

Higher National Unit Specification

General information for centres

Unit title: Integrated Dance Techniques

Unit code: F1V9 35

Unit purpose: This Unit is designed to develop performance skills in the integration of classical ballet and contemporary dance techniques. This Unit provides a capstone for the use of knowledge gathered from other dance technique Units. On completion of the Unit, the Candidate should be able to:

- 1 Explore sequences that integrate ballet and contemporary technique
- 2 Demonstrate advanced classical and contemporary skills through integrated exercises
- 3 Demonstrate performance 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: Access to this Unit is at the discretion of the centre and the following recommendations are for guidance only. Candidates should have substantial previous experience of classical and contemporary dance techniques. It would also be advantageous for candidates to possess or be in the process of completing the following Units:

F1LM 35	<i>Dance: Classical Ballet Techniques: Advanced</i>
F1NR 35	<i>Dance: Cunningham-based Techniques: Advanced</i>
F1R5 35	<i>Dance: Graham-based Techniques: Advanced</i>

Core Skills: There are opportunities to develop the Core Skills of Working with Others at SCQF level 5 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: This Unit was developed for the HNC/HND in Contemporary Dance Performance. It is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: Evidence for all assessments will be integrated. Candidates' progress should be assessed continually during technique classes with ongoing formative assessment. Candidates are expected to meet all of the Evidence Requirements by the end of the Unit delivery. Evidence may be recorded by observational checklist and/or video.

Higher National Unit specification: statement of standards

Unit title: Integrated Dance Techniques

Unit code: F1V9 35

Outcome 1

Explore sequences that integrate ballet and contemporary technique

Knowledge and/or Skills

- ◆ Pelvic alignment and back
- ◆ Transitions
- ◆ Swing, weight, and placement
- ◆ Verticality and off balance
- ◆ Shift and use of space
- ◆ Integration

Evidence Requirements

Evidence must be generated through technique class that combines the formal and placed elements of classical ballet, including class structure, with elements of contemporary technique. Candidates must be able to:

- ◆ Maintain pelvic alignment while using the back through duration of exercises. Particular emphasis should be placed on using the positions of the body — vertical, curve, arch, tilt, and twist, during different classical exercises, including but not limited to; demi and grand pliés, fondu, forward and reverse développé, fouetté, rotation, penché, allongé, grand round de jambe, grand battement, and battement en cloche
- ◆ Show activation of contemporary technique when moving between steps, to show clarity of technique during all transitions throughout class
- ◆ Show swing by using suspension and fall with weight, within exercises that also demand advanced classical placement.
- ◆ Use verticality and shift into off balance with ease and demonstrate clarity in extended phrases of 32 counts
- ◆ Combine the power and use of space often associated with contemporary techniques with the pose and effortless qualities of classical dance at an advanced level, in extended sequences of 48 counts

All knowledge and skills must be assessed within all the traditional areas of a ballet class. Sequences/exercises must provide candidates with opportunities to fully combine movement characteristics from each genre. This must include variations of the steps used, rhythmic patterns, changes in direction and level, extended sequences of centre practice, adage, travelling, batterie, jumps for ballon, and jumps for elevation. For this level candidates must be expected to show an ability to perform most vocabulary from the professional classical repertoire, with the exception of advanced professional batterie, grand allegro, and multiple turns. The techniques to be integrated with classical ballet are advanced Graham, and advanced Cunningham techniques.

Higher National Unit specification: statement of standards (cont)

Unit title: Integrated Dance Techniques

Assessment Guidelines

Candidate's progress should be assessed continually during technique class with on-going formative assessment. Candidates are expected to meet all of the Evidence Requirements by the end of the Unit delivery. Candidates are expected to carefully observe demonstrations, and process descriptive language used by lecturers to facilitate understanding. Evidence may be recorded by observational checklist and/or video.

Outcome 2

Demonstrate advanced classical and contemporary skills through integrated exercises

Knowledge and/or Skills

- ◆ Posture, alignment and control
- ◆ Concentration, focus
- ◆ Gravity
- ◆ Articulation of feet and legs
- ◆ Movement of arms from the back
- ◆ Strength, stamina and flexibility
- ◆ Rhythm

Evidence Requirements

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

- ◆ Demonstrate control and placement through correct use of posture, turnout, rotation and precise articulation of the body, demonstrating an understanding of 'line', the use of shape and the correct alignment of the body
- ◆ Maintain concentration, focus, and a manner appropriate to the art form
- ◆ Demonstrate understanding of gravity's role within each task, through correct application of muscular energy and distribution of weight
- ◆ Articulate feet and legs, including the use and maintenance of turnout in extended sequences of petit and grand allegro in sequences of 32 counts
- ◆ Show the arms placed and supported from the back throughout all exercises, with emphasis on those that use movement of the torso
- ◆ Demonstrate through the direction of exercises maximum flexibility and stable use of strength and stamina, including maintenance of legs above 90 degrees during adage sequences lasting 32 counts
- ◆ Demonstrate rhythm through articulation of the body and understanding of accent by precisely being on the beat of the music

Higher National Unit specification: statement of standards (cont)

Unit title: Integrated Dance Techniques

Assessment Guidelines

Candidate's progress should be assessed continually during technique class with on-going formative assessment. Candidates are expected to meet all of the Evidence Requirements by the end of the Unit delivery. Candidates are expected to carefully observe demonstrations, and process descriptive language used by lecturers to facilitate understanding. Evidence may be recorded by observational checklist and/or video.

Outcome 3

Demonstrate performance qualities

Knowledge and/or Skills

- ◆ Emotive and dynamic qualities
- ◆ Inner dynamic tension and movement sensation
- ◆ Integrated contrasts and shifts
- ◆ Projection of personality
- ◆ Performance projection

Evidence Requirements

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

- ◆ Demonstrate the following dynamic and emotive qualities of the movements, lyrical, staccato, bravura
- ◆ Show the inner landscape of the sequence through dynamics, highlight and lowlights, inner muscular tension, and movement sensation throughout extended sequences
- ◆ Show contrasts and shifts in the use of different qualities within sequences. There should be a minimum of three shifts in extended sequences
- ◆ Give a personal interpretation of three sequences demonstrating projection of personality
- ◆ Project emotion ideas to an audience through practice of performance projection

Sequences for this level must provide challenging opportunity for performance, by using the whole range of dynamics, level and directions possible in this genre.

Assessment Guidelines

Candidate's progress should be assessed continually during technique class with on-going formative assessment. Candidates are expected to meet all of the Evidence Requirements by the end of the Unit delivery. Candidates are expected to carefully observe demonstrations, and process descriptive language used by lecturers to facilitate understanding.

Evidence may be recorded by observational checklist and/or video.

The performance qualities of projecting emotion, personality and character to an audience are inherent throughout this Outcome. It is suggested that this level of attainment should not be finally assessed until the end of the Unit.

Administrative Information

Unit code: F1V9 35
Unit title: Integrated Dance Techniques
Superclass category: LB
Original date of publication: May 2007
Version: 01

History of Changes:

Version	Description of change	Date

Source: SQA

© Scottish Qualifications Authority 2006, 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: Integrated Dance Techniques

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 is designed to develop performance skills in the integration of classical and contemporary dance techniques Units.

On completion of the Unit, the Candidate should be able to:

- ◆ Perform integrated sequences
- ◆ Enhance classical and contemporary skills through integrated exercises
- ◆ Demonstrate performance qualities

This Unit should be seen as an intensely advanced technical Unit, which combines knowledge from advanced technique Units in both classical and contemporary genres. It is designed for candidates preparing to enter the dance performance profession. Expectations for success in this Unit are therefore exceptionally high. Candidates are required to transfer and combine movement ideas and principles, while moving beyond the boundaries of previous abilities.

The range of classical technique required at this level would need to include the following programme which should be delivered in the traditional order.

Barre: demi plié, grand plié, port de bras, demi pointe work, tendu, glissé, petite battement, frappé, rond de jambe a terre and en l'air, fondu, grand battement, battement en cloche, adage, stretch, soutenu, relevé.

Centre: port de bras, adage, temps lié.

Candidates must have a clear understanding of the terms: de côté, devant, derrière, en dedans, en dehors, croisé, ouverte, en face, en avant, en arrière, en croix and a working knowledge of French terminology at this level.

Petit Allegro: glissade, pas de bourée, coupé, chassé, posé, tombé, pas de chat, petite jeté, temps levé, ballonné, ballotté, sissonne, soubresaut, assemblé, temps de cuisse, chassé, contretemps, pas de basque.

Pirouette: en dehor, en dedans, arabesque, attitude, fouetté

Batterie: changement, entrechat, brisé, cabriole

Grand Allegro: echappé, jeté, grand jeté en tournant, coupé jeté, en tournant, assemblé, sissone double, saut de basque, grande fouetté, fouetté sauté

Révérence

Warm down

Knowledge of contemporary dance and dance philosophy should include; Graham and Cunningham-based techniques.

Higher National Unit specification: support notes

Unit title: Integrated Dance Techniques

Guidance on the delivery and assessment of this Unit

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

It is recommended that lecturers have skills in the teaching of both classical and contemporary techniques, and a good understanding of philosophical and performance requirements. Given the complexity of combining techniques at such an advanced level this Unit should be delivered toward the end of the award to which it belongs and be preceded by intense advanced technique Units.

The performance qualities of projecting emotion, personality and character to an audience are inherent throughout Outcome 3. It is suggested that this level of attainment should not be finally assessed until the end of the Unit.

Opportunities for developing Core Skills

There may opportunities to develop the Core Skills of Working with Others to SCQF level 5 and the Core Skills of 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. Problem Solving Skills may be developed as candidates attempt the complex integration of ballet and contemporary techniques. The cumulative nature of dance in continually seeking to improve performance demands that the candidate constantly self reviews and evaluates their own work.

Open learning

This Unit is not suited to 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.

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. For information on these, please refer to the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on SQA's website: www.sqa.org.uk.

General information for candidates

Unit title: Integrated Dance Techniques

This Unit is designed to develop your performance skills through the integration of classical and contemporary dance techniques. This Unit provides a capstone for the use of knowledge gathered from other dance technique Units.

Technique class will combine the formal and precise elements of classical ballet, including class structure, with elements of contemporary technique. You should be able to show correct pelvic alignment while using the back. Particular emphasis will be placed on using the positions of the body — vertical, curve, arch, tilt, and twist, during different classical exercises. You will be required to clearly demonstrate the shift in technical requirements when moving between steps, to show clarity of technique during transitions. Swing should be shown by using suspension and fall with weight, within exercises that also demand strong classical placement. You will be expected to utilise placement within sequences of movement, and use verticality and shift into off balance with ease, demonstrating clear intention. You will be asked to combine the power and use of space often associated with contemporary techniques with the poise and effortless qualities of classical ballet. In addition you will be required to show enhanced understanding and use of technique including;

- ◆ Posture, alignment/line, and control
- ◆ Concentration, focus and appropriate manner
- ◆ Appropriate use of gravity
- ◆ Articulation of feet and legs, including use and maintenance of turnout
- ◆ Movement of arms from the back
- ◆ Strength, stamina, and flexibility
- ◆ Rhythmic awareness

Performance qualities will also form part of the assessment through the following requirements;

- ◆ Emotive and dynamic qualities
- ◆ Inner dynamic tension and movement sensation
- ◆ Integrated contrasts and shifts
- ◆ Projection of personality
- ◆ Performance projection

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