

**Exam Title: 0300380 Choreography & Performance 1**  
**Courses Assessed by this Exam: Choreography & Performance 1**

**Key Vocabulary:** choreography, transitions, audience, interfere, repetition, movements, ambience, continuity, variety, engaging, Lester Horton, modern dance, technique, classical ballet, anatomically correct, American Athleticism, wall exercise, parallel plié, core, tendinitis, hyperextended, snapping hip syndrome, groin pull, overstretching, R.I.C.E, dance rehearsal, jazz, character heels, contemporary music, technical training, shin splints, Alvin Ailey, James Mitchell, Johannes Weiland, proper etiquette, International Copyright Act of 1891, new movement, ballet technique, improvisation, isolations, modern technique, ballet in the opera, musical theater, riverdance, scenic city line dance, International Association for Dance Medicine and Science, macronutrients, metabolic system, carbohydrates, proteins, fats, energy, nutrition, stamina, strength, high caloric foods, aesthetic, cat stretch, demi plié, grand plié, resistance, retraction, reversibility, cool down, dehydration, equilibrium, fatigue, plantar flexion, full range of motion, inflammation, cardiovascular, detraining, cardio fitness, tendinitis, muscle cramp, muscle strain.

**Student Tasks:**

- Know characteristics of effective choreography
- Identify specific choreographers and the effect they had on the art of dance
- Know the exercises and techniques that correct specific dancer issues
- Know basic treatments to alleviate injuries related to dancer
- Know effective warm up techniques
- Understand proper dance etiquette and apply it to scenarios
- Know dance/theater job positions and their roles and responsibilities
- Have a basic understanding of copyright acts and their effects on the dance/theater world
- Understand and identify the elements of dance
- Identify the work and experience it takes to become a professional dancer
- Have a basic understanding of a dancer's diet and the necessary nutrients
- Know specific dress code and personal care characteristics of a dancer and their attire
- Given specific pictures be able to identify specific dance positions
- Identify muscular and skeletal structures that facilitate or inhibit rotation, flexion, and/or extension
- Know the injuries that are most associated with dance and specific dance types