Higher National Unit specification

General information for centres

Unit title: Dance: Cunningham-based Techniques: Intermediate

Unit code: F1NP 34

Unit purpose: This Unit is designed to introduce candidates, with prior experience of contemporary dance, to Cunningham-based techniques. Candidates will enhance and develop their generic contemporary dance skills by using them in conjunction with specific Cunningham-based skills.

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

1 Perform Cunningham-based exercises.
2 Enhance contemporary dance skills through Cunningham-based techniques.
3 Demonstrate Cunningham-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 possess the NQ Unit D72R 13 *Dance: Contemporary* 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 should be met in technique class and could be assessed as a single assessment.

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: Cunningham-based Techniques: Intermediate

Unit code: F1NP 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 Cunningham-based exercises

Knowledge and/or Skills

- Positions of the torso: vertical, curve, arch, twist and tilt
- Co-ordination and sequencing
- Rhythmic patterns
- Extended adage
- Extended allegro

Evidence Requirements

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

- Show the positions of the torso: vertical, curve, arch, twist and tilt
- Display co-ordination and awareness of sequencing, and be able to visually lay bare the rhythmic patterns of each sequence
- Perform adage and allegro sequences complex in design, through use of directions, different steps and extended length to provide intensity of concentration ie a minimum of eight bars of 4/4 or equivalent in other time signatures

These skills are specific but not exclusive to Cunningham-based techniques. Due to the complexity of Cunningham-based techniques, it is essential that candidates can integrate each of the knowledge/skills. Use of the torso must be included in the different elements of the class (centre practice, travelling and jumping). Similarly, sequences must be complex in nature by utilising change in direction, shifts of weight, non-symmetrical patterning, and should be of an extended length (as detailed above).

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

Assessment Guidelines

The assessment for all Outcomes should be met in a technique class. It is suggested that assessors take into account the candidate's work throughout the Unit. Evidence should be recorded through an observation checklist and/or video. This assessment could be integrated with Outcomes 2 and 3.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Cunningham-based Techniques: Intermediate

Outcome 2

Enhance contemporary dance skills through Cunningham-based techniques

Knowledge and/or Skills

- Alignment and posture
- Gravity
- Articulation of feet and legs
- Movement of arms from the back
- Transference of weight and balance

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 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 turn-out and extension of leg

Candidates must be able to integrate all of the above with Cunningham-based techniques.

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

Assessment Guidelines

The assessment for all Outcomes should be met in a technique class. It is suggested that assessors take into account the candidate's work throughout the Unit. Evidence should be recorded through an observation checklist and/or video. This assessment could be integrated with Outcomes 1 and 3.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Cunningham-based Techniques: Intermediate

Outcome 3

Demonstrate Cunningham-based qualities

Knowledge and/or Skills

- Philosophy of technique
- Movement sensation

Evidence Requirements

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

- understand the philosophy behind Merce Cunningham's technique, including the appropriate use of movement sensation, ie focus, breath, dynamics, inner tension, and the integration of these qualities during sequences

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

Assessment Guidelines

For assessment purposes it is suggested that assessors take into account the candidate's work throughout the Unit, with evidence recorded through an observation checklist and/or video.

Candidates will be expected to carefully observe demonstrations and process descriptive language used by lecturers to facilitate understanding. This assessment could be integrated with Outcomes 1 and 2.

Administrative Information

Unit code: F1NP 34

Unit title: Dance: Cunningham-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: Cunningham-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 Cunningham-based exercises
- Enhancement of contemporary dance skills through Cunningham-based techniques
- Cunningham-based qualities

As dance technique is accumulative in nature, this Unit should provide candidates with regular opportunities to develop their technical dance skills. 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.

When candidates begin to learn the Cunningham-based material they may find it hard to combine the complex movements of the body with fundamental skills, such as pelvic alignment, therefore it is essential to reaffirm fundamental skills and provide formative assessment.

Assessment for all Outcomes should be met in a technique class and could be assessed as a single assessment.

For assessment purposes it is suggested that assessors take into account the candidate's work throughout the Unit, with evidence recorded through an observation checklist and/or video.

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.

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.

Higher National Unit specification: support notes (cont)

Unit title: Dance: Cunningham-based Techniques: Intermediate

Problem solving skills may be developed as candidates enhance their contemporary dance skills by integrating them with Cunningham-based techniques.

Throughout the Unit the candidates may be working with their peers providing opportunities to develop the Core Skill of working with others.

Higher National Unit specification: support notes (cont)

Unit title: Dance: Cunningham-based Techniques: Intermediate

Problem Solving skills may be developed as candidates attempt the integration of Cunningham-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 the candidate 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 to 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: Cunningham-based Techniques: Intermediate

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

In Outcomes 1 and 2 you will cover:

- Alignment and posture
- Gravity
- Articulation of feet and legs, including maintenance of turnout
- Arms supported from the back
- Transfer of weight and balance
- Clarity using the positions of the body: vertical, curve, arch, twist and tilt
- Co-ordination and awareness of sequencing
- Rhythmic patterning of each sequence
- Performance of extended adage sequences
- Execution of extended allegro combinations

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

- Focus
- Breath
- Dynamics
- Inner tension
- Movement sensation
- Variations in qualities

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