

Dance 231: Intermediate Contemporary Dance Technique

SYLLABUS

Instructor: Dr. Kara Jhalak Miller
E-mail: jhalak.miller@hawaii.edu
Format/Location: Music Building Dance Studio Room 118
Office Hours by Appointment: Fridays 2pm – 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 moku (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

Dance 231 Intermediate Contemporary Dance focuses on technique dance training and practice. Students will cultivate contemporary dance principles of motion and technical proficiency. In this class students also bring performance skills to the forefront, synthesizing technical information with individual and collective artistry. This course is a movement class with live musical accompaniment.

Students will continue to improve and expand concepts of:

- Breath – as a mechanism for facilitating, directing and connecting movement, as well as producing dynamic performance contrasts, facile use of breath to create flow, release, suspension, drop, momentum
- Gravity – as a partner for the body in motion
- Weight – for grounding, power and momentum
- Torso and Spine – as primary centers of expressivity, strength, flow and movement initiation
- Energy Dynamics – creating texture and quality in movement by a varied application of touch and force
- Spatial Sensitivity – the cultivation of body/space relationships, levels in space, and physical exploration from the floor to air and back again
- Rhythm – stepping outside the box in meter, sound and time
- Musicality – Musical receptivity to receive, comprehend, and be sensitive to concepts such as rhythm, tempo, and phrasing.
- Range of Mobility – Increased body strength, stamina, and flexibility

- Anatomical Awareness – training with alignment for injury prevention and longevity in studio and performance practice
- Movement Sequences – investigation of different movement ideas and patterns
- Creative Choice-making – the role of improvisation in movement invention, evidence of the emergence of a personal aesthetic fueled by artistic curiosity
- Mindfulness – awareness of individual creativity and discovery
- Valuing the body as “soma” – cultivating intelligence in motion
- Proprioception – the internal sensing of where the body and its parts are in space without the external feedback of a mirror reflected image
- Professional demeanor with the class setting – focused, alert, energetic, creative, respectful, mature

Student Learning Outcomes

DNCE 231 directly supports student progress towards Program Learning Outcomes (PLOs) for the BA/BFA Dance degree. DNCE 231 also supports progress towards UHM Institutional Learning Objectives (ILOs). Targeted PLOs and ILOs supported by DNCE 231 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)

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. You are considered late if you are not ready in proper class attire, hair up, and warming up on the floor at the start of class. If you arrive late you can receive credit for attendance if you observe and take notes on the class work and turn them in (either hard copy or digital) at the end of the class. No more than three classes may be taken in this manner. Students cannot make-up class absences in another dance course.

Dance Program Attendance Policy

More than 3 absences will lower the grade. Three tardies will be counted as an absence. Each absence beyond three classes will lower your grade by one full letter grade. Seven absences results in a failing grade. 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.

Performance Surveys/Reviews

Each student must attend five live performances. On Campus, these shows should include UHM Dance Co-Motion and Barebones or Dance Studio Night. Off campus, these events include dance performance of your choosing may be on campus or off-campus . All dates are listed below.

For the 2 on-campus events, fill out the UHM Dance Performance Survey online. For the two off-campus dance performances and performance of your choice, write a one paragraph response for each and put them in your Course Folder on Lulima.

Exams

A mid-term and practical evaluation will be given on Wednesday March 23 in class. These evaluations will consist of a filmed technique class with a viewing on the following class. During the viewing day you will fill out a self-critique form and have a brief discussion about the observations from the video. The purpose of these exams and reviews are to check in with how you are progressing with the course material, cultivate your technical eye, and identify areas to further improve on toward the final. Attendance on both the filming and viewing days is mandatory in order to receive credit for the mid-term exam. If you are unable to attend on these days, there will be no make-up opportunities.

The final practical will be on Monday May 2 in the evening as part of the Dance Program Pau Hana in the UHM Dance Building Studio. This event will take place from 5:30pm – 9pm so mark your calendars now. Each class will perform a 5 minute combination from their course.

Grading Scale

- 50 % Attendance, Attitude, Concentration, and Participation
- 30 % Progress and Improvement
 - 15% Technical Skills - Evidence of intellectual and physical engagement and understanding
 - 15 % Performance Skills - Evidence of growth, change, and improvement
- 20 % Performance Attendance: 2 Performance Survey Submissions, 3 Dance Responses.

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 and combinations 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.

Course Meeting Dates, Exams, and Performance Schedule:

First Day of Instruction: Monday January 10

School Holiday: Monday January 17, Martin Luther King Day

School Holiday: Monday February 21, President's Day

School Holiday: Monday March 14 – 18, Spring Recess

Mid-Term: Wednesday March 23

School Holiday: Friday March 25, Kuhio Day

School Holiday: Friday April 15, Good Friday

Last Day of Instruction: May 2

Final Exam: May 2, Final Practical and Course Performance at UHM Dance Pau Hana 6pm – 9pm

UHM DANCE SPRING Semester Performances, Activities, and Auditions

TBD - Audition for Co-Motion/Footholds and Barebones/Dance Lab Workshop

Tuesday February 8, 2022, 6pm at the Dance Building Studio

Audition of student work

“Co-Motion: Two Dance Concerts”

March 25-27, 2022, FRI/SAT/SUN at 2pm and 7:30pm

Anticipated limited live audience performances but will switch to streaming if public health concerns arise.

Directors: Betsy Fisher and Lorenzo Perillo

Choreographers and Performers: UHM Dance Students

Ticket Information: <https://manoa.hawaii.edu/liveonstage/comotion/>

Program Survey Link for Co-Motion (Lab Theatre), Bare Bones Dance Lab Workshop, and Studio Night (DB Studio)

<https://forms.gle/yeUFKGAW4MMGUGk48>

Required for all UHM dance majors, minors, and students enrolled in dance courses: Attend the Co-Motion, Bare Bones, and Dance Studio Night performances, Fill out the Program Survey 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.

Barebones Dance Lab Workshop

April 1 and 2, 2022 FRI/SAT

Lab theatre

Anticipated limited live audience performances but will switch to streaming if public health concerns arise.

Choreographers and Performers: UHM Dance Students

Graduate Research Symposium

Department of Theatre and Dance

Tuesday March 29, 2022

4pm - 7:30pm

The T&D Graduate Research Symposium offers graduate students an opportunity to present their research to a friendly group of peers and professors. This symposium serves as an essential hub for graduate student scholars and practitioners to share new work and ideas in the Department of Theatre & Dance in the areas of Indigenous Performance, Dance Studies, Theater Studies, and Performance Studies. The symposium will take place on zoom.

Dance Studio Night

Monday April 26, 2022, 6pm - 9pm, Dance Building Studio

Dance Students are invited to present new research.

Dance Class Pau Hana

Monday May 2, 2022, 6pm - 9pm, Dance Building Studio

All Dance Courses will present a 3 - 5 minute performance or presentation from their classes.

Additional UHM Theatre Performances

Ticket Information:

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

Eddie Wen' Go

January 28 - February 6, 2022

FRI/SAT 7:30pm

SUN 2:00pm

Hawai'i Nō Ka 'O'i: A Sakamoto Celebration

February 23, 24, 25, 26, 27, 2022

FRI 7:30pm

SAT/SUN 2:00pm

Ho'oilina

April 15 - 24, 2022

FRI/SAT 7:30pm

SUN 2:00pm

Additional Dance Performances

Wednesday April 6 Pau Hana Dance Media Artist Talk at Hawaii State Art Museum

Live Performance Lecture Demo and Preview of "What is Revealed" with Alberte Bernier and Jhalak Dance Company

6pm – 8pm, Free

Friday April 8 and Saturday April 9 Dance at KOA Theatre

"What is Revealed" with Jhalak Dance Company

More info: www.jhalakdance.org

7pm, \$20

UHM DANCE STUDENT RESOURCES

UHM COVID-19 Guidelines: <https://www.hawaii.edu/covid19-guidelines/>

UHM COVID-19 Moving Forward in 2021 - 2022 FAQs: <https://manoa.hawaii.edu/moving-forward/>

UHM Basic Needs Resource: <https://www.hawaii.edu/student-basic-needs/resources/manoa/>

This site includes links to the Food Assistance, Financial Help, Health Services, and Housing and Shelter Resources

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 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:

The LGBTQ+ 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:

Prevention, Awareness, and Understanding (PAU) Violence Program exists to inspire, educate, and empower students and campus communities to build safe living-learning environments, end interpersonal violence, and encourage holistic well-being in ways that are supportive, collaborative, student-centered, and strengths-based. PAU Violence Program staff provides direct services to all University of Hawai'i at Mānoa students including crisis response, safety planning, academic support, and referrals to campus and community resources.

Jennifer Barnett and Leslie Cabingabang

Queen Lili'uokalani Center for Student Services 211 2600 Campus Road (808) 956-8059, uhmpau@hawaii.edu

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.