

National Unit Specification: general information

UNIT Dance: Contemporary (Advanced Higher)

NUMBER D72R 13

COURSE

SUMMARY

This unit is designed to provide candidates with the opportunity to further develop existing Contemporary dance skills and techniques and perform acquired skills and techniques in choreographed presentations.

OUTCOMES

- 1 Demonstrate superior Contemporary dance skills and techniques.
- 2 Demonstrate appreciation of style, performance and musical awareness in Contemporary dance.
- 3 Demonstrate understanding of Contemporary dance skills and techniques through total body awareness.
- 4 Demonstrate personal progression and development in Contemporary dance skills and techniques

RECOMMENDED ENTRY

Access to this unit is at the discretion of the centre, although previous experience in movement or dance would be beneficial. This may be evidenced by the following SQA unit: Dance: Contemporary (D72R 12) at Higher level or equivalent.

CREDIT VALUE

1 Credit at Advanced Higher.

Administrative Information

Superclass: LB

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CORE SKILLS

There are no complete core skills or core skills components embedded within this unit.

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 1999).

National Unit Specification: statement of standards

UNIT Dance: Contemporary (Advanced Higher)

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Demonstrate superior Contemporary dance skills and techniques.

Performance criteria

- a) Superior concentration and focus are maintained effectively.
- b) Superior use of body demonstrates the qualities required in executing dance skills and techniques.
- c) Superior use of body demonstrates the control required in executing dance skills and techniques.
- d) Superior use of body demonstrates the co-ordination required in executing dance skills and techniques.

Evidence requirements

Practical evidence that the candidate can meet all the performance criteria through accurate physical demonstration.

OUTCOME 2

Demonstrate appreciation of style, performance and musical awareness in Contemporary dance.

Performance criteria

- a) Composed dances are learned and recreated accurately.
- b) Projection and style are maintained effectively.
- c) Sympathy and understanding are demonstrated in response to the music.
- d) Dance steps, motifs and movements are reproduced accurately.

Evidence requirements

A tutor-taught dance piece lasting a minimum of 3 minutes is learned and reproduced accurately showing the candidate has achieved all performance criteria.

National Unit Specification: statement of standards (cont)

UNIT Dance: Contemporary (Advanced Higher)

OUTCOME 3

Demonstrate understanding of Contemporary dance skills and techniques through total body awareness.

Performance criteria

- a) Skills and techniques are integrated with physical expression to meet the context of the work and reflect total body awareness.
- b) Body awareness reflects understanding of dynamics.
- c) Body awareness reflects understanding of dance style.

Evidence requirements

A tutor-taught dance piece lasting a minimum of 3 minutes is learned and reproduced accurately showing the candidate has achieved all performance criteria.

OUTCOME 4

Demonstrate personal progression and development in Contemporary dance skills and techniques.

Performance criteria

- a) Personal progression and development in the use of **stamina** is demonstrated.
- b) Personal progression and development in the use of **flexibility** is demonstrated.
- c) Personal progression and development in the use of **alignment** is demonstrated.
- d) Personal progression and development in the use of **strength** is demonstrated.
- e) Personal progression and development in the use of **co-ordination** is demonstrated.
- f) Personal progression and development in the **performance** of steps and sequences is demonstrated.

Evidence requirements

A tutor-taught dance piece lasting a minimum of 3 minutes is learned and reproduced accurately showing the candidate has achieved all performance criteria.

National Unit Specification: support notes

UNIT Dance: Contemporary (Advanced Higher)

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

On completion of this unit candidates should have advanced understanding of how centering, gravity, balance, posture, gesture, rhythm, moving/travelling in space work within a Contemporary dance context.

Candidates should also understand the sequence of a Contemporary dance class at this level and be able to transfer its components to performance.

Skills and techniques required in this unit should include:

- Stretches – standing and floor
- Breathing
- Contractions
- Leg exercises
- Arm exercises
- Side stretches
- Combination flex and point
- Spirals
- Falls and recovery
- Body arcs
- Body rolls
- Rising from the floor
- Use of parallel and turn out
- Parallel leg beats
- Parallel plies
- Plies with releve
- Turned out leg beats
- Turned out demi plies
- Adagio
- Shifting body weight
- Contraction in 2nd
- Jump preparations
- Jumps in 1st, 2nd and 4th
- Walking
- Triplets
- Side triplets
- Skips
- Leaps/jetes
- Combinations
- Improvisation

National Unit Specification: support notes (cont)

UNIT Dance: Contemporary (Advanced Higher)

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Teachers and lecturers may find the following helpful in teaching this unit:

- Classes
- Workshops
- Visits to performances
- Specialist lectures/demonstrations
- Videos
- Handouts

Reference to the following books and videos may be useful in teaching this unit:

BOOKS:

- The Dance Workshop, Robert Cohen, 1997
- Modern Dance Fundamentals, Schurman/Clark, 1972
- Modern Dance Terminology, Paul Love, 1996

VIDEO:

- Guidelines in Contemporary Dance Training, Volume 1, Phyllis Gutelias

All books and videos available from:

Dance Books Ltd, The Old Bakery, 4 Lenten St, Alton Hampshire, GU34 1HG

Website: www.dancebooks.co.uk

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

In order to achieve this unit candidates are required to present sufficient evidence that they have met all the performance criteria for each outcome within the range specified. Details of these requirements are given for each outcome. An integrative approach to assessment is encouraged.

For example: Outcomes 2, 3 and 4 may be integrated in the same 3 minute dance piece. Accurate records should be kept of the candidate's performance in each Outcome.

Video evidence should be supported by checklists and/or marking schemes. These records should be kept and made available for external verification.

SPECIAL NEEDS

This unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment and Certification Arrangements for Candidates with Special Needs/Candidates whose First Language is not English* (SQA, 1998).