

## Course Description and Outline

<b>Course Title</b>	Intensive Dance Training		
<b>Level of Course</b>	Improvers	<b>Course Code</b>	A3930, B3931, C3929
<b>Duration in Weeks</b>	10		
<b>Brief Description of Course</b>	<p>This is a one year dance programme that was originally developed in partnership with Birkbeck, University of London. The programme has been split up into 3, ten-week courses which you can join at the beginning of each term, provided you pass the audition. Your chances for developing skills will increase with the number of weeks you do on this course.</p> <p>You will learn the technical vocabulary used in Ballet and Contemporary Dance styles. You will also develop musicality and spatial awareness by following different step patterns, dance sequences and group formations set to music with different time signatures and speed.</p> <p>References to the historical development of each style and its connection with other dance genres from different parts of the world, will be shared with you to support your understanding of the style and technique.</p>		
<b>Entry Requirements</b>	<p>You should have some experience as a performer, who has received training in dance, is presently capable of working at Improvers level (i.e. fundamental technical skills clearly understood and embodied) in contemporary dance and/or elementary level (i.e. confident grasp of the basic movement vocabulary) in classical Ballet.</p> <p>You will also have some aspiration of wanting to pursue further professional dance training at the end of the programme and be looking to develop a dance related career.</p> <p><b>Learners enrolling on this programme must be at least 18 years old or reach their 18th birthday during the course.</b></p>		
<b>Main Learning Outcomes for all Learners (Maximum of 5)</b>			
<b>By the end of the course you will be able to:</b>			
<b>1</b>	Consolidate and develop basic knowledge of contemporary dance and classical Ballet.		
<b>2</b>	Develop: posture, alignment and co-ordination, timing and awareness of the body in space and in relation to others.		
<b>3</b>	Develop physical articulation, power and control of movement.		
<b>4</b>	Develop independent thinking and the ability to self-evaluate own technical and physical abilities.		
<b>5</b>	Perform at least 2 short dance exercises or sequences demonstrating an understanding of the style and performance.		
<b>Equipment Required What will I need to bring to class?</b>	<p>It is suggested that students wear the following:</p> <p><b>Women-</b> Leotard, tights/fitted track trousers. Bare feet (also have socks with you as you might be asked to wear it) for contemporary classes, soft ballet shoes for classical ballet.</p> <p><b>Men-</b> T-shirt and fitted track trousers, Bare feet (also have socks with you as you might be asked to wear them) for contemporary classes, soft ballet shoes for classical ballet.</p> <p>A notebook and a pen. A towel, A bottle of water – no other drinks are allowed in the dance studio.</p>		

<b>What courses can I go on to?</b>	Your tutor can be approached for additional information and advice during the course. You can progress to: Other Idea Store Learning Dance courses or other Dance Degree and Repertoire courses in Ballet and Contemporary Dance at professional training level. (Please note that you might not be able to progress to the next level after one term, your tutor will advise you on this) You may wish to enrol on other courses held at Idea Store Learning. Please see a course guide for further information or speak with your tutor.
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<b>What examination or assessment will there be and what will it involve?</b>	
<p>At the beginning of the course an initial assessment takes place to identify your level of experience knowledge or current skills, and you will be asked to complete and sign a health screening questionnaire.</p> <ul style="list-style-type: none"> <li>- The tutor will carry out informal assessments to check your understanding, there is no exam.</li> <li>- You will complete a self-assessment at the beginning, middle and end of the course and you will participate in regular self assessment.</li> <li>- Your tutor will let you know how you are getting on throughout the course, to help you work to your full potential.</li> <li>- At the end of the course you will receive written feedback.</li> </ul>	
<b>How will I know I am making progress?</b>	
<ul style="list-style-type: none"> <li>- You will have an 'Individual Learning Plan' where the course learning outcomes are shown and where you can set individual learning goals and monitor your own progress against these.</li> <li>- You will need to evaluate your own progress and manage your time.</li> <li>- Your tutor will give ongoing feedback and will keep you informed of your progress.</li> <li>- Video recording will be used as a reflective tool.</li> </ul>	
<b>Is there anything else I need to know?</b>	
<p>In general, we will not allow late entries to any course after the first two weeks. To maximise your chances of benefiting from the course fully we expect you to attend <b>all</b> scheduled sessions and that you do so <b>punctually</b> and are ready to start learning at the start of the class. Please note that if you are more than <b>10 minutes late</b> for a class you will not be allowed to participate practically in the session. This is for your own safety as by missing the warm up you will be risking an injury. Being late also disrupts the rest of the group. The course will also cover the below:</p> <ul style="list-style-type: none"> <li>•Quality of movement - fluidity and precision in execution</li> <li>•Developing mental concentration</li> <li>• Body awareness and alignment;</li> <li>• Flexibility, strengthening and balance;</li> <li>• Co-ordination abilities;</li> <li>• Musicality and sense of rhythm;</li> <li>• Space management and sense of direction/orientation;</li> <li>• Sense of observation and ability to memorise movement patterns;</li> <li>• Creativity (choreographic group work);</li> <li>• Expression, communication and interpretation abilities;</li> <li>• Gain a better understanding of the commitment needed to work towards a career as a dance artist.</li> </ul>	
<b>What if I want extra support?</b>	
Come and see one of our experienced and friendly advisors. For further information, email <a href="mailto:ideastore@towerhamlets.gov.uk">ideastore@towerhamlets.gov.uk</a> and a member of the team will get back to you.	

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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