

## Higher National Unit specification

### General information for centres

**Unit title:** Dance: Release-based Techniques: Advanced

**Unit code:** F1NJ 35

**Unit purpose:** This Unit is designed to further candidates' experience of release-based techniques, while enhancing and developing generic contemporary dance skills.

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

- 1 Perform advanced release-based exercises.
- 2 Demonstrate contemporary dance skills using advanced release-based techniques.
- 3 Demonstrate release-based qualities.
- 4 Evaluate use of advanced release-based techniques.

**Credit points and level:** 2 HN credits at SCQF level 8: (16 SCQF credit points at SCQF level 8\*)

*\*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:** While entry to this Unit is at the discretion of the centre, it is recommended that candidates have completed Dance: Release-based Techniques: Intermediate (F1NK 34).

**Core Skills:** There may be opportunities to develop the Core Skills of Communication, Problem Solving, and Working with Others 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:** The assessment for Outcomes 1–3 must be met in technique class. It is suggested that assessors take into account the candidates work throughout the Unit. Evidence should be recorded on an observation checklist. Evidence for Outcome 4 could be in the form of a report of between 1,500–2,000 words or a presentation of 10–15 minutes.

## **Higher National Unit specification: statement of standards**

**Unit title:** Dance: Release-based Techniques: Advanced

**Unit code:** F1NJ 35

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**

Perform advanced release-based exercises

#### **Knowledge and/or Skills**

- ◆ Alignment and posture
- ◆ Acknowledgement of gravity
- ◆ Axial skeleton
- ◆ Appendicular skeleton
- ◆ Shift of weight and balance
- ◆ Quality of movement
- ◆ Integration of skills

#### **Evidence Requirements**

Candidates must be assessed for all skills by providing evidence that they can:

- ◆ maintain alignment and posture through ease of movement
- ◆ embody gravity within movement
- ◆ use the axial skeleton (pelvis, spine) appropriately to release-based principles of movement
- ◆ use the appendicular spine (limbs) appropriately to release-based principles of movement
- ◆ show shifts of weight and balance with ease and fluidity
- ◆ demonstrate appropriate qualities of movement for each exercise
- ◆ show appropriate quality of movement including musicality and rhythmic pattern
- ◆ integrate all of the knowledge/skills, within the intentions of the given tasks/exercises

The assessment for this Outcome should be met in a technique class.

#### **Assessment Guidelines**

It is suggested that assessors take the candidate's work throughout the Unit into account. Evidence could be recorded through an observation checklist.

## **Higher National Unit specification: statement of standards**

**Unit title:** Dance: Release-based Techniques: Advanced

### **Outcome 2**

Demonstrate contemporary dance skills using advanced release-based techniques

#### **Knowledge and/or Skills**

- ◆ Visualisation
- ◆ Connection to stimuli
- ◆ Released movement
- ◆ Contact/Partner work
- ◆ Improvisation

#### **Evidence Requirements**

Candidates must be assessed for all skills by providing evidence that they can:

- ◆ be actively engaged within class, showing through movement a clear reflection of the given imagery
- ◆ show a connection to given stimuli, through movement tasks
- ◆ show released-based movement that integrates strength, alignment, articulation and ease of movement
- ◆ be alert and attentive when working with a partner and show sensitivity and involvement to given tasks, at this level candidates must be able to improvise through contact with their partner, where this is appropriate
- ◆ demonstrate the ability to improvise freely and creatively from fundamental principles of motion and anatomical imagery, to create easeful yet dynamic dancing

The assessment for this Outcome must be met in a technique class.

#### **Assessment Guidelines**

It is suggested that assessors take the candidate's work throughout the Unit into account. Evidence could be recorded through an observation checklist.

### **Outcome 3**

Demonstrate release-based qualities

#### **Knowledge and/or Skills**

- ◆ Philosophy of technique
- ◆ Technical intentions of technique
- ◆ Performance qualities
- ◆ Sense of self

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Dance: Release-based Techniques: Advanced

### **Evidence Requirements**

Candidates must be assessed for all skills by providing evidence that they can:

- ◆ make their performance sensitive to the philosophy of the technique. This must include use of focus, breath, dynamics and movement quality
- ◆ incorporate appropriate technical skills
- ◆ use the principles of release-based techniques in a performance context

The assessment for the Outcome should be met in technique class.

### **Assessment Guidelines**

It is suggested that assessors take the candidate's work throughout the Unit into account. Evidence could be recorded through an observation checklist.

## **Outcome 4**

Evaluate use of advanced release-based techniques

### **Knowledge and/or Skills**

- ◆ Research skills
- ◆ Evaluation skills
- ◆ Trends in technical training
- ◆ Choreographic works

### **Evidence Requirements**

Candidates should provide evidence that they can:

- ◆ research the use of all release-based techniques within the contemporary dance profession
- ◆ evaluate the research, showing the use of the technique and its effect on trends in the technical training of dancers and the development of choreographic works
- ◆ provide their own conclusions and opinions in response to the findings of their evaluation

### **Assessment Guidelines**

The assessment for this Outcome could take the form of a report of 1,500–2,000 words, or a presentation of 10–15 minutes.

## Administrative Information

**Unit code:** F1NJ 35

**Unit title:** Dance: Release-based Techniques: Advanced

**Superclass category:** LB

**Original date of publication:** June 2007

**Version:** 01

### History of changes:

Version	Description of change	Date

**Source:** SQA

© Scottish Qualifications Authority 2007

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

SQA acknowledges the valuable contribution that Scotland's colleges have made to the development of Higher National qualifications.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Customer Contact Centre for further details, telephone 0845 279 1000.

## **Higher National Unit specification: support notes**

### **Unit title: Dance: Release-based Techniques: Advanced**

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 80 hours.

### **Guidance on the content and context for this Unit**

These skills are specific but not exclusive to release-based techniques. At this level candidates should show an ability to transfer skills from previous learning/other Units. They should also be sensitive to the specific form of release-based techniques being taught and move in an appropriate manner.

Release-based techniques teach candidates to discover the anatomically correct pathways of motion of the limbs in relation to the pelvis and spine. This leads to an increase in both ease and range of movement. Principles of release-based techniques should be embodied in large range dynamic movement as well as smaller, softer movement. The techniques demonstrate a way of dancing that is fluid, continuous, free, anatomically natural, articulate, dynamic, centred and powerful.

This Unit has been written in order to allow candidates to develop knowledge, understanding and skills in the following areas:

- ◆ perform advanced release-based exercises
- ◆ demonstrate contemporary dance skills using advanced release-based techniques
- ◆ demonstrate release-based qualities
- ◆ evaluate professional use

As dance technique is cumulative in nature, this Unit should provide candidates with regular opportunities to develop their technical dance skills. Lecturers should assist the candidate in their learning by providing sufficient opportunity for formative assessment throughout the Unit.

This could include:

- ◆ lecturer feed-back
- ◆ working with a peer
- ◆ time for self analysis

Consistent application and retention of corrections should be insisted upon.

As in the majority of dance subjects, candidates are expected to perform with an individual 'sense of self' enhanced by an intelligent use of musicality, rhythmic dynamics and sensitivity to creative intent. They should be encouraged to develop previously learnt dance skills in conjunction with new release-based skills, and this may require reaffirming feed-back from lecturers.

## **Higher National Unit specification: support notes**

**Unit title:** Dance: Release-based Techniques: Advanced

### **Guidance on the delivery and assessment of this Unit**

For assessment purposes the candidates could be assessed in a single technique class given at the end of the Unit, or continually assessed through a checklist system. It may be helpful to provide formative assessment through a checklist, with the final summative assessment being given as the last class of the Unit. Outcome 4 could take the form of a paper and candidates should be given a paper title that enables them to fulfil the requirements of the Knowledge and/or Skills. Similarly evidence for Outcome 4 could be generated through a presentation and candidates should be given guidelines to ensure they cover all Knowledge and/ Skills.

#### ***Opportunities for developing Core Skills***

There may be opportunities to develop the Core Skills of Communication, Problem Solving, and Working with Others at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Problem solving skills may be developed as candidates attempt to integrate release-based qualities and the related philosophy of movement, with generic contemporary dance skills. In addition, the cumulative nature of dance requires continual critical thinking and self-evaluation in order to improve performance and refine skills. The Unit as a whole offers candidates significant opportunities to carry out self-review and self-evaluation to ensure their performance meets the required standard and incorporates the desired qualities.

Outcome 4 offers opportunities to develop Communication and to further develop Problem Solving Core Skills, where candidates are involved in researching, discussing and evaluating the use of released-based techniques. Having critically examined the use of these techniques, candidates will then present their conclusions via a structured report or presentation.

The contact/partner work element of Outcome 2 offers significant opportunities to develop the Core Skill of Working with Others.

#### **Open learning**

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

#### **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](http://www.sqa.org.uk)).

## General information for candidates

### Unit title: Dance: Release-based Techniques: Advanced

This Unit has been designed to further develop your performance and understanding of contemporary dance technique. You will be required to show a strong understanding of release-based techniques and use them in conjunction with generic technical skills. This will include:

- ◆ Alignment and posture
- ◆ Acknowledgement of gravity
- ◆ Appropriate use torso and limbs
- ◆ Shift of weight and balance
- ◆ Quality of movement
- ◆ Musicality and rhythmic pattern
- ◆ Performance awareness
- ◆ Visualisation and connection with stimuli
- ◆ Released movement with sense of length and alignment
- ◆ Contact/Partner work
- ◆ Improvisation in appropriate style

You will also be assessed on your ability to perform within the style of release-based work, which will include:

- ◆ Focus
- ◆ Breath
- ◆ Dynamics
- ◆ Variations in quality

Part of the assessment will also require you to evaluate the use of the technique within the dance profession.

You will be required to have completed all of the necessary assessments by the end of the delivery of the Unit.

Over the course of the Unit, there may be opportunities for you to develop important and useful Core Skills in Communication, Problem Solving, and Working with Others.