

Higher National Unit specification

General information for centres

Unit title: Dance: Contact Improvisation

Unit code: F1LP 34

Unit purpose: This Unit is designed to introduce candidates to contact improvisation techniques. It is intended for candidates who have previous experience in contemporary dance techniques.

On completion of the Unit the candidate should be able to:

- 1 Demonstrate the key elements of contact improvisation.
- 2 Use body with interpretive sensitivity and understanding of dance form.
- 3 Create a dance with a partner using contact improvisation.

Credit points and level: 1 HN credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Candidates should have previous experience of contemporary dance techniques. This may be evidenced by possession of:

- ◆ D72P 13 *Dance: Classical*
- ◆ D72R 13 *Dance: Contemporary*
- ◆ D646 12 *Dance: Choreography*

Core Skills: There are opportunities to develop the Core Skills of Working with Others and Problem Solving (Reviewing and Evaluating) at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: This Unit will be assessed by practical assessments carried out in supervised conditions. Evidence may be recorded by observational checklist and/or video.

Higher National Unit specification: statement of standards

Unit title: Dance: Contact Improvisation

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Demonstrate the key elements of contact improvisation

Knowledge and/or Skills

- ◆ Relaxation and focus
- ◆ Floorwork
- ◆ Point of contact
- ◆ Weight sharing
- ◆ Weight bearing
- ◆ Safety
- ◆ Respect and responsibility

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can demonstrate:

- ◆ Levels of relaxation and focus appropriate to the form
- ◆ An understanding of floorwork and use of levels in combination with floorwork
- ◆ An understanding of the point of contact with and without a partner
- ◆ An understanding of weight sharing with a partner
- ◆ The ability to bear weight safely
- ◆ An understanding of safety for self and responsibility for others
- ◆ An empathetic attitude of respect and responsibility for self and others

Candidates will demonstrate the key elements on a minimum of two occasions and with two different partners. Evidence will be generated through assessment in supervised conditions.

Assessment Guidelines

An observational checklist and/or video may be used to record evidence.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Contact Improvisation

Outcome 2

Use body with interpretive sensitivity and understanding of dance form

Knowledge and/or Skills

- ◆ Flow
- ◆ Improvisational response
- ◆ Invention

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can demonstrate:

- ◆ A natural flow of movement in improvisation
- ◆ Improvisational skills in response to stimuli
- ◆ Inventive improvisational skills

Evidence will be generated through assessment in supervised conditions. Candidates, working alone and in pairs, will be assessed through practical activity. The partnering work should be assessed with a minimum of two different partners on more than one occasion.

Assessment Guidelines

An observational checklist and/or video may be used to record evidence.

Candidates could be assessed, by observation checklist, alone and in pairs.

Partnering work could be assessed with a minimum of two different partners on more than one occasion.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Contact Improvisation

Outcome 3

Create a dance with a partner using contact improvisation

Knowledge and/or Skills

- ◆ Contact skills
- ◆ Choreographic vocabulary

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ Demonstrate contact improvisation skills by creating a dance with a partner
- ◆ Resource choreographic material through the tool of contact improvisation

Assessment Guidelines

The evidence may be recorded on an observation checklist throughout the process and practical performance showing that all Evidence Requirements have been met.

Administrative Information

Unit code: F1LP 34
Unit title: Dance: Contact Improvisation
Superclass category: LB
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Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Dance: Contact Improvisation

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is primarily intended for candidates studying contemporary dance at an intermediate/advanced level.

The artistic and creative elements are implicit in all practical aspects.

Candidates should be open to new ideas and experiences and be expected to respond positively to suggestions. Consideration must be given to safety of participants at all times. All sessions should be supervised.

The value of employing solid surfaces or other bodies to create new dynamics and vocabulary informs choreographic invention and creates essential building blocks for individual movement vocabulary.

Guidance on the delivery and assessment of this Unit

This Unit has been developed as part of the HNC/HND in Contemporary Dance.

The Unit should be delivered in a suitable studio environment.

Consideration must be given to personal hygiene by all participants to allow open and honest collaboration.

Trust exercises should form the beginning of all sessions. The element of trust is essential in the development of more complex work. There are many exercises for developing trust between partners; weight sharing should always be included whether working with a new partner or not as a tactile preparation. At all times safety issues must be paramount. The potential for injury should be explored prior to every new move and the danger minimised by the practising of soft falling and rolling into the floor through curves.

Learning and assessment with several partners is essential as each partnership presents different physical obstacles and issues.

Assessment will be by practical activity carried out in supervised conditions.

Opportunities for developing Core Skills

There may be opportunities to develop the Core Skills of Working with Others and Problem Solving (Reviewing and Evaluating) to SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components. Due to the cumulative nature of dance, candidates will continually review and evaluate their performance which may offer opportunities for developing Problem Solving (Reviewing and Evaluating).

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Working with Others may be developed through productive working relationships and collaboration with peers throughout the Unit.

Open learning

The Unit is not suited to delivery by open learning because it requires candidates to be observed and questioned by a qualified practitioner to meet health and safety requirements and professional proficiency requirements.

For further information and advice please refer to the SQA document *Assessment and Quality Assurance for Open and Distance Learning* which is available on SQA's website: **www.sqa.org.uk**.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (**www.sqa.org.uk**).

General information for candidates

Unit title: Dance: Contact Improvisation

This Unit is designed to introduce you to contact improvisation techniques which can be incorporated into dance routines.

Outcome 1 looks at the key elements of contact improvisation:

- ◆ Relaxation and focus
- ◆ Floorwork
- ◆ Point of contact
- ◆ Weight sharing
- ◆ Weight bearing
- ◆ Safety
- ◆ Respect and responsibility

In Outcome 2 you will learn how to use your body with interpretive sensitivity and understanding. In particular you will look at:

- ◆ Flow
- ◆ Improvisational response
- ◆ Invention

In Outcome 3 you will work with a partner to create a dance using contact improvisation. This will involve:

- ◆ Contact skills
- ◆ Choreographic vocabulary

Throughout the Unit you will give consideration to personal hygiene to allow open and honest collaboration with dance partners. Trust exercises will precede all sessions as safety is paramount.

You will be assessed carrying out practical activities in supervised conditions. You will work with different partners during assessment.