PDP DA 140 Modern, Beginning

Instructor: Micki Taylor-Pinney
Email: mtaypin@bu.edu
Phone: 617-353-1597
Meets Mondays & Wednesdays 12:20PM – 1:10PM in L240: 1.0 Credit

Dance Program Mission:
Our dance program provides students with technical, historical and compositional courses in multiple genres of dance designed to prepare and enhance their skills in communication, critical thinking and self-expression. Our curriculum choices offer multiple ways of investigating dance as a physical, aesthetic, intellectual and cultural practice. As part of *One BU /Recommendations for Accessing the Arts at BU*, we encourage our students to use their imaginative spirit to find opportunities to create innovative cross-discipline research and practice.

Course Description:
This class is for those who've never taken a dance class before, those who have never studied modern before, or those returning to dance after a hiatus. The course is an overview of four modern dance techniques: Limon, Horton, Graham and Release. The basic concepts, theories, and vocabulary of each technique are explored as a way of engaging the students in a fun and supportive environment. Working initially with gross motor movement, the fine motor, nuanced movements and concepts are added and built upon as the semester progresses. As the course is only 50, the goal is to spend the first half of the class doing technique exercises focused on new vocabulary, strength, flexibility and coordination. The second half is building longer sequences, including patterns across the floor, that focus on spatial awareness, musicality, performance qualities and improvisation, Historical, anatomical, aesthetic and compositional information is interspersed to enhance their skills in self-expression, injury prevention and putting dance in a cultural context.

Required Attire:
- Form fitted clothing required (dance, aerobic or bike wear); supportive undergarments (i.e. sports bras, athletic supporters) recommended to ensure comfort and ease - individuals can determine best options for their body and can consult instructors with any questions.
- Please, no gum or dangerous jewelry.
- Hair secured away from face.

Learning Outcomes:
- Students will become increasingly skilled in the modern dance style with attention to technique and expressiveness.
- Students will be able to demonstrate increased flexibility, coordination and strength.
- Students will be able to display increased confidence in creating their own movement material using methods that encourage risk-taking and innovation.

Lockers: Currently unavailable due to FitRec's COVID-19 restrictions.

Grading Policy:
This class will be graded Pass/Fail, based on attendance. Please visit the Registrar's website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a "P" once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances.

Letter Grade: Dance Minors will receive a letter grade (A, B, C, D) indicative of their attendance, skill and improvement throughout the semester. (Note that these factors are directly correlated; good attendance leads to improvement and success.)

Diversity, Inclusion, Equity and Antiracism Statement
The BU Dance Program commits to actively improve our diversity, inclusion and equity programming and practice antiracism. We are committed to listening, assessing, and doing better to bring about change within our classes, programs, and in our community. We support FitRec's pledge.
FitRec is committed to:

- Listening to the voices of Black and Indigenous POC and the lessons of history
- Learning as individuals and as a staff, including stretching ourselves and knowing we will make mistakes
- Creating space, both physical and mental, to expand the dialog about inclusion, equity and equality
- Challenging the status quo and pushing past "what is" and moving into genuine inclusion and belonging

In our dance classes, faculty and students will be expected to:

- Be attentive and self-aware of biases and prejudices that impact choices and interactions
- Create thoughtful and intentional actions
- Be respectful of each other's opinions and be open to changing our mind
- Assume positive intent and recognize we are all growing and learning

We ask our students and members of the BU dance community to share their experiences, recommendations, and concerns.

Respectfully,
Micki Taylor-Pinney, Coordinator of Dance, mtaypin@bu.edu; Lynda Rieman, Assistant Coordinator of Dance/Theater Manager, lrieman@bu.edu; Liz Roncka, Assistant Coordinator of Dance, lizronck@bu.edu

Attendance Policy & Make-Up Classes:
Classes begin promptly, typically with a warm-up. Accordingly, arriving more than 10 minutes late jeopardizes full immersion in the lesson. Students entering class beyond that time may not receive credit for the day. Please come on time and ready to dance.

Students are expected to adhere strictly to the BU Dance Department's attendance policy. Students must have 85% attendance and are allowed no more than 4 absences per semester, medical and family emergencies notwithstanding (instructor may excuse 2 more absences). Full participation for the entire class is expected from all students; injured students may receive credit for observing class. Students who will be missing class, arriving late or leaving early for any reason should please notify instructor in advance.

Standard Make-Up Options:

- Attend other credit dance classes taught by your instructor.
- Attend other credit dance classes after receiving permission from instructor.
- Attend dance performances approved by your instructor.
- Attend free End-of-Semester classes.
- Get written permission from budance@bu.edu to attend non-credit dance class (2 business days' notice; fee required) NOTE: make-ups slips must be signed and provided to instructor or Micki Taylor-Pinney (slips on website).
- Please feel free to ask questions and/or make appointments for consultations with your instructor or with Micki Taylor-Pinney, Director of Dance, at (617) 353-1597 (mtaypin@bu.edu).

Compliance
Access to FitRec and class demands full compliance with the University policies. Be informed. Be safe.

Safety/compliance protocols
During class.

- Students will be wearing masks throughout class.
- Students will wear appropriate and clean foot attire: non-slip socks.
- Class content will be modified appropriately to limit exertion with masks on as well as avoiding direct hand contact with the floor.

Cleaning Plan

- Students will have sanitized hands and dance footwear before entering and as they exit the space.
- Class times will be adjusted so students can wipe down individual floor areas at the end of class with wipes available in the studio in multiple locations.

Blackboard, FitRec Website & Course Evaluation:
A Blackboard course site may be available for this class online at http://www.learn.bu.edu and if so, can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: http://www.bu.edu/fitrec/about/physical-education/

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:
Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Units:

1. Jose Limon Technique:
    a. Emphasizes the lyrical and rhythmic nature of movement
    b. Focuses on resisting/giving into gravity and polar opposites: fall/recovery; symmetry/off-balance; repose/excitement; peace/danger; equilibrium/destruction; stability/abandon
    c. Explores successional movement between the poles
2. Lester Horton Technique:
    a. Uses an anatomical approach that that addresses all the muscles of the body and reflects Horton's diverse influences
    b. Focuses on strength, flexibility, and coordination to develop "powerhouse dancers"
    c. Encourages dramatic freedom of expression
3. Martha Graham Technique:
    a. Introduces the action of contraction and release as the basis of all movement
    b. Explores the theatrical nature of Graham's work and acknowledges her belief that movement reflects meaning
    c. Uses a rigorous, systematic series of exercises to develop a supple and strong core.
4. Release Technique or Method:
    a. Uses imagery to encourage kinesthetic awareness and self-discovery about how the bones and muscles work
    b. Encourages the release of excess tension and learning to clarify the intent of one's movement
    c. Uses improvisation to generate new ways of moving and creating vocabulary