EXPANDED COURSE DESCRIPTION
DANCE
School of the Arts, Media, Performance and Design
Dance Department
FA / DANC 3205 3.0 SECTION A
CONTEMPORARY/BALLET DANCE FORMS
FALL 2018 / WINTER 2019

Last Modified Date: 09/07/2018

COURSE CALENDAR DESCRIPTION
Offers ballet technique for BFA dance majors. Ongoing training develops artistic expression, classical ballet vocabulary, musicality, and athleticism. Required of dance majors seeking the BFA degree. Prerequisite: FA/DANC2206 3.00, and permission of the department. Corequisite: FA/DANC3215 3.00.

INSTRUCTOR(S)

<table>
<thead>
<tr>
<th>Name</th>
<th>Section / Format / Term</th>
<th>Contact Email</th>
<th>Contact Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasser, Catherine</td>
<td>Sec. A / STDO / F</td>
<td><a href="mailto:cglasser@yorku.ca">cglasser@yorku.ca</a></td>
<td>York Ext. 22458</td>
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SPECIAL FEATURES

Course: FA/DANC 3205/07 A 3.0 - Contemporary / Ballet Dance Forms
Term: Fall 2018
Office location:
Accolade East, room 312
416.736.5137 ext. 22458
Consultation hours: Tuesdays 12:00 – 1:00pm by appointment only

Class Time and Location:
8:45 am – 10:15 am M T W R        ACE 253
Fall Reading week: October 6 - 12

Prerequisite: FA/DANC 2206 3.0, and permission of the department
Co-requisite: FA/DANC 3215 3.0

Expanded Course Description
This course offers 3rd year dance majors comprehensive training in ballet technique that will complement their development as dance artists in a contemporary program. It is designed to advance the dancers’ knowledge and to heighten their personal execution to an intermediate / advanced level, while maintaining established principles such as correct body alignment, weight placement, and the understanding and use of ‘turnout’. Along with improvement of the dancers’ technical execution, development of the dancers’ artistic performance will be a focal point. Use of musical phrasing, rhythm and dynamics will be explored to maximize physical execution and enhance artistic performance.

There may be special presentations, events, performances, meetings and/or workshops during class time as part of the course schedule (TBA). Guest teachers may include other department faculty, graduate students or guests from the broader dance community (TBA). Performance attendance may be recommended during the
course and the viewing of audiovisual material may be arranged for in class or suggested as personal study.

**Organization of the Course**

Classes follow a traditional format (Barre, Centre Practice, Adagio, Pirouettes, Allegro, Traveling enchaînements) and are generally practiced over a two-week period. Male students may be given some separate sequences when suitable. Students are expected to learn the material physically and to review it before each class. Good retention of material from class to class and week to week is essential as class work builds on what has been previously studied and will gradually increase in difficulty throughout the term. Feedback will be offered, with comments given to individuals and to the class in general. The ability to apply corrections daily with a positive approach to improvement will expedite progress.

At times, partner work may be implemented to assist physical execution, aid in the analysis and understanding of movement, and to collaborate with peers in reaching mutual goals. When appropriate, conditioning exercises may be recommended and dancers will be encouraged to follow their own self-designed program of physical conditioning to support class work.

**TOPICS AND CONCEPTS**

**Course Schedule** (subject to change and/or rearrangement)

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<th>Sept 5 – 27</th>
<th>Re-establish stance, equilibrium, symmetry, co-ordination</th>
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<td>Review basic theories; Review basic musical knowledge (e.g. time signatures, dance forms)</td>
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| Oct 1 – 31 | Progress with level of class material |
| Oct 1 – Written Assignment handed out |
| Oct 6 -12 – Fall Reading Week |
| Oct 15 – Written Assignment due in class |
| Oct 25 – Mid term grades given out |

| Nov 1 – Nov 22 | Continue to progress with advancement of class material |
| Work with partners (ungraded) to develop “eye” and to achieve collaborative growth |
| Nov 5 - 8 – Music theory and exploration involving musician (day TBA) |
| Nov 21-23 – Dance Innovations |

| Nov 26 – Dec 4 | Reinforce technical and artistic performance skills |
| Develop strategies to maintain fitness and skill level between Fall and Winter terms |
| Dec 4 – last day of classes – Informal presentation of term work (TBC) |

**Course Text / Required Readings**

Additional reading may be assigned or recommended during the course. The following is required:

Choice of the following dictionaries:

   [http://dcd.ca/shop/product_info.php?products_id=67&osCsid=7d462c60c40d04fd3a35e5de96085d77](http://dcd.ca/shop/product_info.php?products_id=67&osCsid=7d462c60c40d04fd3a35e5de96085d77)

https://www.chapters.indigo.ca/en-ca/books/search/?keywords=ballet%20dictionary%20grant

**Other Recommended Reading**


https://www.chapters.indigo.ca/en-ca/home/search/?keywords=inside%20ballet%20technique

http://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Dstripbooks&field-keywords=ballet+fit


http://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Dstripbooks&field-keywords=ballet+fit

**The Dance Current Magazine**. Toronto: Dance Media Group/Groupe Danse Média

http://www.thedancecurrent.com/subscribe

A personal binder or portfolio is recommended for storing handout material, returned assignments, etc., plus a notebook or journal for recording class exercises, personal corrections, goals and progress

**Recommended Performance Attendance**

Fall for Dance North Festival, Sony Centre for the Performing Arts: Oct 5-6

Dance Innovations – Fierce, McLean studio: Nov 21-23

In addition, the “DanceBreak” free membership program is recommended for discounted tickets to National Ballet of Canada performances. http://national.ballet.ca/See-the-National-Ballet/Performances/DanceBreak

NBoC fall programme: On Tour: Russia Oct 15 - 19; Anna Karenina Nov 10 -18; The Dream & Being and Nothingness Nov 21 - 25

**LIST OF LEARNING OUTCOMES AND EXAMPLES OF**

The primary purpose of this course is to assist students in strengthening their own personal execution of contemporary/ballet technique and in developing their own artistic range and performance ability. Through the experience of daily systematic classes, students will gain a practical and comprehensive understanding of ballet and its value to the art of dance in all forms.

Students will:
- deepen their appreciation of ballet and its application within other context
- expand their knowledge and use of ballet terminology and theory to the Intermediate/Advanced level
- explore music and its affect on the dynamics and qualities of movement
- develop their ability to combine movements in more complex arrangements
- increase physical strength, control and agility
- build on self-awareness and develop skills to reach self-assigned goals
- develop observation skills and ability to analyze and reflect • collaborate with peers to gain insight and to support each other in reaching collective goals • reinforce healthy and safe dance practices

**GRADED ASSESSMENT**

Assignments and papers to be completed:
A "Self Assessment" Assignment will be given and is based on the criteria used in the Course Evaluation Breakdown (Technical Skill and Body Use; Individual Progress; Professional Attitude and Engagement). Dancers will complete a chart assessing themselves in each area on a scale of 1-5. Following completion of the chart, each dancer will summarize their assessment into written paragraph form (500 words). Each portion of the assignment will be worth 5%.

The Assessment Chart and detailed guidelines will be given out two (2) weeks before the assignment is due. The written work must be in your own words. This assignment will receive a letter grade and is worth 10% of the final grade for the course. Due date: to be submitted at the start of class on Monday, October 15, 2018.

Assignments are to be submitted on time, typed in black ink using 12-point plain font, double-spaced, stapled, and properly labeled. (Please see “Assignment Submissions” for details)

Evaluation Breakdown:
As embodied knowledge is illustrated through physical execution, all physical practice courses are assessed primarily through studio class work. To that end, students are assessed in the following categories weighted as indicated:

Technical Skill and Body Use 25%
- Postural alignment; ability to maintain optimal placement of head, neck, shoulders, ribs, spine and pelvis (statically and in motion)
- Leg alignment; awareness of appropriate alignment through knees, ankles and feet with understanding and safe use of turnout and demonstration of correct weight placement
- Core strength, overall muscle strength and endurance/stamina
- Placement and use of arms; shape, lines, quality of movement; use of head and eye line
- Performance/execution of Adages (strength, control, quality)
- Performance/execution of Turns/Pirouettes (precision, clarity of eye focus/spotting technique, turning facility)
- Performance/execution of Allegro (agility, speed, elevation)

Artistic performance skills:
- Musicality: demonstration / use of qualities and phrasing; accuracy in rhythm and timings
- Coordination, quality of movement, dynamic range
- Confidence, personal style, expressiveness

Individual Progress 30%
- Consistent, active physical participation, effort, and mental engagement
- Commitment to improvement; self-motivation; ability to set goals and proceed toward results
- Knowledge and retention of class work; ability to accurately reproduce class exercises and enchaînements
- Ability to act positively on personal feedback and to implement class discussions effectively, leading to improvement
- Strength, stamina and agility development

Professional Attitude and Engagement 20%
- Professional conduct: respect for peers, instructor and musician; quiet, mature work habits; polite communication and body language; safe, thoughtful practice; professional grooming and adherence to studio etiquette
- Intellectual curiosity, interest and willingness to explore concepts
- Ability to support the group process; to contribute to class atmosphere and pacing by demonstrating constant state of readiness and focus
- Ability to manage injuries / illness responsibly and effectively
- Timely communication with the Course Director as required
Written Component 10%
- Ability to communicate information and acquired knowledge in written form
- Ability to express ideas clearly and in an organized manner
- Use of correct spelling, punctuation and grammar, including Ballet vocabulary and French terms and accents
- Thoroughness in completing assignments

Midterm 15% (unofficial)
The unofficial midterm grade is based equally on Technical Skill and Body Use, Individual Progress and Professional Attitude and Engagement. This grade is not filed with the Registrar but comprises 15% of the final grade; designed to give students timely feedback on their progress and received at least one week before the drop date for this course.

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 here 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.

Assignment Submission/Lateness Penalty:
Proper academic performance depends on students doing their work not only well, but on time. Assignments must be received on the due date specified (hard copy only) and are to be handed in at the beginning of class. No electronic submissions or mailbox deliveries will be accepted. Any and all assignments must be in your own words. Assignments received later than the specified due date will be penalized one-half letter grade per day. There are exceptions to this lateness penalty for valid reasons such as illness, compassionate grounds, etc. but require supporting documentation (e.g. a doctor’s letter).

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 that 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 Fall term (F) course without receiving a grade: November 9, 2018
Last date to drop a full year (Y) course without receiving a grade: February 8, 2019
Last date to drop a Winter term (W) course without receiving a grade: March 8, 2019
Please note that financial deadline dates differ from add/drop deadlines.

Attendance:
• Students who arrive late must approach the Course Director immediately for approval to dance. Anyone more than 10 minutes late will be asked to observe the class and will be marked as half absent. (Please see note on Observing Classes)
• Students are responsible for signing the attendance sheet each class. Please do not sign for another person. Students may keep their own personal records for verification at the end of the term. Absences in excess of 2 per term will result in a grade deduction of 1% per occurrence.
• In the event of an injury or illness preventing full participation for more than 2 classes per term, it is the student's responsibility to consult the Course Director and devise a plan for supplementary work. Whenever possible, the student should obtain and submit a doctor’s note. Supplementary work must be completed before the last full week of the term.
• Partial participation beyond 2 classes per term results in a 0.5% grade penalty.
• Students must physically complete a minimum of 60% of the studio work to receive a course credit. (Please see Department of Dance Attendance and Participation Policy for Studio Classes)

Partial Participation / Observing Classes:
• Students who are unable to fully participate in a class must dress in dancewear and do as much as physically possible. It is advisable to "mark" as much of the class as possible, placing oneself at the back of the class and modifying the work as necessary.
• If the nature of an injury prevents "marking", students must dress in dancewear and perform physical conditioning exercises related to the rehabilitation of their injury or core work to maintain strength.
• If completely unable to physically participate, or if asked to sit out due to lateness, students should observe the class and notate the class exercises. These notes should be submitted for review to the Course Director at the end of class but will not be graded.

ADDITIONAL INFORMATION

Professionalism and Classroom Etiquette:
Professionalism is an attitude – much more than the act of receiving money for your work. 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 special guest indicates the start of class.
• Whether a correction is given to an individual or to 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 and frustrations to maintain an optimal work environment.
• Use of cell phones or other electronic devices during class time is strictly prohibited. Please turn off cell phones before class starts and put them safely away until class has ended. Some exceptions may apply such as a personal reason for having your phone on stand-by or when taking notes as a group activity.

Communication:
Understanding verbal instructions and corrections is key to successful progress as well as to a productive learning environment. To that end, questions are encouraged at any point during or after a class. It is important to seek help immediately after class if you are confused by a correction, need assistance with it, or if class material needs further explanation.

Communication is also imperative whenever you are absent, injured or ill. Please inform the Course Director both in person and in writing (via e-mail) if you will be absent on a certain date. If the absence is unexpected, notice should be given (via e-mail) as soon as possible, before or after the missed class. Any injury, no matter how small, should be disclosed to the Course Director before class begins. If you are feeling ill, it is also beneficial to let the Course Director know at the beginning of class. Throughout the duration of an injury or illness regular updates should be provided to the Course Director so that an appropriate plan can be made for reintroducing and increasing participation in a healthy way.

Students are encouraged to meet with the Course Director at least once per term. Personal consultations may be requested in person (before or after a class) or by e-mail. It is the student’s responsibility to request an appointment, however, the Course Director may recommend a consultation.

**E-mail:** It is the student’s responsibility to ensure that the Course Director has his or her correct e-mail address and is promptly notified of any changes. Please check e-mail each morning on a regular basis in order to receive updates, particularly on class cancellations. E-mail is also the best method of communicating with the Course Director outside of class. Appointments may be booked via e-mail. Assignments are NOT accepted via e-mail.

**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.

**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.

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. All other areas are NUT Free.
- Leave street shoes and boots in the cubbies outside the studio or preferably, in your locker. If you must bring street shoes and boots into 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. Wear slippers or ‘flip-flops’.
- 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 Guidelines For Safety and Wellbeing: Should an accident occur in a 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 small, well-stocked personal First Aid Kit containing basic supplies such as band-aids, small scissors, tape, etc.

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, fragrances and muscle creams and balms. In consideration of those who are affected by such chemicals, please 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 impact 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.

Preparation for class:
• 15 minutes prior to the start of class is designated as quiet time in the studio. Socializing is not appropriate during this time. Students should warm up their bodies and prepare mentally for class on their own. Alternately, they may choose to do a silent group warm up with peers. Warm-up practices will be reviewed and it is expected that all dancers allow time for and commit to this vital pre-class activity.
• Please bring a non-glass bottle to class and fill it with water beforehand, so that you can stay hydrated while avoiding the need to leave the studio.

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. Students MAY NOT video faculty, TAs or guests without the express consent of the individual.

Department of Dance Attendance and Participation Policy: Students are expected to participate in every studio class. Under exceptional circumstances they may miss, without penalty, half the number of classes per term as the class meets in the week. If your class meets four times a week, you may miss two classes per term without penalty.

For studio classes that meet four (4) times per week:
• Absences or early departures in excess of 2 per term can result in a grade deduction of 1% per occurrence.
• Partial class participation beyond 2 per term results in a 0.5% grade penalty.
• Non-participation beyond 2 classes per term results in a 1% grade penalty.

For all classes:
• 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 2 classes in a term, it is the student’s immediate responsibility to consult with the Course Director and devise a plan for make-up work. If the student is injured or ill, they must obtain and submit a hard copy doctor’s note. The doctor’s note will allow for the arrangement of appropriate make-up work. Grade penalties may still apply, but the documentation assists in gauging the amount of penalty and make-up work needed.
• As detailed in the Injury Guidelines in the Department of Dance, students must physically complete a minimum of 60% of the studio work to receive course credit.
Finally, in consideration of all participants, if you are very 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 in order 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 2018/19 Academic Calendars page:

http://calendars.students.yorku.ca/2018-2019/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:

- Religious Accommodation:
- Code of Student Rights and Responsibilities:
- Academic Honesty:

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

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

Moodle @ York University