



DANCE:

Developing and Achieving Natural Creative Expression

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Overview

In the D.A.N.C.E. suite, participants will be allowed to explore and discover new things about themselves through dance, further their knowledge of different dance forms, learn the history of dance and how it impacts cultures worldwide and learn why and how it is a good form of exercise. Members that are interested in dancing will have the opportunity to improve their dancing ability, become a more confident dancer, and be free to express themselves through dance for their peers.

Participants will be strongly encouraged to join one of the dance groups at UVM and attend dances, such as Latin nights at the local clubs, trips to Montpelier contra dances, USABDA (United States of America Ballroom Dance Association) sponsored dances, and other sorts of dances in the area. Attending dance performances and completing individual research, among many other activities, will broaden members' perspectives on dance and dance culture.

Learning Objective # 1

The origins of dance, how it has evolved, how it plays a role in cultures all over the world, and how dance allows you to

discover new things about yourself as well express those discoveries in an art form are important things in understanding and appreciating dance in all of its forms. Each member will learn how dancing is an important aspect to many different cultures in many ways and learn about the history and evolution of different dance forms from around the globe.

Action Steps

Members will be encouraged to choreograph or share in some other way any routines or moves that they have come with at the weekly meetings. These performances will not only allow program members to learn from each other, but also to get to know each other on deeper and more interesting levels.

Members will attend at least one dance performance per semester by a professional or non-professional company. Attending these performances will not directly teach us about how dance affects different cultures, but it gives you a snapshot of that culture. (ONGOING)

Members will choose a certain culture that they are interested in and will do research at the library or online about dance within that culture (popular, ceremonial, etc.). At the weekly meetings, a different member will present their research. Research can also be posted on the program bulletin board. (ONGOING)

Members will collaborate with suites from the Global Village (Spanish House, Russian House and Africa House to name a few) to investigate how dance is prevalent in each house's culture through film or experience. (ONGOING)

A section of the bulletin board for the program will be

dedicated to the history of dance. Articles will be posted on a regular basis to educate those in the program. (ONGOING)

Program directors will put up timelines (from 1800 to present) in each suite on which members of the program can add important and interesting dates in the history of dance as they discover them through research. (ONGOING)

The D.A.N.C.E. Program would like to collaborate with the Music Appreciation and All that Jazz Program to have a music and dance night during which we appreciate the rich cultural mixings of different types of music with different types of dance. (OCTOBER)

Four times a year we will create educational flyers to post around L/L and campus based on the information that people find through their research about how dance plays an integral part in cultures around the world and any other interesting facts. (OCTOBER, DECEMBER, FEBRUARY, APRIL)

Learning Objective #2

Taking care of one's body, both through prevention measures and knowing how to take care of injuries when they occur, is an important life skill. When exercising, particularly when dancing, injuries can and do occur. Therefore, each member will learn how to take care of their bodies through physical exercise, how to take care of different injuries and will gain a better understanding of the body.

Action Steps

Faculty guest speakers will come to the suites and talk to us

about our bodies, exercise and injuries. These lectures will occur once per semester. (NOVEMBER, MARCH)

The two suites will have a communal bulletin board in the landing area. The goal is that members will do research online, in the library etc., and if a useful and/or interesting article is found, they will post it on the bulletin board. Members will be required to post something at least once a month. Our findings will be shared at biweekly meetings. (ONGOING)

Suites will make appointments with the athletic trainers, who will provide guidance on staying healthy and how exercise makes this possible. (SEPTEMBER, FEBRUARY)

Four times a year, one of the suites will prepare a healthy meal for the other members and do some research on the meal, which they will present and serve at one of the weekly meetings. (OCTOBER, DECEMBER, FEBRUARY, MAY)

There will be subscriptions to Dance, Body + Soul, Dance Spirit and Total Health magazines as well as dance and health books circulating in the two suites. These magazines will be available to the members at all times for whatever use they choose. (ONGOING)

We would like to collaborate with the Mind, Body & Soul Program and the Health & Wellness RLC to plan a campus wide workshop that deals with daily health and wellness with an emphasis on physical activities, including dance.

Learning Objective #3

We think that being able to recognize different styles of dance increases your appreciation of dance as an art form. Therefore, each member will be able to recognize and/or know the steps to at least five different styles of dance by the end of the year.

Action Steps

Members are strongly encouraged to participate in at least one dance organization on campus. This could be Catamount Dance Team, Orchesis Dance Company, Urban Flava Step Team or the Salsa and Swing Society. (ONGOING)

Films, documentaries and possibly instructional videos that are related to dance will be shown throughout the year. They will show how dance is an integral part of many cultures and will expose members to new kinds of dance. (ONGOING)

Members are strongly encouraged to participate in at least one organized dance event off campus per month. These dance events could be Latin nights downtown, contra and folk dances in the area, United States of America Ballroom Dance Association sponsored dances and other dance events that come up. (ONGOING)

Members will attend dance performances by student groups, such as Urban Flava Step Team, the Catamount Dance Team, the Salsa and Swing Society or the Orchesis Dance Company. Watching these performances will hopefully inspire the members to discover new forms of creative movement, and these performances show them that anyone can dance. (ONGOING)

At weekly meetings, members who participate in an on-

**campus dance organization will be encouraged to share what they are learning with the other members, and perhaps teach a little of what they have learned.
(ONGOING)**

Community Service

We plan on hosting a themed fundraiser dance each semester in November and April, and donating the money to a charity that will be decided later as a program. We will rent the Fireplace Lounge and charge \$3 for admission. We are requesting \$25 for event preparation and decoration. For this fundraiser, we hope to recruit the Making the Mark suite to make interesting backgrounds for the Fireplace Lounge.

Plans for Interactions With Other L/L Programs

We would like to collaborate with the Mind, Body and Soul program and the Health & Wellness RLC to plan a campus wide workshop relating to daily health and wellness that has an emphasis on physical activities, including dance. We would also like to attend one of the Latin or other nights downtown with people from the Global Village. We would also like to invite the Healthy Eating With Cultural Style program to enjoy one of our communal meals. In addition, we will invite programs, such as the Spanish House, Russian House, and Africa House, to film and documentary viewings about the role dance plays in each respective culture. We will invite Interpreting Film to movie nights as well. Our Living Learning community service dance guest list will include all the programs in L/L. We would also like to have a music and dance appreciation night of some sort with the Music Appreciation and All that Jazz Program.