

Higher National Unit specification

General information for centres

Unit title: Dance: Graham-based Techniques: Advanced

Unit code: F1R5 35

Unit purpose: This Unit is designed to extend the candidate's experience of Graham-based techniques. It will enable candidates to enhance technical dance skills in contemporary dance through specific study of techniques related to the work of Martha Graham.

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

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

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 successfully completed the HN Unit:

F1R6 34 *Dance: Graham-based Techniques: Intermediate*
or equivalent.

Core Skills: There are 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.

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 should be met in a technique class. It is recommended that assessors take into account the candidate's work throughout the Unit. Evidence may be recorded through an observation checklist and/or video.

Higher National Unit specification: statement of standards

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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

Perform advanced Graham-based exercises

Knowledge and/or Skills

- ◆ Contraction, release and high release
- ◆ Movement from centre
- ◆ Spiral
- ◆ Falls
- ◆ Extended adage
- ◆ Accumulation

Evidence Requirements

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

- ◆ demonstrate the key movements of the body central to Graham-based techniques, namely contraction, release, high release and spiral and be able to integrate the key movements of the body into all sections of the class, including centre, floor work, travelling, and different sized jumps (small, medium and large)
- ◆ perform long sequences (16 bars of 4/4 or equivalent in other time signatures) which combine sections of class, including phrases of movement that combine floor work and travelling work
- ◆ display awareness of co-ordination and sequencing, ensuring that they can use all of the knowledge and skills items above in combination with other dance elements
- ◆ demonstrate Kundalini falls from sitting
- ◆ demonstrate a full range of movement, using both flexibility and strength, during adage sequences, maintaining the leg above 90 degrees. Sequences must allow time to articulate the working leg in several directions before transference of weight, while increasing the range and shift of movement in the torso. Candidates must be able to complete fondu and développé movements in the four en croix directions before placing the foot on the ground.
- ◆ show accumulation of movement through retention and implementation of movement principles in every sequence and be able to integrate all movement principles within a set choreographed phrase of 32 bars of 4/4 or equivalent

Higher National Unit specification: statement of standards

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Individual exercises should be combined in more substantial movement sequences. Sequences of movement will be complex in nature, utilising changes of direction, shifts of weight, non-symmetrical patterning, and extended length. Sequence lengths must be at least sixteen bars of 4/4 or equivalent in other time signatures, unless otherwise stated.

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

Assessment Guidelines

The assessment for all Outcomes could be met in a single technique class or continually assessed throughout the Unit. Evidence could be recorded through an observation checklist and/or video.

Outcome 2

Enhance contemporary dance skills through Graham-based techniques

Knowledge and/or Skills

- ◆ Alignment and posture
- ◆ Gravity
- ◆ Articulation of feet and legs, including maintenance of turnout
- ◆ Movement of arms from back
- ◆ Transference of weight and balance
- ◆ Strength and flexibility

Evidence Requirements

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

- ◆ utilise alignment and posture during all exercises
- ◆ demonstrate their understanding of gravity's role within each task, through correct application of muscular energy
- ◆ articulate feet and legs consistently, including maintenance of turnout
- ◆ support all arm movements from the back
- ◆ show use of transfer of weight and balance, with full support through the body, (including lift off hip, strong use of turnout and extension of leg)
- ◆ show good range of movement and control through all elements of the class. Candidates must show well lifted and placed legs through all adage achieving at least 90 degrees in all directions. This must be demonstrated while showing positions of the torso, in complex sequences that integrate different technical elements, including sustained en l'air leg movement without transference of weight, travelling and shifts of direction, and rhythmical patterns.

Candidates must be able to integrate all of the above with specific elements of Graham-based techniques including breath work, strength and technique building, and dynamic explorations through imagery.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Graham-based Techniques: Advanced

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

Assessment Guidelines

The assessment for all Outcomes could be met in a single technique class or continually assessed throughout the Unit. Evidence could be recorded through an observation checklist and/or video.

Outcome 3

Demonstrate advanced Graham-based qualities

Knowledge and/or Skills

- ◆ Philosophy of movement
- ◆ Dynamics
- ◆ Movement sensation
- ◆ Integration
- ◆ ‘Sense of self’

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that, through performance and class participation, they:

- ◆ understand the philosophy behind Martha Graham’s technique including the appropriate use of focus, breath, dynamics, inner tension, movement sensation and integration of these qualities. Sequences for this level should provide challenging opportunities for performance, including a complex use of dynamics
- ◆ can perform with an individual “sense of self” enhanced by use of rhythmic dynamics and sensitivity to creative intent

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

Assessment Guidelines

The assessment for all Outcomes could be met in a single technique class or continually assessed throughout the Unit. Evidence could be recorded through an observation checklist and/or video. It is recommended that candidates are instructed to carefully observe demonstrations and process descriptive language used by lecturers to better facilitate understanding.

Administrative Information

Unit code: F1R5 35

Unit title: Dance: Graham-based Techniques: Advanced

Superclass category: LB

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History of changes:

Version	Description of change	Date

Source: SQA

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Higher National Unit specification: support notes

Unit title: Dance: Graham-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

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

- ◆ Advanced Graham-based exercises
- ◆ Enhancement of contemporary dance skills through Graham-based techniques
- ◆ Advanced Graham-based qualities including breath work, strength and technique building, and dynamic explorations through imagery. To encourage candidates to see dance as a language — a vocabulary to communicate by physical means the issues and emotions of our time.

As dance technique is cumulative in nature, this Unit should provide candidates with regular opportunities to develop their technical dance skills. It is recommended that lecturers assist the 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/HND in Contemporary Dance Performance.

When candidates extend their knowledge of the Graham-based material they may find it hard to combine the complex movements of the body with fundamental skills, such as postural alignment, therefore it is essential to reaffirm fundamental skills and provide formative assessment.

Candidates could be assessed in a single technique class given at the end of the Unit, or continually assessed throughout the Unit. It may be helpful to provide formative assessment an observation checklist and/or video, with the final summative assessment being given at the end of the Unit. It is recommended that candidates are instructed to carefully observe demonstrations and process descriptive language used by lecturers to better facilitate understanding.

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

Higher National Unit specification: support notes (cont)

Unit title: Dance: Graham-based Techniques: Advanced

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 Graham-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.

As suggested in the section above, lecturers may wish to assist candidates in their learning by providing regular opportunities for formative assessment throughout the Unit, possibly including working with peers. This may provide opportunities to develop Core Skills in Working with Others and Problem Solving (Reviewing and Evaluating) to SCQF level 5.

Open learning

This 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: Graham-based Techniques: Advanced

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

Outcomes 1 and 2 cover:

- ◆ Alignment and posture
- ◆ Gravity
- ◆ Articulation of feet and legs, including maintenance of turnout
- ◆ Movement of arms from back
- ◆ Transference of weight and balance
- ◆ Strength and flexibility
- ◆ Performance of contraction, release and high release
- ◆ Initiating movement from centre
- ◆ Spiral
- ◆ Falls
- ◆ Extended adage
- ◆ Accumulation

In Outcome 3, you will be required to demonstrate your understanding of the philosophies behind the technique through your performance and class participation. This will include:

- ◆ Focus
- ◆ Breath
- ◆ Dynamics
- ◆ Inner tension
- ◆ Movement sensation
- ◆ Variations in quality

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