

ID	3289
Curricular Unit	Theatrical Dance Technique I
Regent	Elisabete Alexandra Pinheiro Monteiro
Learning Outcomes	<p>Students:</p> <ul style="list-style-type: none"> - Know and identify the main foundations of the techniques of theatrical dance; - Perform basic vocabulary of theater dance techniques addressed with correction at the level of bodily and spatial vectors; - Reproduce, through demonstration, sequences danced in technical context from the point of view of body and space; - Name, identify and characterize the specific motor skills to forms of theatrical dancing addressed in its elementary level; - Cooperate with colleagues in group tasks; - Interact with teachers and/or peers actively participating in the tasks; - Assess their technical performance and participation in group.
Syllabus	<ul style="list-style-type: none"> - Fundamentals of dance. - Work through concepts, themes, or the body, as a starting point. - Working the Trunk: Bounces; Bends; Stretches; Curl in; Uncurl; Stretches; High releases; Twist/Spiral; Swings; (contraction/release), Circles. - Work Upper Limb: Positions of the arms; Arms circles - frontal and sagittal planes; Insulation. - Work Lower Limb (LL): Positions of the feet and lower limbs: parallel and en dehors; Plantar flexion/extension; Flexion/extension of LL; Pliés; Leg stretches; Bounces; Toe Pushes; Brushes on and off floor; Passes; Rond-de-jambe; Developpés; Enveloppés; Kicks. - Falls: sitting and kneeling. - Support and Transition Steps: Simple Walks (passé, rond-de-jambe): developpé walk, developpé passé; Piqué, Coupé; Simple triplets; Glides; Ball change; Pony Trotting; Skips; gallops; Drag runs; step drag; runs. - Laps: inward turn and outward turn; Open turns. - Jumps: Jumps and Bounces; Springs; hops; Leaps; Assembles in parallel; simple Sissonnes parallel. - Danced Sequences, short duration.

Continuous assessment: Attend at least 80% of classes.

Module 1: Fundamentals

Av F1 - Final evaluation of technical performance (20%)

Fi L - Analysis and reading record (10%)

Ap P1 - Final Public Presentation (20%)

Evaluation

Module 2: Contemporary/Modern Dance

Av I - Intermediate Evaluation of the performance (20%)

Av F2 - Final evaluation of performance (10%)

Ap P2 - Ap P1 - Final Public Presentation (20%)

Formula:

Final Rating = 0.2 (Av F1) + 0.1 (Fi L) + 0.2 (Ap P1) + 0.2 (Av I) + 0.2 (Av F2) + 0.2 (Ap P2) is equal to or higher than 9.5

Bibliography

Benbow-Pfalzgraf (1998). International Dictionary of Modern Dance (Ed). Benbow Niemeyer, New York. St. James Press.

Cohan, R. (1986). The Dance Workshop.; London, Unwind Paperbacks.

Love, P & King, E. (1997). Modern Dance Terminology. Princeton. Princeton Book Co. Publishers.

Lewis, D. (1984). The Illustrated Dance Technique of José Limón. Harper & Row Publishers, N.Y.

Sherbon, E (1982). On the count of one: Modern Dance Methods. New York. Mayfield Publishing Company.