EXPANDED COURSE DESCRIPTION
DANCE
School of the Arts, Media, Performance and Design
Department of Dance
FA / DANC 3207 3.0 SECTION A
CONTEMPORARY/BALLET DANCE FORMS
FALL 2020 / WINTER 2021

Last Modified Date: 09/02/2020

COURSE CALENDAR DESCRIPTION

Offers a continuation of the work begun in FA/DANC 3205 3.00. Ongoing training in ballet to develop artistic expression, classical ballet vocabulary, musicality and athleticism. 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>
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SPECIAL FEATURES

Email: cglasser@yorku.ca
Virtual Office Hours: by appointment or during scheduled drop-in hour (TBA) via Zoom

1. SPECIAL FEATURES

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

Expanded Course Description

This course offers comprehensive ongoing education and training in ballet technique that will complement dance artists in a contemporary dance program. It is designed to advance the dancers’ knowledge of ballet vocabulary and to heighten their personal execution to an intermediate / advanced level. Along with improvement of the dancers’ technical execution, awareness of their artistic performance will be expanded.

There may be special presentations during class time as part of the course schedule with guest teachers from the department or from the broader dance community (TBA).

Classes are generally practiced over a two-week period and students are expected to memorize and to review the material before each class. Good retention from class to class and week to week is essential as concepts build on what has been previously studied. Feedback will be offered, with comments given to individuals and to the class in general. The ability to apply corrections with a positive approach to improvement will expedite progress.

At times, partner work may be implemented to assist physical execution, aid in the analysis 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.
Technical requirements for taking the course

Students will participate in this course through video conferencing (to learn and demonstrate class material, to interact with peers and instructor, etc.). They will appear on video and will be required to video record themselves at specified times. Students will need a computer with webcam and microphone, and/or a smart device with these features. In addition they will require a stable, higher-speed Internet connection. There are online tests that can be run to determine Internet connection and speed such as Speedtest, https://www.speedtest.net/

Platforms used will primarily be Zoom and Moodle, through which students will interact with the course materials, the course director, as well as with one another. Students shall note the following:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom
- If you have privacy concerns about your data, provide only your first name when you join a session
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without your knowledge

Useful links describing computing information, resources and help for students:

- Computing for Students Website https://student.computing.yorku.ca/
- Student Guide to eLearning at York University http://elearning-guide.apps01.yorku.ca/
- Learning Skills Services https://lss.info.yorku.ca/online-learning/

Information about the delivery and organization of the course

Location

Please note that this is a course that depends on remote teaching and learning. There will be no in-class interactions or activities on campus.

Requirements for students

For learning and demonstrating class material, students will need a clear space with room to move limbs freely in all directions (6 sq ft minimum is advised). A stable chair or other suitable structure is required to act as a barre. The floor should be flat, smooth and if possible, uncarpeted. There must be sufficient distance from the webcam to allow the full body to be seen. It may also be necessary to elevate the device by placing it on something stable. There should be good lighting. Background sound/noise should be kept to a minimum. Students should aim for maximum privacy during synchronous class time – this will require other members of their household to avoid entering the designated “dance space” that has been created.

Organization of the Course

Class content will be delivered both synchronously and asynchronously.

Synchronous learning may include:
- ‘real time’ physical participation in dance classes / sequences
- physical practice and discussion with instructor, partners, or in small groups
- tutorials and one-on-one meetings with instructor
Asynchronous learning may include:

- personal physical practice
- viewing and memorizing of pre-recorded dance sequences
- video-recording short segments of one’s physical practice
- required and suggested readings and viewings
- written assignment

2. TOPICS AND CONCEPTS

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

Sept 9 – 30

Become familiar with platforms and remote learning; establish ‘best practices’ and strategies for the term
In Physical Practice: establish warm-up routine; examine stance, equilibrium and symmetry

Oct 1 – Oct 29

Written Assignment launched
Oct 8 – Video submission #1 due
Oct 10 -16 – Fall Reading Week
Oct 22 – Mid term grades given out

In Physical Practice: progress with class material, principles and concepts; increase strength

Nov 2 – Nov 30

Nov 2 – Written Assignment due
Nov 6 – Last date to drop course without receiving a grade
Nov 19 – Video submission #2 due

In Physical Practice: work with partners; reinforce technical and artistic performance skills

Dec 1 – 8

Self-evaluation completed

In Physical Practice: informal presentation online; develop strategies to maintain fitness and skill level between fall and winter terms

Required Text:
(or other comparable dictionary)

Recommended Text:

Additional readings / articles may be assigned or suggested during the course. It is recommended that students maintain a journal to document class exercises, personal corrections, goals, and progress. It may also be helpful to log thoughts, feelings and discoveries that they may experience.

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INTELLECTUAL PROPERTY NOTICE

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You may not publish, post on an Internet site, sell, or otherwise distribute this work without the instructor’s express permission. Failure to abide by these restrictions may constitute grounds for academic misconduct proceedings and/or legal action against you.

3. **LEARNING OUTCOMES**

**Breadth, Depth of Knowledge**

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

- Demonstrate consistent dynamic alignment, whole body integration
- Apply healthy and safe dance practices with appropriate alignment through knees, ankles and feet, safe use of turnout, and correct weight placement
- Develop the ability to combine movements in increasingly complex arrangements
- Illustrate variety in quality of movements

**Knowledge of Methodologies**

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

- Implement use of theories and fundamental principles established in weekly practice
- Expand vocabulary and theory to an Intermediate/Advanced level and utilize with confidence
- Duplicate movement principles and repertoire with precision and clarity

**Application of Knowledge**

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

- Reproduce movements and exercises with accuracy, demonstrating the effect of class discussions and personal feedback to show improvement
- Increase physical strength, control and agility through consistent practice

**Communication Skills**

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

- Demonstrate self-assured performance skills
- Collaborate with peers to gain insight and to support each other in reaching collective goals
- Articulate clearly and in an organized manner when submitting written material

**Awareness of Limitations of Knowledge**

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

- Demonstrate keen observation skills; analyze and reflect on personal practice and set attainable goals

**Autonomy and Professional Capacity**

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

- Demonstrate full and consistent physical engagement and mental focus
- Illustrate self-directed learning and organization skills
- Contribute to a positive learning environment
- Exemplify professional conduct at all times

4. **GRADED ASSESSMENTS**

Students are assessed in the following categories weighted as indicated:

**20%  Breadth, Depth of Knowledge**
Demonstrated through conscious dynamic alignment, consistent whole body integration and healthy dance practices; quality of movement and ability to combine movements

10%  Knowledge of Methodologies
Demonstrated through correct implementation of vocabulary, theories, and fundamental principles

25%  Application of Knowledge
Demonstrated by accuracy in movements and exercises and effective use of class discussions and personal feedback showing improvement

10%  Communication Skills
Demonstrated by self-assured performance skills, good interaction with instructor and peers, high-quality written work

5%     Awareness of Limitations of Knowledge
Demonstrated by keen observation skills, analysis and reflection on personal practice, ability to set goals

15%  Autonomy and Professional Capacity
Demonstrated by full and consistent physical engagement and mental focus, professional conduct, self-directed learning and organization skills

15%  Midterm grade (unofficial)
The unofficial midterm 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.

Assignments to be completed:
1. **Video Recording Submission #1:** Students will be required to video record themselves performing chosen class exercises and will upload the video to the Course Director for review. Video format and instructions for uploading will be explained in class and via Moodle. This recording will supplement weekly assessments of the students’ movement and will allow for greater ‘polishing’ of the selected material. This assignment will receive a letter grade and is worth 7.5% of the final grade for the course.  
   **Due date:** Thursday October 8, 2020

2. **Written Assignment:** Referring to personal journal writings and using reflective activities, explain how you have maintained ‘balance’ during the challenges of the COVID-19 pandemic. Has Dance played a significant role? This paper must be submitted in essay form with a minimum of 1500 words. Please use black, 12-point font and make sure to double-space and label your work. This assignment will receive a letter grade and is worth 5% of the final grade for the course. **All written work must be in your own words.**  
   **Due date:** Monday November 2, 2020

3. **Video Recording Submission #2:** Students will be required to video record themselves performing chosen class exercises and will upload the video to the Course Director for review. Video format and instructions for uploading will be explained in class and via Moodle. This recording will supplement weekly assessments of the students’ movement and will allow for greater ‘polishing’ of the selected material. This assignment will receive a letter grade and is worth 7.5% of the final grade for the course.  
   **Due date:** Thursday November 19, 2020

4. **“Self Assessment”:** Students will complete an Assessment Form grading themselves in three (3) areas on a scale of 1-5. The total self-assigned score is worth 5% of the final grade for the course.  
   **Due date:** Monday November 30, 2020
Assignment Submission:
Proper academic performance depends on students doing their work not only well, but on time. Assignments should be received in the manner specified and on the due date, however, there will be a ‘grace period’ of 3 days per assignment. After the ‘grace period’ there will be a deduction of one-half letter grade per day. Communicate early with the Course Director if you are experiencing circumstances that make it impossible for you to meet submission dates. Any and all assignments must be in the student’s own words.

Last date to drop a fall term (F) course without receiving a grade: November 6, 2020
Last date to drop a winter term (W) course without receiving a grade: March 12, 2021
Last date to drop a full year (Y) course without receiving a grade: February 5, 2021

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

Attendance
There is no policy on mandatory attendance for the Dance Department Remote Courses and students will not be penalized for missing the occasional class. However students need to be present for scheduled synchronous meetings as often as possible in order to receive course content, develop skills, and to receive and give peer feedback. There is an automatic record of participants in each Zoom meeting, so this is one way that your involvement will be acknowledged, even though not marked. Individual circumstances, such as a time zone difference, may be accommodated for. Please contact the course director as soon as possible to discuss what may be an alternate arrangement. Absence from a Zoom meeting is not an excuse for being unfamiliar with the material. If you are unable to attend a synchronous class, please ensure that you view pertinent recordings in your asynchronous time before the next class.

Communication
In any dance class, understanding verbal and visual instructions are key to successful progress as well as to a productive learning environment. This is even more important in online learning. To that end, questions are encouraged at any point during or after a remote class or meeting. It is important to seek help immediately if you are confused by feedback received or if class material needs further explanation. Communication is also imperative whenever you are absent, injured or ill. Please inform the Course Director if you will be absent on a certain date. If the absence is unexpected, notice should be given as soon as possible, before or after the missed remote class.

Injuries
Any injury, no matter how small, should be disclosed to the Course Director before a remote class begins. If you are feeling ill, it is also beneficial to let the Course Director know at the beginning of a 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.

Preparing your Dance Space
Find a space in your home that you can allocate to your daily physical practice that is as large a space as possible, free from distractions and safety hazards. You may need to push furniture off to the side. It may help to mark the placement of your device as well as the place where you will position yourself for your synchronous classes. Consider the time it may take to prepare your space and do so in advance so you are prepared to begin ‘live’ sessions on time. This includes testing your webcam, speaker, volume, internet connection, and ensuring that all other devices are turned off to prevent distractions during class. To help with internet speed, ask other members of your household to refrain from using the internet/downloads during your class time. Be as close to your internet modem as possible for the best connection.
Professionalism and Etiquette

Just as in a studio class, a Remote Class requires professionalism. Please follow these guidelines:

- Address all your personal care issues before class begins. This includes doing a bathroom run, filling your water bottle and having tissues nearby. Be prepared to remain in your space for the duration of the class.
- Log-in early! Make sure your device is charged and allow time to locate passwords etc or to allow for any hiccups that may occur.
- Do your warm-up routine! 10-15 minutes prior to the start of a class in a studio is designated as quiet time in which students warm up their bodies and prepare mentally for class. **This applies to online classes as well.** It is expected that all dancers allow time for and commit to this vital pre-class activity after setting up their dance space.

- While using Zoom, the Chat feature generally will **not** be turned on. If you have questions at any time, please indicate visually by raising your hand, unmuting yourself or use the animated “Raise hand” feature.
- Whether a correction is given to an individual or to the entire class, please listen and apply the correction to your own work.
- While working in pairs or small groups, aim to stay focused on the given task. Respect and support your peers by staying engaged. This will help to maintain an optimal learning environment.

**Course Announcements** will be posted and sent out via Moodle. Please check your email often and each morning to make sure that a scheduled remote class has not been cancelled. **Appointments with the Course Director** may be requested by e-mail and will be scheduled for mutually suitable times.

**Department of Dance Dress Requirements**

In order to give students the best possible guidance in Contemporary Ballet and Modern dance classes, instructors and peers must be able to see the entire body to ensure proper alignment of the bones and joints and effective use of muscles. **The same requirements for online classes apply.**

The general requirements are:

- Form-fitting clothing that covers torso and legs. Close-fitting warmer clothing is acceptable if your dance space is cold (No hoodies, sweatpants or loose-fitting clothing please)
- Hair must be worn neatly off the neck and face
- Students should wear ballet slippers if possible, or other suitable footwear depending on the floor surface
- Please keep jewelry to a minimum

**Academic Policies / Information**

The Senate Academic Standards, Curriculum and Pedagogy Committee (ASCP) provides a Student Information Sheet that includes:

- York's Academic Honesty Policy and Procedures / Academic Integrity Web site
- Access/Disability
- Ethics Review Process for Research Involving Human Participants
- Religious Observance Accommodation
- Student Code of Conduct

Additional information:

- Academic Accommodation for Students with Disabilities
- Grading Scheme and Feedback Policy

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.

- Important University Sessional Dates (you will find classes and exams start/end dates, reading/co-curricular week, add/drop deadlines, holidays, University closings and more. http://www.registrar.yorku.ca/enrol/dates/index.htm
- Manage my Academic record http://myacademicrecord.students.yorku.ca/
- "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.

Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.

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

Moodle @ York University