EXPANDED COURSE DESCRIPTION
DANCE
School of the Arts, Media, Performance and Design
Dance Department
FA / DANC 1216 3.0 SECTION M
CONTEMPORARY/ MODERN DANCE FORMS
FALL 2019 / WINTER 2020

Last Modified Date: 01/14/2020

COURSE CALENDAR DESCRIPTION

An introductory course in modern dance. Emphasizes integrated movement, alignment, modern dance vocabulary, artistic expression, as well as the creative process. Required of all BFA dance majors.
Prerequisite: FA/DANC 1215 3.00.
Offers an introductory course in modern dance. Emphasizes integrated movement, alignment, modern dance vocabulary, artistic expression, as well as the creative process. Required of all BFA dance majors.
Prerequisite: 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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<tbody>
<tr>
<td>Runge, Jessica B</td>
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SPECIAL FEATURES

Course: FA/DANC 1216/18 M Winter

Course Calendar Description:
An introductory course in modern dance. Emphasizes integrated movement, alignment, modern dance vocabulary, artistic expression, as well as the creative process. Required of all BFA Dance Majors.
Corequisite: 1220 Fundamentals of Physical Practice

Instructor: Jessica Runge

Format/Term: Section M

Contact Information
Office Location: 322 Accolade E, 3rd Fl.
Phone: x.22492
Course Email: jrunge@yorku.ca
Office Hours: by appointment via email

This course offers an introduction to modern/contemporary dance. It emphasizes movement principles from the technique of José Limón, supplemented by other contemporary practices. This physical training refines artistic expression and provides the dancer with a modern/contemporary dance vocabulary, attuned musicality, and athleticism. Students will improve their overall technical skill, interpretive range, and performance ability through this course.

TOPICS AND CONCEPTS

Please note: Content within this course outline may be subject to change.
Classes consist of floor-work, centre-work, and traveling combinations, with an emphasis on elements such as dynamic alignment, weight-shift, swing, fall and rebound/recovery, succession, opposition, isolation, breath support, focus, energy/flow and use of space. All sequences are approached from contemporary/modern dance technique perspectives and are designed to increase artistic expression in a moving context while expanding dance vocabulary. The class will, on occasion, use improvisation as it is applicable to exploring technical/performance concepts of contemporary/modern dance. From time to time, regular studio classes are subject to change to allow for guest teachers or speakers, departmental workshops, presentations, or special events. In the event of such changes, students will be required to attend and attendance will be taken.

LIST OF LEARNING OUTCOMES AND EXAMPLES OF

In the following six learning areas, students will be expected to:

Breadth and Depth of Knowledge
• Recognize and cultivate/deepen a connection with one’s own personal artistic/interpretive voice in dance
• Develop an understanding of dance as an expressive art form and commit to the physical training required to cultivate versatility and specificity
• Practice a range of contemporary/modern dance methods, with particular emphasis on Limón as a base; principles covered include fall and rebound/recovery, organic flow, and clear use of weight and momentum
• Develop new learning strategies and problem solving skills

Knowledge of Methodologies
• Identify, describe, and demonstrate familiarity with Limón-based movement principles and coordinations as well as other dance concepts covered in the course
• Use Limón and other relevant terminology and movement principles and historically situate these methodologies within current contemporary dance practices

Application of Knowledge
• Demonstrate strong foundational dance skills, such as body awareness, healthy alignment, strength, flexibility, coordination
• Demonstrate musicality and a clear sense of timing, rhythm
• Show sensitivity to spacing if/when moving in relation to other dancers
• Demonstrate expressive range and performance presence when executing copied and invented/improvised movement
• Execute and interpret Limón-based contemporary/modern movement principles and coordinations

Communication Skills
• Demonstrate with confidence and consistency Limón based movement vocabulary as a non-verbal mode of expression and artistry
• Discuss and interpret dance concepts covered in the course through participation in class discussions and through written assignments

Awareness of Limitations of Knowledge
• Develop an awareness of areas for personal growth

Autonomy and Professional Capacity
• Design appropriate process and performance goals
• Show continual desire to problem solve short-term challenges associated with one’s studio practice and the longer term challenges of goal attainment
• Exemplify professional conduct at all times with peers, course directors, musicians, and contribute to a positive and supportive learning space inside and outside the studio.
GRADED ASSESSMENT

Graded Assessment:
Each student is expected to increase dance knowledge and ability. Students will be evaluated and graded based on the following criteria:

20% Breadth and Depth of Knowledge
Evaluated in-studio through assessment of each dancer’s: development of personal artistry, level of commitment to physical training, participation in in-studio exercises, development of learning/problem solving skills.

10% Knowledge of Methodologies
In-class discussions (5%) and written assignments (5%) will be used to evaluate knowledge of the principles covered in class and the historical context of those methodologies explored.

25% Application of Knowledge
Evaluated in-studio through observation of the dancer’s development of physical skills, musicality, sensitivity to context, expressivity/presence, and technique.

10% Communication Skills
Evaluated in-studio, through the execution of class exercises (5%). Additionally evaluated through participation in class discussions (2.5%) and written assignments (2.5%). Assignments will be discussed in detail, and submission dates delivered before or during the third week of fall term classes.

5% Awareness of Limitations of Knowledge
Evaluated through written self-evaluation/goal-setting exercises (5%).

15% Autonomy and Professional Capacity
Evaluated primarily through participation in class (10%), including but not limited to full and consistent intellectual and physical engagement, motivation, retention of choreography, professional etiquette, attendance, punctuality, and appropriate dress. Additionally evaluated through assessment of written self-evaluation/goal-setting exercises (5%).

15% Unofficial Mid-term
The unofficial mid-term grade (15%) is based upon an assessment of progress in all evaluation areas as listed above, with their respective weighting. This grade is not filed with the Registrar but comprises part of the final grade. The Mid-term is designed to give students timely feedback on their progress and received at least one week before the drop date for this course.

Final Grades
Final grades are based on the physical demonstration of learning, on insightful participation in-class discussions, and on the written demonstration of learning. Once the mid-term mark is combined with the marks in each of the six learning areas, the weighting will be approximately 70% studio work, 10% in-class discussion, and 20% written work.

In-Class Discussions Mark Break-down: In-class discussions/partner work will contribute to one half of your mark in the areas of Knowledge of Methodologies and one quarter of your mark in the area of Communication.

Written Work Break-down:
Journals: Students should regularly record any insights they have gained, goals identified, etc.. As well, students will at some times be asked to answer specific questions. Sometimes class time will be given to record in the journals, but students should also make notes of important reflections on their own time. Journals will contribute to our ability to understand process and track progress in all areas.

(5%) Self-Evaluation: This represents your entire mark in the area of Knowledge of Limitations.
(5%) Goal Setting Exercise: this represents one third of your mark in the area of Autonomy and Professional Capacity.

(7.5%) Final Written Assignment: This assignment represents one half of the mark in the area of Knowledge of Methodologies and a quarter of the mark in the area of Communication.

Written Component Guidelines: The demonstration of thoughtful reflection is required in written work. Spelling, structure, and punctuation are important to clearly communicate ideas and count toward the grade. Further details of all assignments will be discussed in class.

Recommended Readings:

There is no specific text required; however, the following books are suggested, and may be available in the library. Other readings may be assigned.


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

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).

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor’s letter) may request
accommodation from the Course Instructor. For exams, time and date of a make-up test will be arranged with
the instructor. Further extensions or accommodation will require students to submit a formal petition.

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/, which covers the following topics:

- **Academic Accommodation for Students with Disabilities:**

  York provides services for students with disabilities (including learning, mental health, physical, sensory, and medical disabilities) needing accommodation related to teaching and evaluation methods/materials. These services are made available to students in all Faculties and programs at York University. Students in need of these services are asked to register with Counseling & Disability Services as early as possible to ensure sufficient advance notice so that appropriate academic accommodation(s) can be provided. You are encouraged to schedule a time early in the term to meet with each professor to discuss your accommodation needs. Please note that registering with disabilities services and discussing your needs with your professors is necessary to avoid any impediment to receiving the necessary academic accommodations to meet your needs.
  (https://counselling.students.yorku.ca/)

- **Religious Accommodation:**
  http://calendars.students.yorku.ca/2019-2020/policies-and-regulations/academic-policies-and-regulations/religious-accommodation

  York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special significance to adherents. Should any of the dates specified in this syllabus for an in-class test or examination pose such a conflict for you, contact the
Course Director within the first three weeks of class. Similarly, should an assignment to be completed in a lab, practicum placement, workshop, etc., scheduled later in the term pose such a conflict, contact the Course Director immediately. Please note that to arrange an alternative date or time for an examination scheduled in the formal examination periods (December and April/May), students must complete an Examination Accommodation Form, which can be obtained from Student Client Services, Student Services Centre or online at https://w2prod.sis.yorku.ca/Apps/WebObjects/cdm.woa/wa/regobs

- Academic Honesty: http://calendars.students.yorku.ca/2019-2020/policies-and-regulations/student-conduct/academic-honesty
- Academic Integrity Site: http://www.yorku.ca/academicintegrity
- Academic Integrity Tutorial: https://www.yorku.ca/tutorial/academic_integrity/
- Alternate Exams/Tests: http://altexams.students.yorku.ca/
- University Secretariat: 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