

STUDENT TEACHER SYLLABUS – Time allowed - 1¼ hours.

Candidates must have music prepared for all sections. Music may be used whenever the candidate or Examiner feels appropriate. The examination to be taken in 5 parts in the order written below.

Notes: Student Teacher level is NOT a teaching qualification. Candidates to have knowledge of Amateur Medal Tests. All demonstrations are to be performed with sound technique, rhythmical body action and personal interpretation using Safe Dance Practice.

PART 1 - DEMONSTRATION

Demonstrate to music:-

- a) **Warm Up Routine** - suitable for Bronze level for age group of candidate's choice, minimum 32 bars, maximum 3 minutes, Mobility and Pulse Raiser followed by Short Static Standing Stretch Sequence. The stretches should include the major muscle groups.
- b) **Own Creative Routine** - minimum 1 minute, maximum 2 minutes
- c) **Two 8 bar repeatable Bronze Routines** - of contrasting rhythms/tempi, which must be candidate's own choreography suitable for class work.
- d) **Cool Down Stretch Sequence** - suitable for Bronze level for age group of candidate's choice, to include the major muscle groups, 2 minutes.

PART 2 - KNOWLEDGE, UNDERSTANDING and EXPLANATIONS

A Knowledge and Explanation of the Routines Demonstrated.

- a) Warm Up Routine
- b) Discuss Own Creative Routine
- c) Two 8 bar Bronze Routines
- d) Cool Down Stretch Sequence

B Theory and Understanding of:-

- a) Warm Up
- b) Cool Down
- c) Safe Dance Practice including Controversial and Contra-Indicated Movements

PART 3 - STEPS and MOVEMENTS

Demonstrate and give technical descriptions of the following Steps and Movements. Demonstrate amalgamations as requested to show varying styles and understanding of the Medal Test Syllabus, up to and including Bronze level.

Candidates should refer to the 'Glossary of Technical Terms' for full technical descriptions of Steps and Movements.

- a) **FOOT PATTERNS and ACTIONS** - Bounce, Close, Closed, Dig, Flex, Heel Lift, Knee Lift, Plié, Point, Simple Run, Stamp, Step, Tantrum Runs, Tap, Walk, Ball Change, Brush, Cross, Drag, Scuff, Shunt, Long Run

- b) **ELEVATION** - Jump, Hop, Rise, Skip, Spring, Tuck Jump, Jumping Jack*, Leap
- c) **KICKS** - Flick, Kick, Spring Kick.
- d) **TURNING MOVEMENTS and SPINS** - Open Turn, Turn, Cross Turn, Switch Turn
- e) **ARM MOVEMENTS/POSITIONS** - Horizontal, Opposition, Sweeping, V-High, V-Low, Vertical, Waving, Cuddle, Diagonal, Macho (Open / Closed), Parallel, Combing
- f) **HAND MOVEMENTS/POSITIONS** - Clap, Clenched Fist, Flex, Snap, Chopping, Slicing, Prayer Position
- g) **BODY MOVEMENTS** - Contraction, Expansion, Extension, Hip Action, Isolation, Release, Rhythmical Body Action, Shimmy, Shoulder Action
- h) **HEAD MOVEMENTS** – Erect, Lowered, Turned, Raised, Inclined
- i) **COMPOUND STEPS** - Basic Tap, Chassé, Lazy Whisk, Open Turn, Ball Change-Step, Step-Ball Change, Switch Turn, Whisk, Flick-Ball Change, Heel-Ball Change, Kick-Ball Change, Knee-Ball Change

* Candidates will not be required to demonstrate these Figures.

PART 4 - DEFINITIONS

Define the following relating to dance movement, accompanied by music where necessary:-

- a) Rhythm, Rhythmical Expression
- b) Contraction, Release, Relaxation
- c) Centring/Balance, Poise, Posture
- d) Pattern, Routine
- e) Accent, Time Signatures, Tempo, Musical Accent
- f) Directional Chart

PART 5 – KINESIOLOGY

At Student Teacher level candidates will be required to have a **basic** understanding of the mechanics of the human body including:-

- a) The Skeletal System
- b) The Muscular System
- c) The Cardiovascular System

NOTE: The Examiner will expect a level of knowledge for the Exercise and Kinesiology sections consistent with the grade of examination being taken. Candidates are recommended to refer to the Disco Freestyle Licentiate Study Notes and ‘Glossary of Technical Terms’ available from ISTD HQ Sales Department. An additional list of exercise and kinesiology books is available following the Associate Syllabus Outline. (Page 6)

ASSOCIATE SYLLABUS – Time allowed – 1¾ hours

Work from the Student Teacher syllabus, including dance routines will be included in this examination at the Examiner's discretion. The examination to be taken in 5 parts in the order written below.

Note: Candidates to have knowledge of Amateur Medal Tests. All demonstrations are to be performed with sound technique, rhythmical body action and personal interpretation using Safe Dance Practice.

PART 1 – DEMONSTRATION

Demonstrate to music.

- a) **Isolation / Mobility Exercise** – 32 bar sequence (medium tempo).
- b) **Warm Up Routine** - suitable for Silver level for age group of candidate's choice, minimum 32 bars maximum 3 minutes, Mobility and Pulse Raiser followed by Short Static Standing Stretch Sequence. The stretches should include the major muscle groups.
- c) **Own Creative Routine** - minimum 1 minute, maximum 2 minutes
- d) **Silver Routine** -16 bar repeatable
- e) **Two 8 bar Silver Routines** - to be candidate's own choreography suitable for class work, of contrasting rhythms/tempi to the above Silver routine.
- f) **Cool Down Stretch Sequence** - suitable for Silver level for age group of candidate's choice, to include the major muscle groups, 2 minutes.

PART 2 - KNOWLEDGE, UNDERSTANDING and EXPLANATIONS

A Knowledge and Explanations of the Routines Demonstrated

- a) Isolation / Mobility Exercise
- b) Warm Up Routine
- c) Own Creative Routine
- d) Silver Routine
- e) Two 8 bar Silver Routines
- f) Cool Down Stretch Sequence

B Theory and Understanding of:-

- a) Warm Up
- b) Cool Down
- c) Safe Dance Practice including Controversial and Contra Indicated Movements
- d) Professional Etiquette

PART 3 - STEPS and MOVEMENTS

Demonstrate and give technical descriptions of the following Steps and Movements, to include teaching methods. Demonstrate amalgamations as requested to show various styles and development of Syllabus Figures and an understanding of the Medal Test Syllabus up to and including Silver level. Show also an approach to choreography for Solos and Pairs up to and including Silver level.

Candidates should refer to the ‘Glossary of Technical Terms’ for full technical descriptions of Steps and Movements.

- a) **FOOT PATTERNS and ACTIONS** - Bounce, Close, Closed, Dig, Flex, Heel Lift Knee Lift, Plié, Point, Simple Run, Stamp, Step, Tantrum Runs, Tap, Walk, Ball Change, Brush, Cross, Drag, Lunge, Scuff, Shunt, Twisting, Attitude Line, Grapevine, Long Run, Pressure Step, Square/Box, Zigzag, Jazz Press, Triple Run
- b) **ELEVATION** - Jump, Hop, Rise, Skip, Spring, Tuck Jump, Attitude Jump, Jumping Jack*, Leap
- c) **KICKS** - Flick, Kick, Karate Kick, Spring Kick, Attitude Kick, Developpé
- d) **TURNING MOVEMENTS and SPINS** - Open Turn, Turn, Cross Turn, Switch Turn, Paddle Turn, Twist Turn, Whisk Turn (½ and full)
- e) **ARM MOVEMENTS/POSITIONS** - Arm Circles, Arm Swings, Horizontal, Opposition, Pull, Push, Sweeping, Vertical, V–High, V–Low, Waving, Cuddle, Diagonal, Macho (Open / Closed), Parallel, Combing, Indian, Lasso, Arm Ripples
- f) **HAND MOVEMENTS/POSITIONS** - Clap, Clenched Fist, Flex, Hand Rolls, Shake, Snap, Chopping, Slicing. Wrist Circles, Finger Positions, Prayer Position,
- g) **BODY MOVEMENTS** - Contraction, Expansion, Extension, Hip Action, Isolation, Release, Rhythmical Body Action, Shimmy, Shoulder Action, Sway, Twist, Body Bending, Body Stretching, Rotation
- h) **HEAD MOVEMENTS** – Erect, Lowered, Turned, Raised, Inclined
- i) **COMPOUND STEPS** - Basic Tap, Chassé, Lazy Whisk, Open Turn, Ball Change-Kick, Ball Change-Step, Step-Ball Change, Switch Turn, Whisk, Flick-Ball Change, Heel-Ball Change, Kick-Ball Change, Knee-Ball Change, Coaster, Flick-Ball-Cross, Grapevine, Square/Box, Zigzag

* Candidates will not be required to demonstrate these Figures

PART 4 - DEFINITIONS

Define the following, relating to dance movement, accompanied by music where necessary:-

- a) Rhythm, Rhythmical Expression
- b) Contraction, Release, Relaxation, Expansion
- c) Centring/Balance, Poise, Posture
- d) Pattern, Routine
- e) Accent, Time Signatures, Tempo, Musical Accent, Phrasing, Counting in Beats and Bars
- f) Directional Chart

PART 5 – KINESIOLOGY

At Associate level candidates must have a knowledge and understanding of the mechanics of the human body, to include function and structure of:-

- a) **The Skeletal System**
The Skeleton and its Functions
Joints and their Classification
Cartilage
Ligaments
- b) **The Muscular System**
Muscles – Classification of and type of Contraction and Movement
Tendons

- c) **The Cardiovascular System and Respiratory System**
 - The Heart
 - The Lungs

- d) **The Nervous Systems**
 - Central Nervous System
 - Motor and Sensory Nerves

NOTE: The Examiner will expect a level of knowledge for the Exercise and Kinesiology sections consistent with the grade of examination being taken. Candidates are recommended to refer to the Disco Freestyle Licentiate Study Notes and 'Glossary of Technical Terms' available from ISTD HQ Sales Department. An additional list of exercise and kinesiology books is available following the Associate Syllabus Outline. (Page 6)

DISCO/FREESTYLE/ROCK ‘n’ ROLL FACULTY

Some Suggestions for Exercise and Kinesiology Study Books

- 1 ***ISTD Licentiate Study Notes***
- 2 ***YMCA Exercise to Music***
- 3 ***The English Guide to ‘Exercise To Music’*** – Rodney Callum / Lesley Mowbray
- 4 ***The Muscle Book*** – Paul Blakey
- 5 ***Stretching Without Pain*** – Paul Blakey
- 6 ***Stretch Plan*** – Chrissie Gallagher-Mundy
- 7 ***Anatomy of Stretching*** – Brad Walker
- 8 ***The Complete Guide to Stretching*** – Christopher M. Norris
- 9 ***Exercise Danger*** – Donovan / McNamara / Giandi
- 10 ***Dance Technique & Injury Prevention*** – Justin Howse
- 11 ***First Aid Explained*** – Merseyside Regional Ambulance (or any recognised First Aid manual)
- 12 ***Functional Anatomy of the Limbs and Back*** – Jenkins
- 13 ***Grants Atlas of Anatomy*** – Agur and Lee
- 14 ***Functional Anatomy of the Spine*** – Oliver and Middleditch