



CONTEMPORARY DANCE

Examinations

Syllabus Outline

2019

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VOCATIONAL GRADED EXAMINATIONS IN DANCE

INTRODUCTION

RATIONALE

The Vocational Graded Examinations in Contemporary Dance, Intermediate Foundation and Intermediate, develop the candidate's expertise in such a way as to provide the basis for either professional employment as a dancer or further training as a dance teacher. Throughout the study of the syllabus, candidates are following a vocational path, requiring a high level of commitment and with an increasing emphasis on safe dance practice.

Successful candidates at this level should show a high standard of technique, a sound knowledge and understanding of the Contemporary Dance genre and secure performance skills. Candidates undertaking a study of the Contemporary Dance Vocational Graded syllabus should also typically display a sense of self-awareness and be self-motivated in terms of their personal development. A degree of personal interpretation is encouraged and the candidate is expected to show their artistic potential. Candidates will need to show the qualities of professionalism, commitment and focus. This would typically result in a successful candidate spending significant additional time each week in lessons, practising and studying independently.

The Vocational Graded examinations are concerned specifically with the mastery of technique and underpinning understanding, to a level sufficient to prepare candidates for further vocational training and match current expectations in the employment sector. The Vocational Graded Examinations are regulated qualifications on the Regulated Qualifications Framework. Intermediate Foundation is located at Level 2 and Intermediate at Level 3.

AIM

The aim of the ISTD Vocational Graded Examinations in Contemporary Dance is to provide an assessment scheme, which gives the basis for the measurement of the individual candidate's progress and development, in preparing to be a professional dance performer or teacher. There are three practical examinations graded to measure appropriate stages of development from a general standard of Contemporary Dance education to that of professional competence and readiness.

OBJECTIVES

The syllabus objectives of the Contemporary Dance Vocational Graded Examinations are to:

- teach correct posture, stance and distribution of weight;
- develop core strength to support correct use of stance and control of the body;
- acquire ability to isolate and coordinate different body parts to perform movement phrases with efficient use of the body;
- learn how to use breath to initiate and enhance movement;
- develop ability to drop and suspend the weight of the body;
- develop use of the body to achieve expected alignment and shape of the body;
- develop ability to vary quality and flow of movement;
- develop ability to move in space, using appropriate directions, pathways and levels;
- gain a comprehensive technique in Contemporary Dance;
- develop a sophisticated sense of performance;
- understand the process of creating movement phrases through structured improvisation;
- be able to perform accurately and interpret a choreographer's work;
- develop a self-confident performer personae.

ENTRY CONDITIONS AND GENERAL INFORMATION

AGE LIMITS

There is a recommended minimum age of 13 years for Intermediate Foundation and for Intermediate. This is to ensure that they are physically and intellectually developed sufficiently to safely and mentally meet the demands of the syllabus.

PRIOR LEARNING

There are no prior examination requirements for Intermediate Foundation. Candidates will be required to achieve the Intermediate Foundation qualification prior to entry at higher levels.

GENDER DISTINCTIONS

The syllabus is suitable for both male and female candidates as it is designed to develop all-round strengths and abilities.

TIME ALLOWANCES/NUMBER OF CANDIDATES

	1 candidate	2 candidates	3 candidates
Intermediate Foundation	60 minutes	60 minutes	75 minutes
Intermediate	60 minutes	60 minutes	75 minutes
Advanced 1	75 minutes	75 minutes	90 minutes

MUSICAL ACCOMPANIMENT

The official ISTD Contemporary Dance Syllabus set music should be used for these examinations. A sound system capable of playing CDs or other digital audio equipment at a volume suitable for the venue should be provided. Music system operators must not be teachers or assistant teachers, or another candidate in the session, and should be seated at a discreet distance from the examiner.

DRESS REQUIREMENTS

Unitard, lycra shorts, dance tights with a tight -fitting leotard or t-shirt. Candidates should work in bare feet or foot thongs if required. Hair should be neat and securely held in place. Long hair should be tied back to allow a clear neck and head-line. Jewellery or body piercing should not be worn.

EXAMINATION STUDIO SET UP

It is requested that examinations are set up using the greatest width of the studio.

SYLLABUS CONTENT – MALE AND FEMALE

INTERMEDIATE FOUNDATION

1. Warm up

Standing Breathings
Going to the floor
Meditative body limbering
Alexander technique position
Limbering and the plough – not included in assessment

2. Floor work

Curved back bounces
Sitting breathings
Spirals
Percussive Contractions
Limbering Stretch in second
Feet comping forward with contraction
Exercise in fourth with leg to second
Fish asana going to fourth
Roll up

3. Standing work

Hip openings
Parallel brushes with fold and extend
Plies in first and second

4. Standing work integrating fall them

Turned out brushes with hip fall
Hip fall on the spot
Tilt on the spot
Hip fall and tilt on the spot

5. Travelling

Lunge lean across the floor
Tilt across the floor
Tilt and lunge lean across the floor
Tilt with turn around the back
Lunge run
Lunge run and touch the floor
Lunge run and touch the floor with turn

6. Standing work: Jumps

Jump preparation one and two
Jump preparation three

7. Travelling work: Jumps

Travelling hop and lunge lean
Travelling hop and lunge lean with waltz
Travelling hop and lunge lean with turning waltz
Travelling hop and lunge lean with turning waltz, bell jumps and leap

8. Solo work

Structured improvisation – unset task to be given by examiner
Solo – set solo

9. Centre practice

Bows

INTERMEDIATE

1. Warm up

Standing Breathings

Going to the floor

Meditative body limbering

Alexander technique position – not included in assessment

Limbering and the plough – not included in assessment

2. Floor work

Curved and straight back bounces

Scoop and sitting breathings with extending legs

Spiral going to fourth

Snake contractions

Limbering stretch in second and deep contractions in second

Rocking foot exercise

Exercise in fourth with leg to second and contraction

Fish asana with crawl

Roll up

3. Standing work

Hip openings with high release

Parallel brushes with high release

Plies in first and second adding fifth and fourth crouches

4. Standing work integrating walk theme

Tuned out brushes with stride

Turned out high brushes with stride and contraction

Stride on the spot

High walks with quarter turn on straight legs

High walks with quarter turn on bent legs

5. Travelling

Skidder

Skidder with diagonal chop

Skidder with diagonal chop and turn

Forward walks on straight legs

Forward walks on bent legs

Sideways walks on straight legs

Sideways walks on bent legs

6. Standing work: Jumps

Prances on the spot

7. Travelling work

Prances moving sideways

Prances moving sideways with stride leap

Prances moving sideways with stride leap and turn

8. Travelling jumps

Stride leap preparation

Stride leap

Stride leap sequence

Side prances with stride leaps and attitude hops

9. Solo work

Structured improvisation – unset task to be given by examiner

Solo – set solo

10. Centre Practice

Bows

ASSESSMENT

MARK SCHEMES

Intermediate Foundation, and Intermediate

TITLE OF COMPONENT	MARKS ATTAINABLE
TECHNIQUE	
Floor work	10
Standing work	10
Travelling work	10
Jumps/elevation	10
Section total	40
PERFORMANCE & PRESENTATION	
Performance and presentation of class work	20
Dynamics and spatial awareness	10
Solo	10
Section total	40
RESPONSE	
Structured Improvisation	10
Candidate response and syllabus knowledge	10
Section total	20

METHOD OF ASSESSMENT

Vocational Graded Examinations are assessed externally by visiting examiners recruited and trained by the ISTD. Assessment is carried out by means of a practical demonstration of the knowledge, understanding and skills required. The examination is divided into Sections and each Section is composed of several components, which are separately assessed and aggregated to give the total out of 100. Candidates will, however, be unsuccessful if:

- 20% of the marks attainable or below are given for any one component
- 40% of the marks attainable or below are given for any three components.

This reflects the need to ensure competence across a wide range of components.

Results are indicated using the following attainment bands:

- Distinction 80-100
- Merit 65-79
- Pass 50-64
- Not Attained 00-49

CLASSIFICATION OF RESULTS

The principle of best fit is applied in deciding the appropriate classification for each candidate. It is not to be expected that a candidate in a particular category will necessarily demonstrate all of the characteristics listed in that category.

A candidate who achieves a '**Distinction**' classification (80-100 marks) is one who demonstrates the following attributes in performance:

- extremely strong technical accomplishment;
- high clarity of intention in execution of the movement;
- excellent precision in the technique of the genre;
- highly sophisticated use of dynamics and spatial elements;
- very confident and accurate responses to instructions, questions asked and/or tasks set;
- very strong performance skills.

A candidate who achieves a '**Merit**' classification (65-79 marks) is one who demonstrates the following attributes in performance:

- well established technical accomplishment;
- clarity of intention in execution of the movement;
- good precision in the technique of the genre;
- sophisticated use of dynamics and spatial elements;
- confident and accurate responses to instructions, questions asked and/or tasks set;
- strong performance skills.

A candidate who achieves a '**Pass**' classification (50-64 marks) is one who demonstrates the following attributes in performance:

- generally established technical accomplishment;
- some clarity of intention in execution of the movement;
- some precision in the technique of the genre;
- use of dynamics and spatial elements;
- broadly relevant and appropriate response to questions asked and/or tasks set, but some prompting may be required;
- competent performance skills.

A candidate who achieves an insufficient level of achievement '**Not Attained**' classification (00-49 marks) is one who has not yet demonstrated the attributes required to gain at least a 'Pass' classification.