

**San José State University**  
**School/Department**  
**Danc 154A, Topics in Dance Level III, Spring 2017**

**Course and Contact Information**

<b>Instructor:</b>	Heather Cooper, Mark Foehringer, Jill Yager
<b>Office Location:</b>	WSQ 104
<b>Telephone:</b>	408-924-5039
<b>Email:</b>	<a href="mailto:Heather.cooper@sjsu.edu">Heather.cooper@sjsu.edu</a> , <a href="mailto:Mark@mfdpsf.org">Mark@mfdpsf.org</a> , <a href="mailto:jill.yager@sjsu.edu">jill.yager@sjsu.edu</a>
<b>Office Hours:</b>	Cooper: Wednesday 11:00-1:00pm
<b>Class Days/Time:</b>	MWF 9:00-10:50am and TR 9:00-10:20am
<b>Classroom:</b>	WSQ 204
<b>Prerequisites:</b>	Danc 54 and Instructor approval

**Course Description (Required)**

*This course is an intermediate-advanced technique class, with an emphasis on ballet and modern, and supplemental work in jazz. The purpose of this course is to train students technically, to further their dance skills, develop discipline of the body and expand their knowledge and experience of ballet, modern and jazz. Students will deepen their understanding, execution and integration of body alignment, function and movement proficiency through ballet vocabulary. They will deepen their understanding, execution and integration of space, time and energy in the context of modern dance. Supplemental work in jazz will support the success of learning outcomes by including a focus on style, dynamics and rhythm in the context of jazz. Class structure will include ballet barre, center preparation and training, progression exercises across the floor, and center work.*

**Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

Students will develop their dance technique to the intermediate-advanced level. They will demonstrate an integration of the elements of time, space and energy in modern dance. They will achieve clear, precise body organization, function and alignment in ballet. They will execute jazz technique with appropriate style, dynamics and rhythm. Students will perform with a strong sense of musicality. They will successfully execute

phrasing with varying tempos, personal timing, mixed meter, syncopated rhythm, use of accent, movement with acceleration and deceleration in relationship to gravity, momentum, and speed and accuracy, and will be able to perform with varying movement qualities. Students will also demonstrate the use of levels, execute phrasing with changes of direction and facings, understand movement orientation in relationship to planes, and will have a deep understanding of stage space. They will also gain strength, increase range and further their movement articulation. They will work on movement quality, initiation and intention. Students will understand dance as movement. They will be able to demonstrate direct versus indirect movement, action versus inaction, and will understand movement and levels in relationship to gravity. They will execute efficiency in locomotor movement. Students will successfully perform advanced ballet vocabulary in adagio, waltz, tours, petit allegro and grand allegro.

Upon successful completion of this course, students will be able to:

1. Successfully demonstrates a deep understanding, integration and execution of the element of time, space and energy in modern dance technique.

Technique Level 2: demonstrate integration and execution of elements 50% of the time

Technique Level 3: demonstrate integration and execution of elements 70% of the time

2. Successfully execute advanced ballet vocabulary within adagio, waltz, tours, petit allegro and grand allegro

Technique Level 2: successfully execute ballet vocabulary 50% of the time

Technique Level 3: successfully execute ballet vocabulary 70% of the time

2. Successfully execute appropriate style, dynamics and rhythm in the context of jazz dance technique.

Technique Level 2: execute appropriate style, dynamics and rhythm 50% of the time

Technique Level 3: execute appropriate style, dynamics and rhythm 70% of the time

3. Core support: Ability to engage core in a way that supports spine, trunk, pelvis and can allow for efficiency in technique and central coordination.

Technique Level 2: demonstrate mastery of core support 50% of the time

Technique Level 3: demonstrate mastery of core support 70% of the time

4. Alignment: Mastery of the alignment of head, ribcage, pelvis in relation to the floor. In vertical position, correct alignment of spine, neutral pelvis, lengthened abdominals, with understanding of and ability to engage and maintain turnout from hip joint. Understanding of the direction of the body in space.

Technique Level 2: present a mastery of correct alignment 50% of the time

Technique Level 3: present a mastery of correct alignment 75% of the time

5. Strength: Dancers should demonstrate necessary strength to maintain alignment, avoid injury and to allow for dynamic and proficient movement.

Technique level 2: demonstrate a good degree of strength 50% of the time

Technique level 3: demonstrate a great degree of strength 75% of the time

6. Range of motion/ flexibility: Dancers should have a large range of motion and high degree of flexibility to allow for greater range of movement and to avoid injury. Flexibility is required throughout the body, but particularly in hip joints, hamstrings, quadriceps, shoulders, ankle joint, and spine.

Technique Level 2: display some range of motion in most areas

Technique Level 3: display good range of motion in most areas

7. Coordination/ Movement mechanics/Functioning: Ability to coordinate different parts of the body at the same time in a variety of ways and within a sense of phrasing. Ability to integrate movement within the entire body

Technique Level 2: perform appropriate coordination, movement mechanics, functioning 50% of the time

Technique Level 3: perform appropriate coordination, movement mechanics, functioning 70% of the time

8. Refinement and Articulation: Clarity in the details of movement, clear and specific choice making in phrasing.

Technique Level 2: not assessed

Technique Level 3: Perform movement with refinement and clear articulation 50% of the time

9. Expressive phrasing: Ability to connect with accompanying music, interpret it, or phrase and add movement dynamics that relate to music even in the absence of accompaniment, in a way that is unique or interesting.

Technique Level 2: exhibit expressive phrasing 50% of the time

Technique Level 3: exhibit expressive phrasing 70% of the time

10. Artistry/ Expressive qualities: Ability to demonstrate expressive qualities as a means to communicate intention, ideas, or create a specific mood.

Technique Level 2: perform with expressive qualities 50% of the time

Technique Level 3: perform with expressive qualities 70% of the time

11. Kinesthetic awareness and proprioception: Ability to coordinate movement and to feel and be aware of one's body in space and time. Ability to sense stimuli arising within the body regarding position, motion and equilibrium.

Technique Level 2: present clear kinesthetic awareness and proprioception 50% of the time

Technique Level 3: present clear kinesthetic awareness and proprioception 70% of the time

12. Knowledge of movement material and vocabulary: Ability to memorize, conceptually understand and demonstrate movement material and vocabulary given in the class.

Technique Level 2: evidence knowledge of class material and movement vocabulary at least 70% of the time

**Technique Level 3: evidence knowledge of class material and movement vocabulary at least 90% of the time**

**13. Positive Attitude, respect, maturity, capacity to accept challenges self cueing**

Technique Level 2: most of the time

### **Technique Level 3: all of the time**

14. Ability to pick up and adapt movement material quickly

Technique Level 2: 50% of the time

Technique Level 3: 70% of the time

15. Articulate understanding of physical interaction with another dancer/ partnering

Technique Level 2: not assessed

Technique Level 3: display a strong ability to interact with another dancer

### **Course Requirements and Assignments**

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.

**This course is a technique class and daily participation is required.**

#### **Required Attire**

Dancers must dress appropriately for technique class. For modern and jazz, women should wear a leotard and tights, or fitted dance shorts or leggings. Men should wear fitted shirts and pants. No oversized clothing may be worn. Clothing resembling street clothes, or clothing with logos, will not be allowed. Hair should be neatly pulled back away from the face. Bare feet are required for modern and jazz shoes for jazz technique. No hats may be worn. For ballet, women must wear black leotard, pink tights and pink ballet shoes. Hair must be in a bun. Men must wear black tights, dance belt, fitted white shirt and black ballet shoes.

#### **Outside Requirements**

Attendance of four concerts is a requirement for this course. Failure to meet this requirement will result in losing points. One missed concert will result in losing 6 points (6% of overall grade). An additional 3 points will be lost with each additional missed concert. Please see attached performance schedule for specific dates, times, and costs of scheduled concerts. You will receive a performance card that will need to be stamped at each concert, and then turned in at the end of the semester. Please observe deadlines for turning in these performance cards. You are required to remain for the entire concert. Leaving before the conclusion of the concert constitutes Academic Dishonesty. If you are participating in a required concert you must attend an additional, instructor-approved concert. Students are expected to refer to the green sheet and the concert calendar at the beginning of the semester. If a student notifies the instructor, **during the first week of classes**, of a conflict with **one of the required concerts**, it is at the discretion of the instructor to allow an exception. Conflicts will not be considered after that first week of class.

## Final Examination or Evaluation

**Each technique section of the course will hold on individual final on the last meeting day. Group finals, for all three techniques will take place on Monday, May 22 at 7:45 am**

## Grading Information

This course is a technique class. Therefore, dancers will be graded on a daily basis on their learning outcomes and must demonstrate growth and development throughout the term. Students will be graded on all technical learning outcomes, including alignment, core support, strength, flexibility, movement mechanics, coordination, full body integration, ability to learn quickly, kinesthetic and conceptual awareness, and knowledge of dance vocabulary. It is only through consistent attendance and participation that students can gain the necessary skills to progress and succeed. Students' skills will be continuously evaluated during class projects. An absence will result in losing that day's evaluation grade, lowering the overall grade. Students may make up a maximum of two excused absences by attending instructor-approved SJSU dance program classes. A student missing more than two class meetings, for any reason, must meet with the instructor to discuss the viability of continuing the course. Students that are injured are required to notify the instructor of the injury and must still attend the entire class to take notes if at all possible. Any injured student who cannot participate in class more than twice will begin to lose daily credit.

Evaluation  
0-50 skill level (determined during daily class projects)  
0-20 midterm exam  
0-30 final exam  
Possible points 100

94% and above- A	93%-90%- A-	89%-87%- B+
86%-84%- B	83%-80%-B-	79%-77%- C+
76%-74%- C	73%-70%- C-	69%-67%- D+
66%-64%- D	Below 60%- F	

---

## Classroom Protocol

No food or drink, other than water, allowed in the studios. No street shoes in the studios. No dance shoes in the hallway. Strictly enforced to maintain cleanliness of studios. You must bring water into class. Please avoid leaving during class to visit water fountains. Fill up water bottles before class begins. No cell phone use. This includes checking email and texts during class. Silence and put away your cell phones before entering the class. Ten minutes prior to start of class is preparation and warm-up time. Please use appropriately. Do not enter the studio until you are ready to prepare and focus. Dress codes will be strictly enforced. If you do not have the appropriate attire for class, sit and take notes. You will receive a half absence. If you arrive late, please wait in

entryway to be invited inside by the instructor. If you arrive more than ten minutes late you will be asked to take notes.

### **University Policies (Required)**

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>"

## **Course Schedule**

Week 1: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 1

Week 2: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 1

Week 3: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 1

Week 4: ballet, modern, jazz, evaluation

Week 5: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 2

Week 6: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 2

Week 7: Midterm preparations

Week 8: Midterm evaluations on ballet, modern and jazz

Week 9: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 3

Week 10: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 3

Week 11: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 3

Week 12: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 4

Week 13: ballet barre, center, tours, petit allegro, grand allegro; modern center preparation and functioning, across-the-floor phrasing, center exercises, jumps; jazz warm up, progressions, complete phrase level 4

Week 14: Final evaluation preparations