

**Dance Nova Scotia
Personal Credit Proposal
Premiere Highland Dancer**

Course Title	Premier Highland Dancer - Grade 10
Certifications	Premier Dancer, Grade 4 Highland (Highly Commended or Honours) plus one of the following: Grade 3 Scottish National Dance or Scottish Award 3 or British Medallion Scottish National.
Number of hours	Minimum 110 hours per year Two 90 minute dance classes per week for 30 weeks 20 hours in workshops, private lessons and summer dance programs (e.g. Gaelic College)
Course Objectives	This is a comprehensive program using a mix of group classes, private lessons and workshops with professional judges and master teachers to develop the student's full potential, working towards a national level in Highland dance.
Method of Evaluation	Examination, competition results and commitment to training through attendance at classes and workshops. To obtain the external credit students will submit a copy of their exam results, along with an attendance record signed by their principle teacher and a copy of their current SOBHD Premier registration card.
Course materials & author or organization	The materials for this program were provided by or approved by the Scottish Official Board of Highland Dance which is the world body for Highland dance. They include: <u>Highland Dancing: The Text Book of the Scottish Official Board of Highland Dance</u> , Lindsay Publications, P.O. Box 812 Glasgow, Scotland G14 2NP ISBN 1 898169 36 5 Grade 3 Syllabus, Scottish National Dancing - British Association of Teachers of Dancing Scottish Award 3 Syllabus- Scottish Dance Teachers Alliance

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Competencies & Outcomes

<p>EGL Aesthetic Expression Communication</p>	<p>On completion of this course the student will be able to:</p> <ul style="list-style-type: none"> • dance satisfactorily all of the vocabulary in the Highland Dance repertoire at Grade 4 level and in the Scottish National Dance repertoire at a Grade 3 level;
<p>Personal Development</p>	<ul style="list-style-type: none"> • understand and explain the bio-mechanics of all of the movements used at these grade levels in Highland and Scottish National Dance;
<p>Problem Solving</p>	<ul style="list-style-type: none"> • understand and demonstrate counts and alternate counts for each movement;
<p>Aesthetic Expression</p>	<ul style="list-style-type: none"> • understand and demonstrate differences between Highland Dance and Scottish National Dances including the differences in rhythm, dynamics and interpretation;
<p>Aesthetic Expression</p>	<ul style="list-style-type: none"> • understand and demonstrate musicality in the different time signatures, phrasing and dynamics used in each dance;
<p>Communication & Citizenship</p>	<ul style="list-style-type: none"> • know the folk history traditions of Highland Dance and the Scottish National Dances;
<p>Personal Development</p>	<ul style="list-style-type: none"> • understand and articulate the relationship between health, lifestyle and the ability to dance at peak performance levels;
<p>Problem Solving & Communication</p>	<ul style="list-style-type: none"> • constructively and critically evaluate a performance of Highland dance;
<p>Aesthetic Expression Communication & Problem Solving</p>	<ul style="list-style-type: none"> • demonstrate creative initiative by creating a new choreography within the Highland and/or Scottish National Dance vocabulary;
<p>Personal Development</p>	<ul style="list-style-type: none"> • compete at a Premier Dancer level in official competitions;
<p>Aesthetic Expression & Personal Development</p>	<ul style="list-style-type: none"> • have achieved a level of at least Highly Commended in Grade 4 Highland Dance and Grade 3 Scottish National Dance examinations set under curriculum sanctioned by the Scottish Official Board of Highland Dance.