

The Chinese University of Hong Kong
Physical Education Unit
Modern Dance
Course Content

Week	Session 1	Session 2
1	1. Modern dance video (Modern dance intro.) 2. Class regulations & course introduction 3. Body posture: - Standing position - Body alignment	4. Warm up and stretching exercise introduction 5. *Dance technique introduction 1
2	1. Modern dance video (Dance structure) 2. Warm up and stretching exercise 3. *Dance technique 1	4. Floor work exercise introduction
3	1. Modern dance video (Dance theatre) 2. Warm up and stretching exercise 3. *Dance technique 1	4. Floor work exercise
4	1. Modern dance video (Duo) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise	5. Swing and weight transfer exercise introduction 6. Dance routine
5	1. Modern dance video (Improvisation) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise	5. Swing and weight transfer exercise 6. Fall and recovery exercise introduction 7. Dance routine
6	1. Warm up and stretching exercise 2. Focus training on selected exercise 3. Dance routine	4. Improvisation 5. Group choreography introduction 6. Group discussion
7	1. Warm up and stretching exercise 2. Improvisation/Contact improvisation 3. Focus training on selected exercise	4. Dance routine 5. Group choreographic work
8	1. Warm up and stretching exercise 2. Focus training on selected exercise 3. Dance routine	4. Group Choreographic work

Week	Session 1	Session 2
9	1. Warm up and stretching exercise 2. Focus training on selected exercise 3. Dance routine	4. Group Choreographic work
10	1. Warm up and stretching exercise 2. Dance routine	3. Group Choreographic work
11	1. Warm up and stretching exercise 2. Dance routine	3. Group Choreographic work
12	Written examination	Dance routine examination
13	Group Choreography examination	Course Evaluation

*Remarks:

Dance technique

1. Plie (1st to 5th position), Grand Plie (1st to 5th position), Tondu
2. Plie (1st to 5th position), Grand Plie (1st to 5th position), Tondu, Rond de shon, Releve

- Dance technique can be adjusted to add on or to lessen.

Course Content (Online Teaching)

Week	Session 1	Session 2
1	<ol style="list-style-type: none"> 1. Modern dance video (Modern dance intro.) 2. Class regulations & course introduction 3. Body posture: <ul style="list-style-type: none"> - Standing position - Body alignment 	<ol style="list-style-type: none"> 4. Warm up and stretching exercise introduction 5. *Dance technique introduction 1
2	<ol style="list-style-type: none"> 1. Modern dance video (Dance structure) 2. Warm up and stretching exercise 3. *Dance technique 1 	<ol style="list-style-type: none"> 5. Floor work exercise introduction
3	<ol style="list-style-type: none"> 1. Modern dance video (Dance theatre) 2. Warm up and stretching exercise 3. *Dance technique 1 	<ol style="list-style-type: none"> 4. Floor work exercise
4	<ol style="list-style-type: none"> 1. Modern dance video (Duo) 2. Warm up and stretching exercise 3. *Dance technique 1 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise introduction
5	<ol style="list-style-type: none"> 1. Modern dance video (Improvisation) 2. Warm up and stretching exercise 3. *Dance technique 1 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise
6	<ol style="list-style-type: none"> 1. Modern dance video (DV8 Physical Theatre) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise 6. Dance routine
7	<ol style="list-style-type: none"> 1. Modern dance video (Cloud Gate Dance Theatre) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise 6. Fall and recovery exercise introduction 7. Dance routine
8	<ol style="list-style-type: none"> 1. Modern dance video (City Contemporary Dance Company) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise 6. Fall and recovery exercise 7. Dance routine

Week	Session 1	Session 2
9	<ol style="list-style-type: none"> 1. Modern dance video (BeijingLDTX) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise 6. Fall and recovery exercise 7. Dance routine
10	<ol style="list-style-type: none"> 1. Modern dance video (Daegu City Dance Company) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise 6. Fall and recovery exercise 7. Dance routine
11	<ol style="list-style-type: none"> 1. Modern dance video (Sydney Dance Company) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise 6. Fall and recovery exercise 7. Dance routine
12	<ol style="list-style-type: none"> 1. Modern dance video (Akram Khan Company) 2. Warm up and stretching exercise 3. *Dance technique 2 4. Floor work exercise 	<ol style="list-style-type: none"> 5. Swing and weight transfer exercise 6. Fall and recovery exercise 7. Dance routine
13	<ol style="list-style-type: none"> 1. Course Evaluation 2. Exam rules and discussion 3. Warm up and stretching exercise 4. *Dance technique 2 5. Floor work exercise 	<ol style="list-style-type: none"> 6. Swing and weight transfer exercise 7. Fall and recovery exercise 8. Dance routine

*Remarks:

Dance technique

1. Plie (1st to 5th position), Grand Plie (1st to 5th position), Tondu
 2. Plie (1st to 5th position), Grand Plie (1st to 5th position), Tondu, Rond de shon, Releve
- Dance technique can be adjusted to add on or to lessen.