Group Discussions), Written (Midterm Self-reflection and Journal summary) - 15%
Evidenced by embodied understanding of artistic presentation and style, musical awareness, good verbal skill in in-class query, discussion and partner work, collaborative teaching/learning techniques, and polished written work.

Awareness of limitations of knowledge - 10%
Demonstrated by thoughtful S.M.A.R.T goal-setting that addresses technical and artistic strengths and weaknesses, clear engagement with meta-cognitive processes in personal practice including consistent journaling.

Autonomy and professional capacity - 20%
Demonstrated by full and consistent intellectual and physical engagement resulting in a high quality of in-class performance; effective problem-solving; self-directed learning which brings about tangible change, respect for peers, musician and instructors; professional dress and conduct.

ADDITIONAL INFORMATION

Important University Sessional Dates (classes start/end dates, reading/co-curricular week, add/drop deadlines, holidays, etc.): https://registrar.yorku.ca/enrol/dates/fw17

York University Grading System:

Grading, Assignment Submission, Lateness Penalties, and Missed Tests:
The grading scheme for courses conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ - 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade
designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.) An average piece of work in university is about a C+ or B. Grades go up or down from there depending on the attention and effort applied as well as evidence of tangible change.

The Senate Grading Scheme and Feedback Policy stipulates that (a) the grading scheme (i.e. kinds and weights of assignments, essays, exams, etc.) be announced, and be available in writing, within the first two weeks of class, and that, (b) under normal circumstances, graded feedback worth at least 15% of the final grade for Fall, Winter, or Summer Term, and 30% for full year courses offered in the Fall/Winter Term be received by students in all courses prior to the final withdrawal date from a course without receiving a grade.

N.B. Final course grades may be adjusted to conform to Program or School grades distribution profiles. Once final grades have been posted, the full breakdown will be available and can be discussed in an appointment with the Course Director or Chair of the department.

"20% Rule":
No examinations or tests collectively worth more than 20% of the final grade in a course will be given during the final 14 calendar days of classes in a term. The exceptions to the rule are classes which regularly meet Friday evenings or on Saturday and/or Sunday at any time, and courses offered in the compressed summer terms.

Last date to drop a full year (Y) course without receiving a grade: **February 9, 2018**
Last date to drop a Fall term (F) course without receiving a grade: **November 10, 2017**
Last date to drop a Winter term (W) course without receiving a grade: **March 9, 2018**

Course Withdrawal Period: (withdraw from a course and receive a grade of “W” on transcript)
Last date for full year (Y) course: **February 10 to April 6, 2018**
Last date for Fall term (F) course: **November 11 to December 4, 2017**
Last date for Winter term (W) course: **March 10 to April 6, 2018**

Please note that financial deadline dates differ from add/drop deadlines.

**Department of Dance Studio Dress Requirements:**
In order to give students the best possible guidance in Contemporary Ballet and Modern studio dance classes, teachers must be able to see the entire body. Postural alignment and joint and muscle use cannot be corrected in these classes if loose or bulky clothing hide the body. Other dance forms we teach may require specific footwear, props, and/or other clothing options. Please make sure to check your outlines for each of your studio dance classes for the specific dress requirements and the details each teacher will require.

The general requirements are:
- Form fitting clothing that covers torso and legs should be worn. Bring close-fitting warmer clothing and socks for cold days. (No loose-fitting or ragged clothing unless specified).
- Hair must be worn off the neck and face for Ballet, and back and off the face for Modern.
- Students can wear leotard and tights (any solid colour), and ballet slippers for Ballet and bare feet for Modern.
- Please be considerate of your fellow dancers; avoid long fingernails and jewellery (including piercings, watches, earrings, necklaces, bracelets, and large rings). Ensure hair-wear is secure.

**Department of Dance Studio Use Regulations:**
- There is absolutely no food or drink (other than water) permitted in the studios.
- Leave street shoes and boots in the cubbies outside the studio or preferably, in your locker. If you must bring street shoes and boots in to the studio, please place them inside a bag. Grit and dirt brought into the space pose a safety hazard for dancers (particularly for those working barefoot) in addition to damaging the floor surfaces. NO BARE FEET in the Dance Department hallways or bathrooms.
- Do not prop the studio doors open by using the deadbolt, the mirror curtain, or anything that blocks the studio entrance.

Please return studio furniture to its rightful place according to the floor plan posted by the door in each space.
Department of Dance Video Guidelines:
The Department of Dance has developed these guidelines in order to raise awareness of expected behaviour regarding recording/videotaping curricular work, and to foster a culture of respect for intellectual and creative property, as well as for individual privacy.

While the Department recognizes the democratizing effect of the internet, the Department requests that students do not post curricular work publicly to the internet, unless by express permission of the Chair of the Department, and waivers signed by all concerned. Work is to be shared only via private file-sharing access. This applies to documentation made by the Department and/or by individual students for their own archives.

Department of Dance Guidelines For Scented Products:
York University endeavours to provide an indoor environment that supports the University community at work and study. Some people experience severe health problems from exposure to chemicals contained in scented products including aftershave lotions, hair spray, deodorants and fragrances. In consideration of those who are affected by such chemicals, use unscented products only.

Department of Dance Guidelines For Physical Demands of the Program:
Courses in the Department of Dance may include elements that are physically demanding. Prior injuries can be aggravated by strenuous exercise so check with your physician and inform the Course Director before beginning the course. Be sure to share with the Course Director any changes in your injury or health that may affect your participation.

Courses in the Department of Dance may also include the possibility/likelihood of human contact (i.e., correction of alignment or technical execution as well as the possibility of collision with colleagues). Students uncomfortable with the use of touch are requested to relay feelings to the Course Director as soon as possible.

Department of Dance Guidelines For Safety and Wellbeing:
Should an accident occur in studio, there is a very clear protocol for reporting. This information is posted in every studio. Faculty members and staff are well versed in the protocol. For the various minor issues that come up in your day-to-day life as a dancer, it is recommended that you carry a well-stocked personal first aid kit in your dance bag.

Department of Dance Attendance and Participation Policy for Studio Classes:
Students are expected to participate in every dance class, both studio and lecture courses. Under exceptional circumstances they may miss, without penalty, half the number of classes per term as the class meets in the week. (i.e., If your class meets two times a week, you may miss ONE class over the entire course without penalty.)

Details are as follows for studio classes that meet two (2) times per week:
- Absences or early departures in excess of 1 per term can result in a grade deduction of 2% per occurrence.
- In the event of an absence or limited participation, all missed material is to be learned prior to returning to class.
- In the event of an injury or illness preventing full participation for more than 1 class in a term, it is the student’s immediate responsibility, in consultation with the Course Director, to devise a plan for make-up work. The sooner this is done, the less stress you will experience from the uncertainty of the situation. If you are injured or ill, obtain and submit a hard copy doctor’s note. The doctor’s note will allow you to arrange for appropriate make-up work. Grade penalties can still apply, but the documentation assists in gauging the amount of penalty and make-up work needed.
- Partial class participation beyond 1 class per term results in a 1% grade penalty.
- Non-participation beyond 1 class per term results in a 2% grade penalty.
• As detailed in the Injury Guidelines in the Department of Dance, students must complete a minimum of 60% of the studio work to receive course credit.
• Finally, in consideration of all participants, if you are ill, stay home and/or see your healthcare provider. You will recover faster and, should your illness be contagious, you will have shown others consideration by limiting their exposure. Do NOT come to class if you are ill!

Department of Dance Technical Evaluation Policy:
It is the Department’s responsibility to ensure that every dance major experiences optimal training and educational conditions. This is especially important in physical practice where safety is a pedagogical imperative. To that end, all students enrolled in dance technique courses (i.e. Contemporary Modern and/or Contemporary Ballet) participate in technical level evaluation at the beginning of the Fall term. Dance faculty conduct evaluations in a traditional group class setting. Students who have successfully completed the pre-requisite courses, have maintained an appropriate level of fitness, and have continued with technical training over the spring and summer months normally proceed to the next level.

It must be noted that a satisfactory grade in the pre-requisite course does not guarantee placement in the next level of technique. Some students may be required to remain at the previous level to safely develop additional technical skill. Extended illness, injury, or insufficient technical skill are some of the factors that lead to such a decision.

The study of dance as a physical and artistic practice requires a commitment to year-round technical training, body conditioning, and cross training. Students are, therefore, expected to independently seek out and maintain an appropriate training regimen all 12 months of the year.

York University Academic Senate Policies and Information:
All students are expected to familiarize themselves with the Policies and Regulations information which can be found on the 2017/18 Academic Calendars page: http://calendars.students.yorku.ca/2017-2018/dance

We recommend carefully reviewing all three sections; About, Degree Requirements, and Faculty Rules. Important information is explained here including the Policy on Academic Honesty, Academic Responsibility and Student Responsibility, and Academic Standing. Further details are available on the Secretariat Policies website, http://secretariat-policies.info.yorku.ca/, which covers the following topics:
• Academic Accommodation for Students with Disabilities: http://calendars.students.yorku.ca/2017-2018/policies-and-regulations/academic-policies-and-regulations/academic-accommodation-for-students-with-disabilities
• Religious Accommodation: http://calendars.students.yorku.ca/2017-2018/policies-and-regulations/academic-policies-and-regulations/religious-accommodation
• Academic Honesty: http://calendars.students.yorku.ca/2017-2018/policies-and-regulations/student-conduct/academic-honesty

Many courses utilize Moodle, York University’s course website system. If your course is using Moodle, click here to access it.
Moodle @ York University