

JYOTI NIVAS COLLEGE AUTONOMOUS

Programme: B.Voc VP.

Semester: II

Introduction to Fundamentals of Dance

Course Code: 18BVV206

60 hours; 4 Credits

Objectives:

1. Introduction to structured dance
2. Further development of physical fitness
3. Building spatial awareness

Unit 1: [6hrs]

Human anatomy

Unit 2: [6hrs]

Bharatanatyam theory

Unit 3: [8hrs]

Introduction to choreography

Practical [40 hrs]

Unit 1: [8hrs]

Introduction to Bharatanatyam

Unit 2: [10hrs]

Building Spatial awareness

Unit 3: [10Hrs]

Yoga

Unit 4: [12hrs]

Choreography

Reference Material:

Franklin, Eric: Conditioning for Dance

Calais-Germain, Blandine: Anatomy of Dance

Dills, Ann & Albright, Ann Cooper: A Dance History Reader [Moving History/Dance Cultures]