



Master Course Syllabus

For additional course information, including prerequisites, corequisites, and course fees, please refer to the Catalog: <https://catalog.uvu.edu/>

Semester: Spring

Year: 2025

Course Prefix: DANC

Course and Section #: 144_001

Course Title: Modern/Contemporary Technique and Theory I

Credits: 3

Course Description

Focuses on development of solid foundational skills in modern dance technique and theory that prepare the student for an intensive major program. Emphasizes the development of strength, flexibility, core support, coordination, kinesthetic awareness, memory, and movement expressiveness. Includes experience in improvisation and composition as a means of understanding and applying technical skills in performance settings. May be repeated for a total of six credits towards graduation.

Course Attributes

This course has the following attributes:

- General Education Requirements
- Global/Intercultural Graduation Requirements
- Writing Enriched Graduation Requirements
- Discipline Core Requirements in Program
- Elective Core Requirements in Program
- Open Elective

Other: *Click here to enter text.*

Instructor Information

Instructor Name: Jamie Myers

Student Learning Outcomes

1. Manifest increased body connectivity that provides clear connection between core and distal edges.
 2. Perform increasingly complex level 1 movement combinations with efficiency, clarity, and consistency.
 3. Participate in daily class by taking personal responsibility for full presence and commitment.
 4. Demonstrate increased basic level of core support and dynamic alignment.
 5. Identify the elements of dance through movement with consistency.
 6. Develop skills in self and peer observation.
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Course Materials and Texts

Proper dance attire is required for this course. Students may also need a recording device (phone or camera) for course evaluations.

Course Requirements

Course Assignments, Assessments, and Grading Policy

- **Skill:** Level I develops technical ability and awareness of movement principles. Students will be graded on their progress and growth in regard to the following: the ability to pick up and remember movement material, differentiation of rhythmic phrasing, an embodied understanding of neuromuscular patterning, attention to alignment and core support, increased spatial awareness, qualitative changes in movement, and the ability to implement feedback. Active participation, consistent attendance, and incorporation of peer and instructor feedback will facilitate improvement and success. (60% of overall grade)
- **Participation:** All course concepts are presented through various modes such as demonstration, repetition, description, discussion, consensual touch, journaling, writings etc. Students are required to participate to their full ability. Physical exploration including improvisation and composition, critical observation, and verbal participation are the primary means of learning. Integration and embodiment of lessons and corrections develop artistry. (25% of overall grade)
- **Concert Attendance:** Attending live dance performances can deepen our understanding of artistry while simultaneously demonstrating support for the artform and extending our professional networks. (5% of overall grade)
- **Midterm:** At the midterm time, the student and instructor(s) will assess technical and artistic progress in the class. Specific details and requirements regarding video days, self-reflections, and conferences, if applicable, for the assessment will be discussed. (5% of overall grade)
- **Final:** At the final time, the student and instructor(s) will assess technical and artistic progress in the class. Specific details and requirements regarding video days, self-reflections, and conferences, if applicable, for the assessment will be discussed. (5% of overall grade)

UVU Grading Scale

| | | |
|-------------------|------------------|--------------------|
| A = 93.6% - 100% | A- = 90% - 93.5% | B+ = 86.6% - 89.9% |
| B = 83.6% - 86.5% | B- = 80% - 83.5% | C+ = 76.6% - 79.9% |
| C = 73.6% - 76.5% | C- = 70% - 73.5% | D+ = 66.6% - 69.9% |
| D = 63.6% - 66.5% | D- = 60% - 63.5% | E = Below 60% |

Required or Recommended Reading Assignments

All readings are available on Canvas, if applicable.

General Description of the Subject Matter of Each Lecture or Discussion

This course teaches body and performance techniques, dynamic alignment, weight shift, rotary function, foot articulation, axial and locomotor skills, total body connectivity, and floorwork, among other concepts. Classes are specifically designed to meet the skill level of the students in the class who work on foundational concepts through improvisation, phrasework, composition, and performance.

Module 1: Locomotor and Axial Movement/ Grounding & Shifting

Module 2: Exploring BEST (Body, Energy, Space, Time) through Contemporary Phrasework

Module 3: Floorwork/ Inversions & Deep Plie
Module 4: Dynamic Alignment & Momentum
Module 5: Kinesthetic Awareness & Moving in Communal Space
Module 6: Weight sharing/ Partner work
Module 7: Performance Artistry

Required Course Syllabus Statements

Generative AI

AI programs are not a replacement for your human creativity, originality, and critical thinking. Writing, thinking, and researching are crafts that you must develop over time to develop your own individual voice. At the same time, you should learn how to use AI and in what instances AI can be helpful to you.

The use of generative AI tools (e.g. ChatGPT, Google Bard, etc.) is permitted in this course for the following activities:

- Brainstorming and refining your ideas;
- Fine tuning your research questions;
- Finding information on your topic;
- Drafting an outline to organize your thoughts; and
- Checking grammar and style.

The use of generative AI tools is not permitted in this course for the following activities:

- Impersonating you in classroom contexts, such as by using the tool to compose discussion board prompts/responses assigned to you or content that you put into a Teams/Canvas chat.
- Completing group work that your group has assigned to you, unless it is mutually agreed upon that you may utilize the tool.
- Writing a draft of a writing assignment.
- Writing entire sentences, paragraphs or papers to complete class assignments.

You are responsible for the information you submit based on an AI query (for instance, that it does not violate intellectual property laws, or contain misinformation or unethical content). Your use of AI tools must be properly documented and cited in order to stay within university policies on academic honesty.

Any student work submitted using AI tools should clearly indicate what work is the student's work and what part is generated by the AI. In such cases, no more than 25% of the student work should be generated by AI. If any part of this is confusing or uncertain, please reach out to me for a conversation before submitting your work.

Using Remote Testing Software

This course does not use remote testing software.

□ This course uses remote testing software. Remote test-takers may choose their remote testing locations. Please note, however, that the testing software used for this may conduct a brief scan of remote test-takers' immediate surroundings, may require use of a webcam while taking an exam, may require the microphone be on while taking an exam, or may require other practices to confirm academic honesty. Test-takers therefore shall have no expectation of privacy in their test-taking location during, or immediately preceding, remote testing. If a student strongly objects to using test-taking software, the student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

Required University Syllabus Statements

Accommodations/Students with Disabilities

Students needing accommodations due to a permanent or temporary disability, pregnancy or pregnancy-related conditions may contact UVU [Accessibility Services](#) at accessibilityservices@uvu.edu or 801-863-8747.

Accessibility Services is located on the Orem Campus in BA 110.

Deaf/Hard of Hearing students requesting ASL interpreters or transcribers can contact Accessibility Services to set up accommodations. Deaf/Hard of Hearing services can be contacted at DHHservices@uvu.edu

DHH is located on the Orem Campus in BA 112.

Academic Integrity

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic dishonesty. As members of the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

Equity and Title IX

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment,

admission, access to educational programs and activities, or other University benefits or services. Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – TitleIX@uvu.edu – 800 W University Pkwy, Orem, 84058, Suite BA 203.

Religious Accommodation

UVU values and acknowledges the array of worldviews, faiths, and religions represented in our student body, and as such provides supportive accommodations for students. Religious belief or conscience broadly includes religious, non-religious, theistic, or non-theistic moral or ethical beliefs as well as participation in religious holidays, observances, or activities. Accommodations may include scheduling or due-date modifications or make-up assignments for missed class work.

To seek a religious accommodation, a student must provide written notice to the instructor and the Director of Accessibility Services at accessibilityservices@uvu.edu. If the accommodation relates to a scheduling conflict, the notice should include the date, time, and brief description of the difficulty posed by the conflict. Such requests should be made as soon as the student is aware of the prospective scheduling conflict.

While religious expression is welcome throughout campus, UVU also has a [specially dedicated space](#) for meditation, prayer, reflection, or other forms of religious expression.