

1. Title of the module

CSB 101 Ballet and Contemporary Dance (3)

2. School or partner institution which will be responsible for management of the module

Central School of Ballet

3. The level of the module (e.g. Level 4, Level 5, Level 6 or Level 7)

Level 5

4. The number of credits and the ECTS value which the module represents

60 credits (15 ECTS)

5. Which term(s) the module is to be taught in (or other teaching pattern)

Terms 1, 2 & 3

6. Prerequisite and co-requisite modules

None

7. The programmes of study to which the module contributes

Foundation Degree Professional Dance and Performance

8. The intended subject specific learning outcomes.

On successfully completing the module students will be able to:

The student will develop:

The student will develop:

Unit 1 Ballet Technique

8.1 A practical understanding of the fundamentals of Ballet technique and the ability to use this knowledge in a rehearsal situation. To include – correct classical form throughout class, sustained use of core stability and turn out up to and including medium jumps, understanding of correct physical alignment of spine, legs and feet. (Learning outcome C1)

8.2 A practical understanding of the fundamentals of Pas de Deux showing an ability to relate sensitively and functionally to a partner in support work. (Learning outcome C1 and D2)

8.3 An ability to show a range of physical dynamic, attack and musical responsiveness throughout class and in performance. (Learning outcome C1, C3 and C4)

8.4 Use of imagery to inform style and performance showing an ability to communicate with an audience. (Learning outcome C2 and C3)

8.5 A basic knowledge of the processes by which performance is created including rehearsal technique and performance skills. (Learning outcome A4, A5 and C2)

8.6 A practical understanding of some key practitioners within ballet and important stylistic differences between the work (Learning outcomes A1, A2 and A3)

Unit 2 Contemporary Dance (Graham based) technique

8.7 A practical understanding of the fundamentals of Graham based technique and an ability to apply the technique in the creation of original work. To include:- correct use of contraction, high release, spiral, long lean, sustained use of core stability, parallel and turn out up to any including medium jumps, understanding of correct physical alignment of spine, legs and feet. (Learning outcome C1)

8.8 A practical understanding of the work of a key practitioner in the contemporary dance field and important stylistic differences between this work and that studied in other areas. (Learning outcome A1, A2 and A3)

8.9 An ability to show a range of physical dynamic attack and musical responsiveness throughout class and in performance. (Learning outcome C1, C3 and C4)

8.10 Use of imagery to inform style and performance showing an ability to communicate with an audience. (Learning outcome C2 and C3)

8.11 A basic knowledge of the processes by which performance is created including rehearsal technique. (Learning outcome A4, A5 and C2)

9. The intended generic learning outcomes.

On successfully completing the module students will be able to:

Students will:

9.1 Work with others collaboratively in class, rehearsal and performance. (Learning outcome D2)

9.2 Reflect on their own learning, identifying strategies for development and exploring strengths and weaknesses. (Learning outcome D4)

9.3 Develop personal organisation skills such as time keeping, note taking and self led practice. (Learning outcome D1)

9.4 Apply knowledge from a range of sources in order to develop and maximise performance. (Learning outcome B1 and C1)

9.5 Understand the importance of warm up and cool down in relation to technical progress and body maintenance. (Learning outcome C8)

9.6 Understand the importance of and have the ability to pace themselves through class, giving maximum attention to and effort in

10. A synopsis of the curriculum

This module provides a solid foundation in the two techniques (Ballet and Graham based contemporary dance technique). To achieve this, core stability, correct alignment and use of turn out will be emphasised throughout

- Ballet: barrework, centre practice, adage, pirouettes and allegro
- Contemporary dance: floorwork, centre practice, travelling work and jumps.

Footwork will emphasise correct line and articulation in bare feet, flat shoes (boys), soft Pointe and Pointe (girls). Pointework (girls) will be studied and strengthened at the barre and in the centre, vocabulary will extend to double pirouettes, grands pirouettes, tour fouettes and small jumps on Pointe.

Musicality will be emphasised throughout including rhythmical accuracy, musical phrasing and use of a range of dynamic. Technical knowledge in ballet will be applied to the study of style in repertoire classes and both techniques will be explored and applied in rehearsal in the development of new work for performance. The use of focus and presentation will be studied in relation to line, flow, direction, intention

and communication. Safe warm up and cool down programmes will be taught and practised within this module.

11. Reading List (Indicative list, current at time of publication. Reading lists will be published annually)

Glasstone, R. (2001) *Classical Ballet Terms - An Illustrated Dictionary*, Plymouth, Devon, Dance Books Ltd
Grieg, V. (1994) *Inside Ballet Technique*, New Jersey, Princeton Book Company, Publishers
Moss, D. S. (1999) *The Joffrey Ballet School - Ballet Fit*, New York, St Martin's Press
Paskevaska, A. (2005) *Ballet Beyond Tradition*, Abingdon, Oxfordshire, Routledge
Serebrennikov, N. (2000) *Pas de Deux*, Florida, University Press of Florida
Vaganova, A. (1969) *Basic Principles of Classical Ballet*, New York, Dover Publications

Bremser, M. (1999) *Fifty Contemporary Choreographers*, London, Routledge .
Brown, J. M. (1998) *The Vision of Modern Dance*, USA, Princeton Book Company, Publishers
Cheney, G. (1989) *Basic Concepts in Modern Dance*, New York, Dance Horizons Books .
Cohan, R. (1997) *The Dance Workshop*, London, Dance Books Ltd.
Deane, N. (2006) *Acts of Light, Martha Graham in the Twenty-first Century*, Florida, University Press of Florida

12. Learning and Teaching methods

60 Credits: Total Hours 722. There will be 19 contact hours per week over 38 weeks and students will be expected to work independently for a further 5 hours per week. Teaching will mainly be through practical classes in which there will be group discussion. In addition occasional short lectures will be delivered on key aspects of the module, video material will augment these lectures. The learning outcomes are largely based on physical understanding and performance skills along with personal organisation and body maintenance skills. Practical sessions, supported discussion and lectures are the best ways to deliver these outcomes.

13. Assessment methods

Continuous Assessment in class by tutor : **30%**

This will particularly assess the achievements in the generic objectives in collaborative working (1), organisational skills (3), applying knowledge from a range of sources (4), warm up/cool down (5) and ability to pace a class (6). It will also measure the achievement of learning outcomes related to technique most specifically subject specific outcomes 1, 2 and 3 in ballet and 1, 2 and 3 in contemporary dance.

Formal class assessment: **60%**

This will assess the achievement of subject specific learning outcomes 1, 2, 3 and 4 in ballet and 1, 3 and 4 in contemporary dance and outcome 4 in the generic objectives.

Performance assessment (repertoire): **10%**

This will assess the achievement of subject specific learning outcomes 1,3,4,5 and 6 in ballet, and outcomes 1 and 4 in generic objectives.

14. Map of Module Learning Outcomes (sections 8 & 9) to Learning and Teaching Methods (section 12) and methods of Assessment (section 13)

MODULE SPECIFICATION

Module learning outcome		1	2	3	4	5		
Learning/teaching method	Hours allocated							
Class work	19 hours per week	x	x	x	x	x		
One to one/lecture/discussion	3 hours per week	x	x	x	x	x		
Private Practice	5 hours per week	x	x	x	x	x		
Assessment method								
Continuous Assessment 30%		x	x	x				
Formal Assessment 60%		x	x	x	x			
Repertoire Assessment 10%		x		x	x	x		

15. **The Collaborative Partner recognises and has embedded the expectations of current disability equality legislation, and supports students with a declared disability or special educational need in its teaching. Within this module we will make reasonable adjustments wherever necessary, including additional or substitute materials, teaching modes or assessment methods for students who have declared and discussed their learning support needs. Arrangements for students with declared disabilities will be made on an individual basis, in consultation with the Collaborative Partner's disability/dyslexia student support service, and specialist support will be provided where needed.**

16. **Centre where module will be delivered:**

Central School of Ballet

17. **Validated Institution:**

Central School of Ballet

FACULTIES SUPPORT OFFICE USE ONLY

Revision record – all revisions must be recorded in the grid and full details of the change retained in the appropriate committee records.

Date approved	Major/minor revision	Start date of the delivery of revised version	Section revised	Impacts PLOs (Q6&7 cover sheet)

MODULE SPECIFICATION


