

MODULE SPECIFICATION

1. **Title of Module: (RSPG1) Dance Technique for Elite Dance Professionals**
2. **School or partner institution which will be responsible for management of the module**
Rambert School of Ballet and Contemporary Dance
3. **The level of the module (Level 4, Level 5, Level 6 or Level 7)**
Level 7
4. **The number of credits and the ECTS value which the module represents: 20 Credits (10 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**
With the exception of RSPG4 & RSPG 5, all modules are co-requisite
7. **The programmes of study to which the module contributes**
MA Professional Dance Performance
8. **The intended subject specific learning outcomes.**
On successfully completing the module students will be able to:
 - 8.1 Have in-depth knowledge of and execute, at the level appropriate for a major professional dance company, a range of classical ballet and contemporary dance techniques with different stylistic approaches.
 - 8.2 Assimilate the stylistic content and values of individual techniques, and be able to adapt to the differing philosophies that underpin different teaching methods and technical dance styles employing a personal movement style in appropriate fashion.
 - 8.3 Demonstrate a consistent level of professional etiquette in relation to teachers and peers, and to dancers and staff of their host company, Rambert.
 - 8.4 Understand the principles of safe practice from both a physiological and psychological perspective, and the importance of these in sustaining a professional dance career.
9. **The intended generic learning outcomes.**
On successfully completing the module students will be able to:
 - 9.1 Demonstrate a sophisticated understanding of the subtle differences between the various

techniques, traditions and practices taught in professional-level dance technique classes

- 9.2 Develop a positive and constructive critical self-awareness of their dance technical ability and the means to continue to improve it within a professional career
- 9.3 Initiate, self-direct and maintain an independent approach to their practice, whilst adhering to the framework of set dance material
- 9.4 Practice significant autonomy in defining and achieving personal goals
- 9.5 Develop and maintain excellent professional working relationships with their peer group, teachers, and musicians.

10. Synopsis of the curriculum

This module is designed to deliver a stylistic breadth of dance techniques in both contemporary and classical dance within a fully functioning professional company context, with an emphasis on students regularly training on placement, alongside the dancers of Rambert Dance Company wherever possible.

The module will focus on enhancing and refining an already highly developed command of musicality, phrasing, dynamics and individual movement quality within students' technical practice. Throughout the module students will be expected to assimilate and develop the capability to exploit the dance techniques they learn beyond simply performing the given material accurately. Rather they will be expected to evolve their finesse to identify and broaden their personal movement style, and to use this to introduce an artistic interpretation of dance technique required for the choreographic work being undertaken in the MA Rehearsal Creation and Performance (RSPG2) placement module. They will also be expected to conduct informal research into the dance styles they are practicing in the module, in order to understand their artistic and choreographic rationale. They will thus develop a sense of artistic ownership over their class-based work and its interconnection to choreography within performance.

Designed to bridge the gap from student to dance professional, the curriculum will allow space for the students to develop as individuals within technique classes, and will help students understand how to apply their vocational training beyond the acquisition of technical skill by focusing on building a professional career as an artistically creative and versatile dance artist. Students will train regularly alongside the dancers of Rambert Dance Company, giving them a genuine experience of the expectations of an internationally renowned dance company and thus engaging them directly with the professional working processes and practices within the industry during their placement. They will also be expected to keep a reflective journal on their practice, which can contain quotations, images, drawings, and teacher feedback, as well as text.

During the course of this module students will be expected to learn how to work safely beyond their perceived limits of technical ability and endurance, and to develop the strength, stamina and technical excellence required for professional performance practice. Through this they will acquire an understanding of the psychological and physical levels of activity needed to meet the demands of a day as a professional dancer in rehearsal or performance, or both.

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

Bales, M. and Netti-Fiol, R. (2008) *The Body Eclectic: Evolving Practices in Dance Training* Champaign, Ill: University of Illinois Press

Banes, S. (1980) *Terpsichore in Sneakers: Post-modern Dance*. Boston: Houghton Mifflin.

Diel, Ingo & Lampert, Freiderike (2014) *DanceTechniques 2010*. Leipzig: Henschel Verlag,

Franklin, Eric (2003) *Conditioning for Dance: Training for Peak Performance in All Dance Forms* Leeds, UK: Human Kinetics

Greig, Valerie (1994) *Inside Ballet Technique* London: Dance Books

Howse, Justin & McCormack, Moira (2009) *Anatomy, Dance Technique and Injury Prevention* London: Bloomsbury Publishing

Jackson, Paul (2013) *The Last Guru - Robert Cohan's Life in Dance* Alton: Dance Books

Legge, Joshua (2011) *Introduction to Modern Dance Techniques*. New York: Dance Horizons

Vaughn, D. & Harris, M. (2005) *Merce Cunningham: Fifty Years* New York: Aperture

12. Learning and teaching methods

Students will be taught predominantly by independent professional teachers, with prior experience as professional performers at the forefront of dance, and by the MA Programme Director. These teachers will deliver classical and contemporary technique within a variety of styles. This will allow students to experience technical training within a professional context especially while taking class with Rambert Dance Company.

Additionally, students will be required to keep a personal journal for reflection on corrections/feedback and safe practice. Pilates sessions will be given to enhance mindful movement, strength and anatomical awareness.

13. Assessment methods

Continuous assessment 80%

Students will be assessed by their teachers and the MA Programme Director continuously within daily technique classes throughout each term. Written and verbal feedback will be given at the end of each term by the Postgraduate Director.

Class assessment led by an unfamiliar teacher 10%

Students will be assessed within a classical ballet or contemporary class by the MA Programme Director, the Artistic Director of Rambert Dance Company, , the Academic Lead for the MA and an

invited guest from within the professional dance world. The assessment class will be taken by a teacher that has not taught the Postgraduate students before. Verbal feedback will be given to the students by each member of the panel at the end of the class.

Reflective Journal 10%

Minimum 25 double pages A5. Students will be assessed on the extent and quality of their personal reflections on their performance and understanding of the techniques they experience in the module.

14. Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section12) and methods of assessment (section 13)

| Module learning outcome | | 8.1 | 8.2 | 8.3 | 8.4 | | 9.1 | 9.2 | 9.3 | 9.4 | 9.5 | |
|--------------------------|-----------------|-----|-----|-----|-----|--|-----|-----|-----|-----|-----|--|
| Learning/teaching method | Hours allocated | | | | | | | | | | | |
| Class | 150 | x | x | x | x | | x | x | x | | x | |
| Private Study | 20 | | x | | x | | x | x | | x | | |
| Reflection on Practice | 30 | | x | | x | | x | x | | x | | |
| Assessment method | | | | | | | | | | | | |
| Continuous | 80% | x | x | x | x | | x | x | x | x | x | |
| Examination Class | 10% | | x | x | x | | x | | x | | | |
| Reflective Journal | 10% | | x | | x | | x | x | x | x | | |

15. Inclusive module design

The School and Collaborative Partner (Rambert Dance Company) recognises and has embedded the expectations of current equality legislation, by ensuring that the module is as accessible as possible *to all those who meet the entry requirements*. Alternative arrangements for students with Inclusive Learning Plans (ILPs)/declared disabilities will be made on an individual basis, in consultation with the relevant policies and support services.

The inclusive practices in the guidance (see Annex B Appendix A) have been considered in order to support all students in the following areas:

MODULE SPECIFICATION

- a) Accessible resources and curriculum
- b) Learning, teaching and assessment methods

16. Campus(es) or centre(s) where module will be delivered

Rambert School & Rambert Dance Company Studios on London's South Bank.

17. Internationalisation

Teaching methods will include group discussion and student-led seminars to facilitate exchange of ideas, dance forms and practices between International and UK students. The former will be supported in any study issues they might have as and when required.

If the module is part of a programme in a Partner College or Validated Institution, please complete sections 18 and 19. If the module is not part of a programme in a Partner College or Validated Institution these sections can be deleted.

18. Partner College/Validated Institution: Rambert School of Ballet & Contemporary Dance

19. University School responsible for the programme: School of Arts

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) |
|---------------|----------------------|-----------------------------------------------|-----------------|---------------------------------|
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