

## Higher National Unit specification

### General information for centres

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

**Unit code:** F1NK 34

**Unit purpose:** This Unit is designed to enable candidates, with prior experience of contemporary dance, to study release-based techniques. The Unit allows candidates to develop specific skills in release-based techniques while enhancing and developing generic contemporary dance skills.

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

- 1 Perform release-based exercises.
- 2 Enhance contemporary dance skills through release-based techniques.
- 3 Demonstrate release-based qualities.

**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:** While entry to this Unit is at the discretion of the centre, it is recommended that candidates have completed the HN Unit:

F1LS 34 *Dance: Contemporary Dance Techniques*  
or equivalent.

**Core Skills:** There are opportunities to develop the Core Skills of Problem Solving (Reviewing and Evaluating) and Working with Others to 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 undertaken in supervised conditions. The assessment for all Outcomes could be integrated and be met in technique class. It is recommended that assessors take into account the candidate's work throughout the Unit. Evidence should be recorded through an observation checklist and/or video.

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

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

**Unit code: F1NK 34**

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 release-based exercises

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

- ◆ Visualisation
- ◆ Connection to stimuli
- ◆ Released movement
- ◆ Partner work
- ◆ Improvisation
- ◆ Commitment and focus

#### **Evidence Requirements**

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

- ◆ be actively engaged within class showing movement that reflects the given stimuli
- ◆ 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 to and involvement in given tasks
- ◆ demonstrate the ability to improvise freely and creatively from fundamental principles of motion and anatomical imagery to create relaxed yet dynamic dancing
- ◆ show commitment and focus as vital elements to physical achievement and learning

Evidence should be generated through studio-based assessment, undertaken in supervised conditions, and be recorded.

#### **Assessment Guidelines**

The assessment for all Outcomes could be integrated and be met in a technique class. It is suggested that assessors take into account the candidate's work throughout the Unit. Evidence could be recorded by means of an assessment checklist and/or video.

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

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

### **Outcome 2**

Enhance contemporary dance skills through release-based techniques

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

- ◆ Alignment and posture
- ◆ Gravity
- ◆ Axial skeleton
- ◆ Appendicular skeleton
- ◆ Integration of techniques

#### **Evidence Requirements**

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

- ◆ maintain alignment and posture through ease of movement
- ◆ embody gravity within movement
- ◆ use the axial skeleton (pelvis, spine) and appendicular spine (limbs) appropriately to release-based principles of movement
- ◆ integrate shift of weight and balance, quality of movement, musicality and rhythmic pattern with the Evidence Requirements above

Evidence should be generated through studio-based assessment, undertaken in supervised conditions, and be recorded.

#### **Assessment Guidelines**

The assessment for all Outcomes could be integrated and be met in technique class. It is suggested that assessors take into account the candidate's work throughout the Unit. Evidence could be recorded by means of an assessment checklist and/or video.

### **Outcome 3**

Demonstrate release-based qualities

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

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

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

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

### **Evidence Requirements**

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

- ◆ understand the philosophy behind release-based techniques through their performance
- ◆ understand the technical intentions of the technique by including: use of focus, breath, dynamics and movement quality
- ◆ can employ performance skills while using release-based techniques

Evidence should be generated through studio-based assessment, undertaken in supervised conditions, and be recorded.

### **Assessment Guidelines**

The assessment for all Outcomes could be integrated and be met in technique class. It is suggested that assessors take into account the candidates work throughout the Unit. Evidence should be recorded by means of an assessment checklist and/or video.

## Administrative Information

**Unit code:** F1NK 34

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

**Superclass category:** LB

**Original date of publication:** June 2007

**Version:** 01

### History of changes:

Version	Description of change	Date

**Source:** SQA

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

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

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 has been written to enable candidates to develop knowledge, understanding and skills in the following areas:

- ◆ intermediate release-based exercises
- ◆ enhancement of contemporary dance skills through release-based techniques
- ◆ release-based qualities

The teaching of release-based techniques will allow candidates to discover the anatomically correct pathways of motion of the limbs in relation to the pelvis and spine which 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.

As dance technique is accumulative in nature, this Unit should provide candidates with regular opportunities to develop their technical dance skills through release-based techniques. Lecturers should assist candidates in their learning by providing sufficient opportunity for formative assessment throughout the Unit. This could include:

- ◆ lecturer feedback
- ◆ working with a peer
- ◆ time for self-analysis

Consistent application and retention of corrections should be insisted upon.

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

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

Throughout the delivery of the Unit, candidates should be encouraged to develop previously learnt dance skills in conjunction with new release-based skills. This may require reaffirming feedback from lecturers.

Practise of release-based technique can often result in a dancer's focus being inward — candidates must demonstrate that they can use the principles of release-based techniques in a performance manner.

The assessment for all Outcomes should be met in technique class. It is suggested that assessors take into account the candidate's work throughout the Unit. Evidence should be recorded through an observational checklist and/or video.

## **Higher National Unit specification: support notes (cont)**

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

This Unit should be presented in a studio setting with sprung flooring and adequate heat. The candidates' learning should be through practise and formative assessment.

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

There may be opportunities to develop the Core Skills of Problem Solving (Reviewing and Evaluating) and Working with Others to 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 the integration of release-based qualities and the related philosophy of movement with generic contemporary dance skills, and with the cumulative nature of dance, continually seek to improve their performance. Outcome 3 in particular offers candidates significant opportunities to carry out self-review and self-evaluation to ensure their performance reflects the desired qualities. The contact/partner work element of Outcome 1 offers 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.

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

## General information for candidates

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

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

In Outcomes 1 and 2 you will cover:

- ◆ Alignment and posture
- ◆ Gravity
- ◆ Appropriate use of 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 centre, length and alignment
- ◆ Partner work
- ◆ Improvisation in appropriate style
- ◆ Commitment and focus

In Outcome 3 you will be assessed on your ability to incorporate release-based qualities into your performance of release-based work. This will include:

- ◆ understanding of the philosophy behind release-based techniques
- ◆ the technical intentions of the technique: focus, breath, dynamics and variations in quality

Assessment will be carried out within your technique class under supervision.