

Dance 260: Movement Fundamentals
2:15pm – 3:30pm

SYLLABUS

Instructor: Dr. Kara Jhalak Miller

E-mail: jhalak.miller@hawaii.edu

Format/Location: Hybrid/DB Studio, Music Building Room 118, and Online

Office Hours by Appointment: Thursdays 1pm – 3pm

University of Hawai'i at Mānoa

He 'Āina, He Kanaka, He Hawai'i Maoli: Land Acknowledgement

As we embark on this course, let us take the time to acknowledge Hawai'i as an indigenous space where the descendants of the original people are today identified as Kānaka Maoli (Native Hawaiian). We recognize that it was through coercion, force, and the breaking of formal treaties that this land was illegally seized. Her majesty Queen Lili'uokalani temporarily yielded the Hawaiian Kingdom and these territories under duress and protest to the United States to avoid the bloodshed of her people. Let us further recognize and express gratitude for the generations of Aboriginal Hawaiians and their knowledge systems that have shaped and continue to shape Hawai'i in a sustainable way that allows us to learn here today.

The 'āina (land) on which the University of Hawai'i at Mānoa sits is located in the ahupua'a (land division from mountain to sea) of Waikīkī, in the moku (district) of Kona, on the mokupuni (island) of O'ahu, in the Pae 'Āina o Hawai'i (Hawaiian archipelago). The particular 'ili 'āina (land division) that Kennedy Theatre is situated on is at the triangulation of Kauala'a, Wailele and Wa'ahila. Ma kai (seaward) of the theatre is Kapa'akea and to the west is Puahia and Pilipili. Ma uka (inland) of our campus are the uplands of Kaho'iwai, the water that is the source for our major stream of Kānewai. Acknowledging these traditional wahi pana (place names) honors the 'āina and the historic relationship that Kānaka Maoli have with this place.

Course Description

Somatics is a field within bodywork and movement studies which emphasizes internal physical perception and experience. This course is an anatomically informed synthesis of somatic dance practices that integrates technical skill building with choreographed movement sequences and improvisation. Exercises will introduce and develop fundamentals of movement imagination, creative expression, and bodily awareness relating to fundamental concepts and principles about the way the body works and moves, improving alignment and awareness for greater movement efficiency and to maximize movement potential, and increased capacity for expressivity in dance.

Student Learning Outcomes

DNCE 260 directly supports student progress towards Program Learning Outcomes (PLOs) for the BA/BFA Dance degree. DNCE 260 also supports progress towards UHM Institutional Learning Objectives (ILOs). Targeted PLOs and ILOs supported by DNCE 260 are indicated below:

- Dance Technique: Kinesthetic proficiency and conceptual understanding (PLO 1)
- Breadth and Depth of Knowledge (ILO 1)
- Intellectual and Practical Skills (ILO 2)
- Personal and Social Responsibility (ILO 3)

Laulima

The course is posted on the Laulima Course site and may be updated weekly with readings and worksheets. Asynchronous assignments during the Body Mind Connectivity Pods module section will include assigned video screenings, articles, and laulima discussion response posts.

Class Attendance

Students are expected to attend every class, arrive on time, and stay for the duration of the class. Full and active participation in the course is required. Latecomers may not join in the class. Each absence beyond one class will lower your grade by one full letter grade. Three tardies will be counted as an absence. Medically excused absences will be evaluated on an individual basis and are at the discretion of the professor.

Attire for Dance Class

Attire should be form fitting, allowing for the line of the body to be seen. No loose or baggy clothing. No large jewelry. Hair must be secure, off the neck, and away from the eyes.

Dance Class Etiquette

Please silence all cell phones during class. If you are online, keep your video on and refrain from posting in the chat. Any correction given to an individual should be taken as information for all. Students are expected to be courteous of each other, the musicians, and the dance teacher. Students are encouraged to foster an individual and collective atmosphere of respect, purpose, discipline, and growth.

Grading Scale

50 % Attendance, Attitude, Concentration, and Participation

This grade is a reflection of your full participation and commitment to being present in the course, the respect you offer the instructor and participants, contributions to discussion and movement explorations, growth and evidence of your intellectual and physical engagement, understanding of the material presented in class, and overall positive energy.

20 % Course Projects

20% Journal

10 % Performance attendance - 2 performance survey submissions, 2 dance responses

*Note - The Syllabus is subject to change.

Health

The Acknowledgment of Risk/Medical Consent Form must be completed and submitted to the professor on the first day of class. Notify the instructor if you have any health concerns that might affect your participation.

Note: Dance exercises often involve touching. Physical contact may range from simple touch to correct alignment to relaxation massage. Students may also be asked to experiment with exercises involving exchange of weight with other students. If you feel uncomfortable with this, please tell the instructor and appropriate modifications will be made.

Department Performance Survey Requirements/Reviews

Each student must attend and/or participate in four performances. These shows should include UHM Dance Retrospective and the Virtual Dance Performance II, and the Virtual Dance Media Now Community Dialogue Project Panels on Mondays April 26 and May 3, 5:30pm – 6:30pm (free events, links will be provided)

For the UHM Dance Retrospective and Virtual Dance Performance, fill out the UHM Dance Performance Survey online. For the two online dance performances, write a one page response for each and post on the Lualima course discussion board. Survey links and details for writing the responses will be provided on the Lualima course site during the semester. If you are in multiple dance courses with this requirement, you may use the same survey or response.

Journal

Keep a written journal that includes course and assignment notes. Notes from other classes should not be included in this notebook. The journal may also include creative entries such as poems, memories, and artwork. Make regular entries in your journal of your body mind awareness, insights, and reflections on movement exercises from the course. The journal will be submitted to the instructor on April 23 and returned to you on April 30.

Course Schedule

January 15	Somatic Dance
January 22	Awareness of the Spine
January 29	Internal Listening, Visualization and Imagination
February 5	Guest Presenter: Moonea Choi, Flower Dance Festival, South Korea
February 12	Body Connectivity Pods
February 26	Body Connectivity Pods
March 5	Body Connectivity Pods
March 12	Body Connectivity Pods
March 19	(School Holiday – Spring Recess)
March 26	(School Holiday)
April 2	(School Holiday)
April 9	Breath Support, Grounding, and Vocalization
April 16	Intent and the Dynamics of Flow
April 23	Stability - Mobility
April 30	Ease and Balance

Open Auditions

Online Virtual Dance Performance Audition

Orientation: Tuesday, January 19, 4pm (HST)

<https://hawaii.zoom.us/j/94383358699>

Meeting ID: 943 8335 8699

Audition for Student Showcase by Undergraduate and Graduate Students (open to majors and non-majors)

Tuesday, February 16, 2020, 4pm (HST)

Audition Link: Watch for the link to be posted in email and on our UHM Dance Facebook page in early September: <https://www.facebook.com/DANCEATUH/>

UHM Dance Spring Semester Performances

Online Dance Gallery (a retrospective celebration)

A curated retrospective of dance concerts produced by our dance program in recent seasons.

Friday February 5 at 5pm - 9pm

Saturday February 6 at 5pm - 9pm

Sunday February 7 at 2pm - 6pm

Ticket Purchase Information:

<http://manoa.hawaii.edu/liveonstage/dance2021/>

Online Virtual Dance Performance II

Featuring Live Performance of Student Choreography and Dance for the Camera Films

Friday April 2 at 5pm

Saturday April 3 at 2pm and 5pm

Ticket Purchase Information:

<http://manoa.hawaii.edu/liveonstage/virtualdance2/>

Program Survey Link for the Virtual Dance Performance

<https://forms.gle/Gf3Pp22UcPwm5a5J8>

Fill out the questionnaire and submit online no later than one week after the show. Your instructor will explain how you will receive credit for attendance and these documents will be compiled each semester by the undergraduate advisor.

Additional UHM Theatre Performances

Ondine

February 26-28, 2021

FRI/SAT at 7:30pm

SUN at 2pm

Ticket Purchase Information:

<http://manoa.hawaii.edu/liveonstage/ondine/>

Comedy Under the Stars - Remotely Kyogen

April 23-24, 30, May 1-2, 2021

FRI/SAT at 7:30pm

SUN at 2pm

Ticket Purchase Information:

<http://manoa.hawaii.edu/liveonstage/kennedy-theatre/season/>

Late Night Series

More Information:

<http://manoa.hawaii.edu/liveonstage/kennedy-theatre/upcoming-season/latenight/>

Consortium of Asian American Theater Actors (CAATA) - CONFEST VIRTUAL SERIES

Co-hosted by CAATA and the Hawaiian Theater Program/Department of Theatre and Dance
Episodes of the series will take place on the second Monday of the month throughout the semester with all times at 1PM HST, 3PM AKDT, 4PM PDT, 5PM MDT, 6PM CDT, 7PM EDT

For more Information:

<https://caata.net/blog-confest-virtual-series/>

Lectures:

Talking Politics Through Art with Dr. Keith Hennessy, Friday Jan 22/7:30pm

Using recent contemporary performance projects as examples, Hennessy talks about the potentials and limitations of art to address concerns of decolonization, white supremacy, queer and POC futurity, and the crises of democracy. Hennessy's work centers collaboration, especially across lines of difference, power and privilege. The work explores the tensions between indigeneity and diaspora, safety and risk, healing and provocation. How can queer and anti-racist ethics be developed as artistic practices? How can cultural practices – art, dance, ritual, ceremony, poetics, healing, food – impact political structures? And what about capitalism...?

Questions: email pkao@hawaii.edu

Becoming a Dance Major/Minor

If you would like more information about becoming a Dance Major, Double Major or Minor in Dance, contact:

Dr. Miller, Undergraduate Dance Advisor

jhalak.miller@hawaii.edu

UHM DANCE STUDENT RESOURCES

UHM COVID19 Updates: <https://manoa.hawaii.edu/covid19/>

UHM COVID19 Guidelines: <https://manoa.hawaii.edu/covid19/guidelines/>

UHM COVID19 Plan: <https://www.hawaii.edu/news/2020/07/22/uh-manoa-covid-19-plan-for-fall/>

UHM COVID19 Safety Practices: Reporting, Monitoring, and Managing Cases of COVID19:
<https://manoa.hawaii.edu/covid19/guidelines/safety-practices-reporting/>

UHM COVID19 Student Services:
<https://manoa.hawaii.edu/covid19/guidelines/student-services-residences-events/>

UHM COVID19 Non-Discrimination/Harassment, Domestic Violence Prevention, Mental Health Resources <https://manoa.hawaii.edu/covid19/guidelines/non-discrimination/>

Health Statement: Please notify the instructor if there are any particular physical concerns that affect your ability to dance. Acknowledgment of Risk/Medical Consent Form must be completed and submitted to the instructor on the first day of class. Any student who feels they may need an accommodation is invited to contact the instructor privately.

Statement on Disability: KOKUA Program

As each Student has unique backgrounds, we intend to support all students in dance courses. If you have a disability and related access needs, please start by contacting either the Instructor or the KOKUA program (UH Disabled Student Services Office) at 956-7511, KOKUA@hawaii.edu, or go to Room 013 in the Queen Lili'uokalani Center for Student Services.

Statement on Title IX: The University of Hawai'i is committed to providing a learning, working and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. If you or someone you know is experiencing any of these, the University has staff and resources on your campus to support and assist you. Staff can also direct you to resources that are in the community. Here are some of your options:

If you wish to remain ANONYMOUS, speak with someone CONFIDENTIALLY, or would like to receive information and support in a CONFIDENTIAL setting, contact the confidential resources available here: <http://www.manoa.hawaii.edu/titleix/resources.html#confidential>

Lesbian, Gay, Bisexual, Transgender, Queer+ (LGBTQ+) Student Services: Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Student Services strives to maintain a safe and

inclusive campus environment that is free from harassment and discrimination. The office provides direct services to students of the University of Hawai'i at Mānoa to confidentially discuss or seek advocacy and support for mistreatment due to their actual or perceived sex, gender identity, gender expression, or sexual orientation.

Camaron Miyamoto
Queen Lili'uokalani Center for Student Services 211 2600 Campus Road
(808) 956-9250
email: lgbtq@hawaii.edu <http://manoa.hawaii.edu/igbtq/>

Office of Gender Equity: The Office of Gender Equity offers direct services to victims and survivors of sexual harassment and sexual assaults. Brief descriptions of services offered are available here:

Jenna Friedman
Queen Lili'uokalani Center for Student Services 210 2600 Campus Road
(808) 956-9499
email: geneq@hawaii.edu www.manoa.hawaii.edu/genderequity

Prevention, Awareness, and Understanding (PAU) Violence Program

PAU Violence provides UH students with prevention, awareness education, and training programs on issues regarding domestic/dating violence, sexual assault, and stalking. Due to COVID-19, PAU's physical offices are closed but staff can be reached via email at uhmpau@hawaii.edu or call (808) 956-4392. PAU Violence is not a confidential office. Website: <http://manoa.hawaii.edu/pauviolence/>
IG: @pauviolence

Student Parents At Mānoa (SPAM): Student Parents At Mānoa (SPAM) seeks to increase the visibility of and resources for student parents at UH Mānoa as they pursue education while parenting. SPAM staff provide advocacy, support, and referrals for pregnant and parenting students to help them succeed in their educational goals.
Teresa Bill 2600 Campus Road Queen Lili'uokalani Center for Student Services 211 (808) 956-8059 gotkids@hawaii.edu <http://manoa.hawaii.edu/studentparents/>

Counseling and Student Development Center (CSDC): The Counseling and Student Development Center (CSDC) offers support to UHM students, staff, and faculty to assist with personal, academic, and career concerns. All services are confidential and most are free of charge for Mānoa students. They also offer free consultation to faculty and staff on personal and student-related issues as well. CSDC office hours are from 8:00 a.m. to 4:30 p.m., Monday through Friday. They also offer immediate walk in appointments for urgent or emergency/crisis services during their regular daily hours.

Queen Lili'uokalani Center for Student Services 312 2600 Campus Road
(808) 956-7927
uhmcsdc@hawaii.edu www.manoa.hawaii.edu/counseling

University Health Services Mānoa (UHSM): The University Health Services Mānoa (UHSM) is staffed by physicians, nurse clinicians, nurses, and other support staff, and offers a wide range of medical services and programs to UH Mānoa students, with many of the services also available to UH Mānoa faculty and staff and students from other UH campuses. Services include general medical care on a walk-in basis; women's health, sports medicine, psychiatry, and dermatology clinics by appointment; pharmacy and clinical laboratory; and student training, employment and volunteer opportunities.

1710 East West Road
(808) 956- 8965
www.hawaii.edu/shs/

Academic Integrity and Misconduct: Please become familiar with the University's policies regarding academic misconduct. Plagiarism and cheating represent violations of University policies and can have serious consequences. In short, plagiarism means using words, ideas, materials or work, often from other sources, without properly acknowledging and documenting the sources. Students are responsible for knowing the rules governing the use of another's work or materials and for acknowledging and documenting the source appropriately. Although we encourage collaboration with peers, all work that candidates ultimately submit must be their own in their own words. If you are in doubt about whether your work is paraphrased or plagiarized, see the UH General and Graduate Information Catalog under "Student Regulations" and the UH Student Conduct Code for specific guidelines related to ethical behavior. Violations of academic integrity include, but are not limited to, cheating, fabrication, tampering, plagiarism, or facilitating such activities. Failure to meet these expectations can result in failure of the course and possible dismissal from the program.