

CONTEMPORARY DANCE AND IMPROVISATION

Subject (module) title		Subject code	Study Programme (-s)
Contemporary dance and improvisation		B180520	<i>All study programmes except Dance</i>
Lecturer (-s)			Department where the subject is delivered
Coordinator: lect. Giedrė Jankauskienė Others:			Department of Dance and Movement
Study cycle			Type of the subject
First (Bachelor)			Optional
Mode of delivery	Semester or period when the subject is delivered		Language (-s) of instruction
Classwork	Spring semester / <i>All study programmes except Dance</i>		Lithuanian, English,
Pre-requisites and co-requisites			
Pre-requisites: basic movement practice and physical fitness			Co-requisites (if any): no health contraindications
Number of ECTS credits	Total student workload (in hours)	Contact hours	Self-study hours
3	80	32	48
Aims of the subject			
To introduce students to the basics of contemporary dance technique, develop their body awareness, movement skills and creativity.			
Abstract of the subject (up to 500 characters)			
During practical training sessions, students will be introduced to the basics of contemporary dance technique and will be able to improve their body awareness, explore the use of gravity and their body weight, and develop easy and unrestrained ways of moving. Students will be introduced to different movement qualities and the concepts of space and time in dance. Through individual and group improvisational tasks and games, students will develop an ability to spontaneously create movement and apply the skills and knowledge acquired during the training sessions.			

Programme competences to be delivered	Learning outcomes	Teaching and learning methods	Assessment methods
Ability to work creatively in a group	Students will have basic skills and knowledge about movement improvisation methods and tools	Practical training, self-study, attending dance performances and analysing them, studying literature and video materials (will be assigned during the training sessions)	Summative assessment: performance at the training sessions; exam
Basic skills of contemporary dance technique	Students will have basic skills and knowledge about contemporary dance technique		

Topics	Contact Hours				Self – study hours	Self – study assignments
	Lectures in groups	Practical training in groups / seminars	Individual classes	Total contact work hours		
1. Body awareness exercises		6		6	10	Physical preparation of the body and keeping fit
2. The centre of gravity in the human body and using it while moving		2		2	8	
3. Basics of contemporary dance technique – moving on the floor and standing		12		12	12	Practising movement exercises, studying literature and video materials
4. Introduction to movement qualities		4		4	4	Practising movement exercises
5. The concept of space and its exploration in dance		4		4	4	Studying literature and video materials

6. The concepts of time and tempo and its exploration in dance		2		2	2	Self-study and exploration of given tasks
7. Attending dance performances and discussing them in groups		2		2	6	Attending at least 3 dance performances / watching video recordings. Exam preparation
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Assessment strategy	Weight in per cent	Deadline for completing the assignments	Assessment criteria
Exam	100 %	At the end of intensive course	Attendance must is required.

Author	Year of publication	Title	No. of periodical or volume of publication	Publisher (place, publishing office) or Internet link
Compulsory study material				
Diehl I., Lampert F. (Eds.)	2010	<i>Dance techniques</i> (Book and DVD)		Berlin, Tanzplan Germany
Forsyte, W.	1999	<i>Improvisation Technologies: A Tool for the Analytical Dance Eye</i>		London

Approved by <i>Department of Dance and Movement</i> : date and No. of Department Report	2019-01-25	No. 1
No. and date of registration in the Register of Study Subjects (Modules)	R(19)-1	2019-01-28