

Exam Title: 0300310 DANE TECHNIQUE 1

Courses Assessed by this Exam: Dance Technique 1

Key Vocabulary: choreographer, modern dance, mother of modern dance, Alice Ailey, Isadora Duncan, Martha Graham, Ruth St. Denis, Agnes de Mille innovator, contemporary dancer, Petit Mort, Jose Limon Dance Company, neoclassical style, Stravinsky, Metropolitan Opera, Oklahoma (musical), ballet, movement language, barefoot, prima ballerina, Judith Jamison, Mia Michaels, Anna Pavlova, range of motion, flexibility, injury, muscles, stress, tension, endurance, stamina, position, en demi-pointe, en demi-detourne, en evelé en bras croisé, en pointe en sur le coupe de pied, manipulation, elements of dance, projection, consistency, quality of line, digit, phalangeal region, foot, ankle, heel, toes, patella, femur bone, misalignment, tibia, stress fracture, strain, fracture, minor tear, Achilles tendon, complete pull or tear, knee joint, hamstring, groin, major muscle groups, abdominals, quadriceps, trapezius, calves, triceps, shoulder blade, ulna, clavicle, tibia, scapula, radius, fibula, femur, flexion, inward rotation, vertebrae, cervical spine, modern ballroom dance, Charleston, fox trot, lindy hop, waltz, hip-hop dance style, minstrel shows, Rags Sharqi, belly dancing, Bollywood, Chinese fan dance, Mazurka dance, shin splints, International Association for Dance Medicine and Science, carbohydrate, protein, fat, choreographic technique, contact improvisation, interaction, repetition, symmetry, locomotion, unision movement, counter balance, degage, releve, retire, sauté, pas de deux, coda, duet, trio, variation, post modern dance, folk dance, mazurka, Polka, Polonaise, dance etiquette, ballet barre, good posture, pelvis, titled, fall, lunge, triplet, swing, ball change, passé, pivot turn, arabesque, jazz kicks, jazz squares, jazz turns, jazz walks, artistic director, rehearsal director, production manager, stage manager, sissonne fermee, positions: 1st, 2nd, 3rd, 4th, 5th, open position, closed position, jete, pas de cheval, developpe, asymmetrical shapes, curving/organic shapes, straight lines, angles, symmetrical shapes, open shapes, closed shapes,

Student Tasks:

- Know and identify different choreographers from current and past dance styles and their impact on the art of dance and theater
- Know the pre-workout/dance exercises such as stretching and warm ups and their benefits to the dancer
- Given specific images name body positions, foot positions, types of positions (open vs closed for example)
- Understand dance jargon related to execution of movements
- Have extensive knowledge of the body, injuries that can occur, and how to (in basic form) treat injuries related to dance
- Use accurate anatomical terminology to identify planes, regions, bones, muscles and tissues
- Demonstrate knowledge of basic anatomy related to dance technique and conditioning
- Know and identify different types of ballroom dances

- Identify different dance styles and their characteristics (hip-hop, modern, etc)
- Know dance etiquette and how to apply it to given scenarios
- Understand concepts of posture
- Given a description of physical movements, identify the correct dance term for the described movement.