



**University of North Texas
Department of Theater and Dance**

Spring 2023

DANC 1402 – Contemporary II
Monday/ Wednesday 9:00 – 10:20 AM
Dance and Theater Arts Building (DATH) 111

Instructor: Reyna Mondragon MFA
Pronouns: she/her/hers
Office Hours: **by appointment**
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Course Description:

DANC 1402.001: Contemporary II

1 hour. Introduction to theory and technique of modern dance. Fundamental exercises and analysis of time, space, and dynamics as they apply to elements of dance with emphasis on structural alignment and integration. Prerequisite(s): Students must audition and be accepted into the Dance program as a Dance Major or Minor in order to take this course.

Students must complete each semester with a minimum grade of B to advance to the next level.

Required Texts:

No required texts. Supplemental readings from other sources may be assigned during the course and provided by the instructor.

Recommended Texts:

- Colleen Wahl. *Laban/Bartenieff Movement Studies: Contemporary Applications*. Champaign, IL: Human Kinetics, 2019.
 - Peggy Hackney. *Making Connections: Total Body Integration Through Bartenieff Fundamentals*. New York, NY: Routledge Taylor & Francis Group, 2002.
 - James Penrod and Janice Gudde Plastino. *The Dancer Prepares: Modern Dance For Beginners, Fifth Edition*. New York, NY: McGraw Hill Companies, 2005.
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We will:

- a.) learn and perform teacher-generated material to challenge and develop beyond our current abilities
- b.) we will choreograph and share peer generated material to integrate new physical ideas
- c.) we will improvise with ideas to innovate and expand ways that ideas might manifest in movement.

Though most material you encounter will be generated from *my* personal aesthetic, *your* problem solving, analyzing, and transforming material in personally relevant ways will lead to the development of your own agency as a creative performer.

This is a course in translation, not imitation. I will not ask you to look like me, move like me, or dance like. But I will ask you to fully embody the movement concepts presented in class, to take the model (most of the time me, but sometimes your peers) and translate the information and adapt it to your body, to remain yourself but also to challenge yourself. Translation not imitation.

This is a course in deliberate practice. Deliberate practice occurs when learners are given appropriately difficult tasks, informative feedback, and the opportunity for repetition and correction. This class is an opportunity to apply methods of deliberate practice to three aspects of your dancing: body, mind, artistry. Body: Ability to execute movement. Mind: Ability to learn movement. Artistry: Ability to perform movement. You are responsible for the deliberate development of these three parts of your dancing.

Proficiency Standards and Student Learning Outcomes

1. Engaging the Body: mechanics, dynamic alignment, technical skill

The Center Axis

In Level II, Center Axis movement skills are present and integrated within a variety of movement contexts, performances practices or styles.

- Use core support and connectivity (lower abs and hamstring connection) when moving at high speeds in various directions, changing levels and between distal and proximal initiations.
- Apply head-tail and upper/lower articulation and opposition when performing advanced movement combinations through space at brisk tempos and/or slow motion.
- Access spinal movements such as flexion, extension, lateral flexion, rotation when moving through space at brisk tempos and/or slow motion when performing advanced movement.
- Maintain mechanical rhythm (patterning) between hip, knee and ankle flexion/extension in all related movements like pliés, relevés, weight shifts and jumps and spirals when performing advanced movement combinations.

- Maintain a clear center axis while initiating advanced movement from various parts of the body and connecting initiations sequentially or successively while moving and changing directions on or off balance.
- Balance on one leg while moving the other leg and turning and/or extended falling when performing advanced movement.

Moving within Personal Kinesphere

- Move pelvic girdle (center of gravity) through space with gravity via pelvic under curves and over curves during advanced combinations that move the center of gravity into and out of the floor, up in the air and spiraling space.
- Access the mobility, stability and coordination of the upper body/shoulder girdle (center of levity) through coordinated movement of the sternum, scapula, shoulder, elbow and wrist in various movement combinations that involve spoking, carving, arcing, slashing and spiraling through the space and traveling in and out of the floor when performing advanced movement.
- Perform complex combinations of articulated and integrated circumduction of shoulder and hip joints when performing advanced combinations.

Moving Through Space

Level II students should be able to access integrated connectivity within the performance of diverse, virtuosic movement combinations.

- Move clearly the center of gravity through space via five basic weight shifts including jumping, (one to one, one to two, two to two, one to another and two to one) with direction/facing changes while turning. Feet are energetically and spatially lengthened (pointed) and with clearly discernable qualitative intentions.
- Perform complex and clearly initiated sequential, successive and simultaneous movements combinations.
- Transfer weight from the lower body to the upper body or other body parts as in the performance of a variety of advanced inversions in any spatial plane or level while maintaining active core connections and shoulder stability and lengthened (pointed) feet while performing advanced movement sequences.
- Spatially hold extended shapes, particularly involving the use of hip and leg extensions, for durations relevant to advanced movement ideas.
- Perform off-balance weight shifts that are integrated with extended shapes, reaches, pulls, or changes of direction and find balance from an off-balance state when performing advanced movement.
- Perform with momentum in weight shifts and level changes and utilize momentum to aid spiraling, jumping, moving across the floor with swiftness and power, and achieving “line” and extension when performing advanced movement.
- Perform advanced movement combinations with smooth, clear transitions at high tempos and in slow motion.

2. Engaging in the Environment: performance, improvisation and musicality:

Performance and Improvisation

Level II students should be able to discern emergent performance practice in their initial stages and be able to contribute fully to their realization thereby contributing meaningfully to the co-creation of

new content. Performing partnering sequences and a variety of partnering modes, responsiveness in performance and employing improvisational methods while performing set movement material are also necessary. The student must demonstrate creativity in performance by being able to experiment with performance ideas and to seek out original ideas.

- Engage other dancers in advanced movement improvisations with spatial, tactile and weighted partnering (as in lifts) to interact creatively within the performance space.
- Use attention, intention, and visual focus to engage an audience as advanced level movement warrants, particularly being able to demonstrate internal, external, body part, directional, partner and audience foci in ways that engage an audience with the artistic context.
- Perform advanced improvised or learned movement initiated by more complex combinations of somato- sensory stimuli like perceptions of the movement environment, tactile sensations, movement patterns and anatomical imagery integrated with traditionally virtuosic elements like jumping, turning and musicality.
- Perform an advanced improvised movement score and set movement material while engaging an audience in an emergent composition with only verbal instructions.
- Accurately “pick-up” long (about 16-32 counts) advanced movement combinations by kinesthetically identifying, analyzing, sequencing, performing and retaining movements with immediacy, at high tempos.
- Support full weight of a partner for momentary durations on both pelvic and shoulder girdles with the assistance of momentum and timing.
- Engage responsively with both spontaneous and planned movement stimuli in partnering and be able to shift between the performance of set and improvised movement material.

Musicality

- Demonstrate facility with both advanced bodily phrasing rhythms and metered rhythms and be responsive to the content of the sound score or environment.
- Kinesthetically negotiate musicality as a set of relationships between advanced phrase work ideas/ images, the performance dynamics of the group and musical rhythms.
- Execute complex rhythmic patterns such as mixed/random meters (for example 2,5,3,3,6,1) when performing advanced movement combinations.
- Differentiate between various musical tempi like real time, half time, double and triple time when performing advanced movement combinations.

Attendance Grading Policy for Department of Dance studio classes:

Since performance in studio classes in particular relies almost entirely on work accomplished during each class any absence from class will impact the grade.

- Students are allowed two (2) absences. There are no excused absences except for personal or family emergencies or a UNT official activity, which the professor needs to approve. On the third absence your overall grade will be lowered by 5%; for example, a 90% becomes an 85%. On the fourth absence, you will earn a failing grade for the course. (UNT allows the instructor to ask the registrar to drop a student with a “WF” upon accumulation of the stated number of absences.)

- Students who do not attend the first day of class may be dropped to accommodate those who are on the wait list.
- Students are expected to attend class meetings regularly and to abide by the attendance policy established for the course. It is important that you communicate with the professor and the instructional team prior to being absent, so you, the professor, and the instructional team can discuss and mitigate the impact of the absence on your attainment of course learning goals. Please inform the professor and instructional team if you are unable to attend class meetings because you are ill, in mindfulness of the health and safety of everyone in our community.
- Students are responsible for requesting an excused absence in writing, providing satisfactory evidence to the faculty member to substantiate excused absence and delivering the request personally to the faculty member assigned to the course for which the student will be absent.

ILLNESS: In the event of an injury or serious illness that prevents a student from engaging in any activity for more than two weeks, the student should drop the course rather than risk receiving a failing grade. However, students may continue enrollment in a class by fulfilling minimal participation requirements agreed upon with the teacher until recovery from the injury or illness allows for return to full participation. (A period of minimal or adapted activity due to injury or illness should not exceed a total of four (4) weeks during any long semester.)

- Minimal or adapted participation may be in the form of substituting floor work for standing work, working the upper body while sitting in a chair, adapting choreography assignments to accommodate physical limitations, refraining from jumping, or working with a reduced range of motion. In addition, an extended Pilates program may be the appropriate course of action during injury recovery. The goal is to maintain physical conditioning and fitness during recovery so that the return to full activity will not compromise health and wellness.

If you are sick, are experiencing COVID-19 symptoms, or have come in contact with someone who tested positive for COVID-19, please reach out to the instructor right away so you and the instructor can create a plan of action to support your education and absences. UNT recommends you follow [CDC guidelines](#) for any COVID 19 related illness. Proof of a positive test will be required.

Lateness and Early Departures: Students should not arrive late to class or ask to leave early. Typically, **(2) tardies and/or early departures will equal one absence.** Students arriving 5 minutes late to class will be deducted 5 points from their daily(10) participation points. In order to ensure all students are properly warmed up and prevent injuries, students arriving 10 minutes late for class may not be allowed to take class.

Observations/Sitting Out: Students should request to observe a class only in exceptional cases - the expectation is that all students will participate even though the level of activity and kind of activity may be adjusted to accommodate specific health issues. If an observation is approved by the teacher, the student will take notes following specific directions given by the teacher. These notes will be turned in at the conclusion of class. The quality of these notes will determine the student's grade for that particular day. Under no circumstances should students' study for other courses during an observation.

Typically, *observations are considered one-half absences*, as the student is not fully engaged in the activity or the class.

Should a student need to sit down during class, they are expected to remain attentive and engaged with the class. Sitting at the front of the studio, watching, and learning through attentive observation, or taking written notes is appropriate. Lying on the floor, sleeping, talking, or texting on a cell phone, or engaging in conversation with other students during class is not considered appropriate. No student should be consistently sitting out as it warrants a low-class participation grade. **Typically, 'sitting out' two times equals one absence.**

MAKEUP WORK:

No make-up work is allowed in this class.

Course Expectations and Instructional Policies:

- Check campus email and Canvas regularly to keep up with assignments and course announcements.
 - Turn in all assignments on time; late work is not accepted. If you have difficulties, contact me prior to the due date so arrangements can be made.
 - Daily positive participation is essential to your grade in this course (see grade breakdown). Your full involvement in the exercises is expected whether you are acting as a mover, observer, speaker, or listener.
 - No food or drink during class. Water bottles are permitted.
 - Cell phones must be put away in backpacks/bags on silent or powered off unless given permission to use in class for a specified assignment.
 - Students are expected to submit quality work and writing.
 - Please review the syllabus and calendar throughout the semester to ensure that you thoroughly understand the requirements. It is your responsibility to contact the professor if you are confused or having difficulty.
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Major Course Assignments and Examinations:

Assignments and classroom activities could include viewing and listening to videotapes and online audio resources.

1. Attendance and full commitment to each class activity is of outmost importance.
2. This class requires all students to attend two concerts during the semester. One must bring ticket information.
3. Journal entries are due every Sunday by midnight. Please read the assignments requirements.
4. Student should demonstrate a consistent application of feedback, particularly those concerning somatic patterning and kinesiologically-appropriate performance of technique. This is important to avoid injury and to improve.

5. Midterm Performance and Observation Assessment requiring students to be conversant with modern dance genres and movement practices.
6. Final Performance and Observation Assessment requiring students to be conversant with self and witness assessments.

Activities, Assignments, and Grading Policy:

Rubrics for each of the following activities will be supplied by the instructor.

1. Daily In-Class Participation	70%
2. Performance Assessments +Final Assessment	10%
3. Journals	10%
4. Performance Analysis	5%
5. Final Reflection	5%

An “A” student accomplishes consistently excellent work and demonstrates outstanding improvement. They are at the top of the class, always demonstrating strong technical execution of movement and expressive artistry. They are always on time, always focused and attentive throughout the class, and always take responsibility for making corrections even if given generally or specifically to another student. They accomplish assigned reading and writing at their highest possible level.

A “B” student accomplishes consistently good work and demonstrates significant improvement. They are not at the top of the class, but are consistently trying to reach that level. They may struggle to learn new movement but can achieve a capable and expressive execution of the material after working on it. They accept and utilize both general and personal feedback and demonstrate a willingness to be open to new ways of thinking and moving.

A “C” student accomplishes consistently average work, demonstrating improvement throughout the semester. This student keeps up with the class and his/her technique is “coming along”. They can pick up movement, but not with enough ease and depth to embody technical proficiency and expressivity at the same time. They must be given the same correction multiple times.

A “D” student accomplishes consistently below average work, demonstrating minimal improvement. They struggle to keep up with the class and fail to demonstrate the kind of personal commitment that will allow them to move forward in technical execution and artistry.

Concert Attendance/Information:

Required Fall 2023 Concert Information: (you are required to attend two different shows)

1. Spring Dance Concert February 9-11 at 7:30pm and 12 at 2:00pm

UNT Box Office Hours:

Monday, Tuesday, Wednesday, Thursday, & Friday from 1:00 pm to 5:00 pm.
One hour prior to each performance.

Tickets to an individual production may be purchased approximately two weeks before that show opens.

Seating availability is often limited, and many shows sell out quickly.

Tickets can be ordered with a credit card over the phone by calling (940) 565-2428 or Metro (817) 267-3731 ext. 2428.

The Box Office is located in the [Radio, Television, Film and Performing Arts \(RTFP\) Building](#) in the first floor lobby of the University Theatre (Room 104).

At our Box Office location, we can accept cash, checks, and credit cards.

The Box Office opens one hour prior to each performance for will-call, and to sell any remaining tickets for that performance.

There is a NO LATE SEATING policy for productions in the Studio Theatre.

We do not hold unpaid reservations for our performances.

All sales are final. There are no refunds or exchanges.

AA/ADA/EOE - Patrons who require special accommodations should contact the box office three weeks prior to their desired performance.

2. 1 dance show outside of the university (those are just a few)
 - a. Locations and Shows around the DFW area
 - i. TWU- has two performances a semester
 - ii. TCU- has two performances a semester
 - iii. [TITAS UNBOUND](#)
 - iv. [Elevator Project in Dallas has 3 shows with dance](#)

UNIVERSITY POLICIES

Principles Of Engagement:

PoE refers to the way students are expected to interact with each other and with their instructors. Here are some general guidelines as provided by UNT:

- While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
- Ask for and use the correct name and pronouns for your instructor and classmates.

- Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual’s experiences.
- Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
- Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
- Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
- Avoid using “text-talk” unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

Face Coverings:

UNT encourages everyone to wear a face covering when indoors, regardless of vaccination status, to protect yourself and others from COVID infection, as recommended by current CDC guidelines. Face covering guidelines could change based on community health conditions.

Academic Accommodation:

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website at disability.unt.edu.

Disabilities Statement – Movement:

In accordance with university policies, state and federal regulations, and specifically, Section 504 of the Rehabilitation Act and the Americans with Disabilities Act, accommodation policy for this class is:

The content of this class requires each student to:

- a. Participate physically and mentally in a safe manner.
- b. Exhibit mastery of specific steps and movement patterns through both visual and verbal cues.
- c. Process visual and verbal cues spontaneously.
- d. Exhibit ability to carry own body weight as well as the weight of others.

If you have a disability, and feel you are able to meet the essential requirements of this class with or without reasonable accommodations, please contact the instructor during office hours to discuss your particular disability.

Student Obligations to Academic/Production Work:

DT students are expected to budget and organize their time and efforts in order to meet both their academic and production commitments satisfactorily and on time. The faculty and staff

recognize that the academic and the production assignments within the Department, as well as outside employment and other obligations, sometimes impose conflicting pressures on DT students. One of the principal responsibilities of each student is to carefully identify and monitor the commitments that comprise his/her departmental assignments and outside obligations. It is also important to keep in mind that production work and outside obligations do not constitute an excused absence from DT classes or from the completion of any required class assignments.

Code of Student Conduct:

The University of North Texas is deeply committed to advancing educational excellence and preparing students to become thoughtful, engaged citizens of a diverse, global community. The University has established the Code of Student Conduct to promote the well-being, honor and dignity of all who live, learn and work in our educational community. The Code of Student Conduct is intended to foster a safe environment conducive to learning and development, as well as to hold students accountable through an educational process that balances the interests of individual students with the interests of the University. Students and student groups are expected to conduct themselves in a manner that demonstrates respect for the rights and property of others and upholds the integrity and values of the University community.

Student Academic Integrity:

The University of North Texas promotes the integrity of learning and embraces the core values of trust and honesty. Academic integrity is based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of allegations of student academic dishonesty, the University's actions are intended to be corrective, educationally sound, fundamentally fair, and based on reliable evidence.

Academic Success/ Succeed at UNT:

UNT endeavors to offer you a high-quality education and to provide a supportive environment to help you learn and grow. And, as a faculty member, I am committed to helping you be successful as a student. Here's how to succeed at UNT: Show up. Find support. Get advised. Be prepared. Get involved. Stay focused.

To learn more about campus resources and information on how you can achieve success, go to succeed.unt.edu

SPOT Evaluations:

This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SPOT to be an important part of your participation in this class. Please fill out the online SPOT evaluations in a thoughtful and respectful manner at the end of the semester. These evaluations are found on your my.unt account.

Emergency Notification & Procedures:

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety

emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Technical Requirements/Assistance:

UIT Help Desk: <http://www.unt.edu/helpdesk/index.htm>

The University of North Texas provides student technical support in the use of Blackboard and supported resources. The student help desk may be reached at:

Email: helpdesk@unt.edu

Phone: 940.565-2324 In

Person: Sage Hall, Room 130

Hours are:

- Monday-Thursday 8am-midnight
 - Friday 8am-8pm
 - Saturday 9am-5p
 - Sunday 8am-midnight
 - Blackboard technical requirements:
<https://clear.unt.edu/supportedtechnologies/blackboard/blackboard-technical-requirements>
 - Other related hardware or software necessary for the course: such as headset/microphone for synchronous chats, word processor, etc.
 - Canvas technical requirements:
<https://clear.unt.edu/supportedtechnologies/canvas/requirements>
 - Other related hardware or software necessary for the course: such as headset/microphone for synchronous chats, word processor, etc.
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ACADEMIC SUPPORT & STUDENT SERVICES:Mental Health

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- Student Health and Wellness Center (<https://studentaffairs.unt.edu/student-health-andwellness-center>)
- Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testingservices>)
- UNT Care Team (<https://studentaffairs.unt.edu/care>)
- UNT Psychiatric Services (<https://studentaffairs.unt.edu/student-health-and-wellnesscenter/services/psychiatry>)
- Individual Counseling (<https://studentaffairs.unt.edu/counseling-and-testingservices/services/individual-counseling>)

Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know.

Below is a list of resources for updating your chosen name at UNT.

- UNT Records
- UNT ID Card
- UNT Email Address
- Legal Name

*UNT euIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.

Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and inperson. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can add your pronouns to your Canvas account so that they follow your name when posting to discussion boards, submitting assignments, etc.

Additional Student Support Services

- Registrar (<https://registrar.unt.edu/registration>)
- Financial Aid (<https://financialaid.unt.edu/>)
- Student Legal Services (<https://studentaffairs.unt.edu/student-legal-services>)
- Career Center (<https://studentaffairs.unt.edu/career-center>)
- Multicultural Center (<https://edo.unt.edu/multicultural-center>)
- Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- Pride Alliance (<https://edo.unt.edu/pridealliance>)
- UNT Food Pantry (<https://deanofstudents.unt.edu/resources/food-pantry>)

Academic Support Services

- Academic Resource Center (<https://clear.unt.edu/canvas/student-resources>)
- Academic Success Center (<https://success.unt.edu/asc>)
- UNT Libraries (<https://library.unt.edu/>)
- Writing Lab (<http://writingcenter.unt.edu/>)