COURSE CALENDAR DESCRIPTION

Continues the work begun in FA/DANC 1215 3.00 in modern dance. Emphasizes integrated movement, alignment, modern dance vocabulary, artistic expression, as well as the creative process. Note: Open by permission of the department only

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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<tbody>
<tr>
<td>Thomson, Keiko</td>
<td>Sec. A / STDO / F</td>
<td><a href="mailto:keikokt@yorku.ca">keikokt@yorku.ca</a></td>
<td>York Ext. 44651</td>
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SPECIAL FEATURES

Course: FA/DANC 1215 3.0 CONTEMPORARY/MODERN DANCE FORMS
Term: FALL 2019
Course Instructor
Keiko Thomson
(416)736-2100 ext. 22458
Keikokt@yorku.ca
Office: Accolade East Room 312
Course consultation hours: Tuesdays, 12pm – 1pm or by appointment

Time and Location
T, W, R, F 8:45am-10:15am

This course provides students with an introduction to the technique and philosophy of contemporary/modern dance based on Limón technique and release-based contemporary dance technique. As in other technique courses, physical training refines artistic expression, provides the dancer with a modern dance vocabulary, musicality and athleticism. Students will improve their overall technical skill and performance ability through this course.

TOPICS AND CONCEPTS

Classes consist of floor work, centre work and traveling combinations with the emphasis on the elements such as weight shift, swing, full and rebound/recovery, succession, opposition, isolation, breath support, weight, focus, energy and awareness of the relationship to the internal and external concepts of space (this includes the emphasis on energy direction and flow, gravity, special projection, shape, weight shift etc.) All sequences are approached from contemporary dance technique perspectives designed to increase the body/mind connection in a motion context and to improve natural dance vocabulary within the body. The class will also utilize improvisation to work within the context of modern dance. There will be material used
as a foundation all term, as well as new phrases and combinations introduced each week. There may be special presentations, events, performances, meetings and/or workshops during class time given by other faculty, graduate students or guest teachers (TBA).

**Class Expectations & Ground Rules:**

Students are expected to approach every class with a high degree of professionalism, preparedness and self-motivation. As artistic development is experiential, consistent attendance and punctuality are essential and mandatory.

Quietness and concentration are crucial. It is understood that the dancer will review all material between classes. Retaining class material day-to-day and week-to-week is also essential. It is a students’ responsibly to work hard on the course material both inside and outside of the class.

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 15-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’ warm-up time. If you need to talk, do it elsewhere.

The student should possess a notebook and pen to write after class any special insight, corrections or steps that need to be remembered.

In some circumstances you may be advised to drop the course. At any time during the term, you are welcome to make an appointment to discuss your progress or any other class concerns.

**Recommended Readings:**

There is no specific text required; however, the following books are suggested.

- *The Dance Current*, Toronto - monthly magazine: includes articles on local and national dance - copies available at the Department office. Select articles and blog available at www.thedancecurrent.com

**LIST OF LEARNING OUTCOMES AND EXAMPLES OF**

**Breadth, depth of knowledge**

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

- demonstrate consistent static and dynamic alignment, whole body integration
- synthesize and develop technical skill to perform contemporary dance movement vocabulary using safe and efficient movement practices
- demonstrate understanding of dance artistry through an awareness of musical concepts, intelligence and sensitivity
- efficient and mindful application of correction of peer and instructor feedback
- demonstrate consistent preparedness by dynamic warm-up for class physically, mindfully and spiritually

**Knowledge of methodologies**

By the end of this course students will be able to:
• identify, analyze, integrate and interpret contemporary Limón principles to enhance performance quality
• develop improvisational skill as a valid pathway to strong dance technique
• identify, describe and design short term goal and long term goal setting and generate a multiple goal strategy based on this methodology
• Identify and discuss how movement principles can support one’s technical growth as well as other related cognitive and metacognitive development theories that support own dance performance
• design and develop own dynamic warm-up to prepare own body and mind

Application of knowledge
By the end of this course students will be able to:
• demonstrate retention of class work and the ability to accurately reproduce class exercises, phrases and etude
• **efficiently and mindfully** apply corrections and feedback from peers and instructor
• identify and analyze one’s unnecessary old habit and apply to eliminate them and thus develop a safe and efficient movement practice
• carry out personal feedback and implement class discussions effectively
• increase physical strength, control, accuracy and agility through consistent practice
• demonstrate awareness of music with attention to rhythm, phrasing, and nuances in qualities
• develop and follow own day-to-day, week-to-week and month-to-month goal

Communication skills
By the end of this course students will be able to:
• **demonstrate** with confidence and consistency contemporary modern vocabulary as a non-verbal mode of expression and artistry
• **develop** the ability to articulate verbally on movement practices
• **contribute** to in-class discussions that encourage critically thought and reflection about the goal setting, partner work and their daily physical practice.
• **discuss, interpret and articulate** clearly on concept and principles through submission of journal and short written reflection essay.

Awareness of limitations of knowledge
By the end of this course students will be able to:
• **differentiate and evaluate** their cognitive and meta cognitive processes through goal-setting, journaling, reflective writing and partner work
• **design and apply appropriate** performance and process goals that will develop an awareness of their physical limitations and thus develop a safe and efficient movement practice
• recognize and value the purpose of analysis of limitations of knowledge

Autonomy and professional capacity
By the end of this course students 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 through on-going metacognitive awareness
• **demonstrate** professional conduct at all times. This includes, but is not limited to exemplifying good classroom citizenry, advocating for democratic values and practicing positive self-talk to maintain a positive, collaborative and sustainably supportive learning space inside and outside the studio.
• **exhibit** the ability to manage injuries and illness responsibly and constructively

GRADED ASSESSMENT
Midterm: 15%
The unofficial midterm grade is based on all categories as possible. This grade is designed to give students timely feedback on their progress and received prior to the withdrawal date for this course. Midpoint grades will be distributed in class.

Breadth, depth of Knowledge 20%
Demonstrated through mindful dynamic alignment, consistent whole body integration, awareness and use of safe preparation and dance practices, skilled coordination and articulation, kinesthetic awareness, core support, reliable control, breath support, risk-taking, embodiment and substantive understanding of movement principles, methodologies and music concepts, effective application of corrections and development of presentation and style

Knowledge of Methodologies 10%
Demonstrated by the combination of the following:
1. 5% - Demonstrated through correct use of movement vocabulary and principles in in-class discussion and quizzes, as well as specificity demonstrated physically in movement phrases
2. 5% - Written component as a Reflective essay (explained in “Communication Skill” category in below)

Application of Knowledge 25%
Demonstrated by effective application of personal feedback and class discussions, improved strength, flexibility, control and agility, mindful application of musical rhythms, timings and qualities

Communication Skill 10%
1. 5% - 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, self-assured performance skills, good interaction with instructor, musicians and peers
2. 5% - Polished written work on final reflection paper on metacognition and learning strategies (reflective essay will make up 10% of final grade encompassing 5% of Knowledge of Methodologies and 5% of Communication Skills. Outline given in class)

Awareness of limitations of knowledge 5%
A brief written submission on one’s multiple goal strategy that addresses technical and artistic strengths and weaknesses will be assigned before the midterm period. (Outline given in class)
This brief written work demonstrates the student’s reflection on observation skills, thoughtful goal setting, in-class awareness of limitations of knowledge, in-class goal-setting, consistent note-taking/journaling and clear engagement with metacognitive processes in personal practice

Autonomy and professional capacity 15%
Demonstrated by full and consistent physical and cognitive engagement resulting in a high-quality of in-class performance, effective problem-solving, strong physical commitment, self-directed learning which brings about tangible change, consistency in work habits and motivation, respect for peers, musician and instructor, professional dress and conduct
Written Component Guidelines:
The demonstration reflective/thoughtful content is required for all written work. Spelling, structure, and punctuation are important to clearly communicate your ideas and count toward your grade. Further details of all assignments will be discussed in class.

*NB: During class, asking questions that pertain to general knowledge of all students is highly encouraged. However, if there are questions specific to one’s body or personal technical problems, please make an appointment to see the instructor. The class format is a communal event, and all discussion should pertain to the general interest of all class members. It should be assumed that any corrections or comments given to a specific student can serve as a learning experience to all, and full attention is expected. Personal talking during class is a distraction and detriment to the class, and students who insist on talking may be asked to leave.

ADDITIONAL INFORMATION

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

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.

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 and are to be handed in at the beginning of class. No electronic submissions will be accepted. 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 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 3, 2020**
Last date to drop a Fall term (F) course without receiving a grade: **November 8, 2019**
Last date to drop a Winter term (W) course without receiving a grade: **March 13, 2020**

**Course Withdrawal Period:** (withdraw from a course and receive a grade of “W” on transcript)
Last date for full year (Y) course: **February 4 to April 5, 2020**
Last date for Fall term (F) course: **November 9 to December 3, 2019**
Last date for Winter term (W) course: **March 14 to April 5, 2020**

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. World Dance and 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.
- Tight buns are not recommended for Contemporary/Modern as they may impede floorwork.
- 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, stairs, elevators, or bathrooms. Bring indoor flip-flops or slippers to go from studio to studio.
- 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. Programs Assistant Flannery Muise and faculty member Claire Wootten are the department’s certified first-aid reps.

Department of Dance Attendance and Participation Policy:
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.)

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

For studio classes that meet two (2) or more times per week:
• Absences or early departures in excess of 1 per term can result in a grade deduction of 2% per occurrence.
• 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.

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 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.
• 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 2019/20 Academic Calendars page:

http://calendars.students.yorku.ca/2019-2020/programs/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/](http://secretariat-policies.info.yorku.ca/), which covers the following topics:

- Academic Accommodation for Students with Disabilities:

- Religious Accommodation:

- Code of Student Rights and Responsibilities:

- Academic Honesty:

- Academic Integrity Tutorial:
  - [https://www.yorku.ca/tutorial/academic_integrity/](https://www.yorku.ca/tutorial/academic_integrity/)

- Ethics Review Process:
  - [http://secretariat-policies.info.yorku.ca/policies/ethics-review-process-for-research-involving-human-participants-policy/](http://secretariat-policies.info.yorku.ca/policies/ethics-review-process-for-research-involving-human-participants-policy/)

- Alternate Exams/Tests:
  - [http://altexams.students.yorku.ca/](http://altexams.students.yorku.ca/)

- University Secretariat:
  - [http://secretariat.info.yorku.ca/senate/](http://secretariat.info.yorku.ca/senate/)
STUDIO COURSES ONLY:

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 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 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.

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.

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