

# Associate



## CDTA MODERN PROFESSIONAL EXAMINATION MANUAL

Sept. 2023

# Steps to Achieving Association Professional Qualification



7. **Exam Day!!!:** Meet with Examiner (in-person or virtually- approximately 1 hour for final assessment and evaluation)
6. Send all written work and class video link to Examiner two weeks prior to Exam Day
5. Video your classes and choreograph two short combinations in contrasting musical styles to present to Examiner on Exam Day.
4. Prepare all Written Work to send to Examiner (include Biography) (Anatomy, Musical Terms, History Essay and Detailed Lesson Plans)
3. Submit Exam Entry Form (with Biography) to Exam Registrar
2. Begin study of Technical Training by attending Syllabus Intensive and Teacher Development Courses (TDC) and reading suggested materials. Secure a mentor/teacher to assist with your exam preparation.
1. Join CDTA as a Pre-Associate/Affiliate and review exam prerequisites (Login as a member on our website to download the "Professional Examination Handbook")

# BIOGRAPHY

Please include:

- \*Years of Training
- \*Teaching Experience
- \*Certifications
- \*Future Goals

Please submit this bio to the Exam Registrar with your exam entry form, as well as forward it to Examiner with your Written Work

Associate Candidates must attend  
our Junior Teacher Intensive.

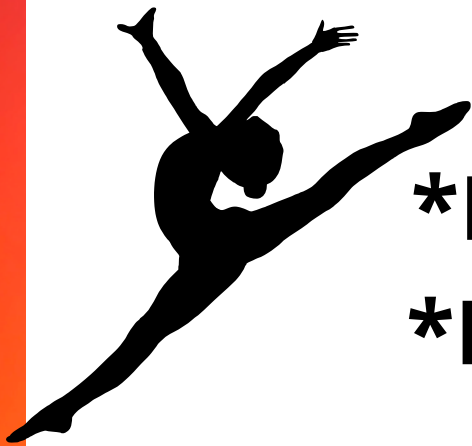


**CDTA Annual  
Syllabus  
Intensive for  
Teachers**

**Visit  
[www.cdtanational.ca](http://www.cdtanational.ca) for  
more information**



All Candidates must attend our  
"Teacher Development Courses"  
(TDC)



- \*Anatomy**
- \*Dance History**
- \*Music Rhythm**
- \*Pedagogy**

**Visit**  
**[www.cdtanational.ca](http://www.cdtanational.ca) for**  
**more information**



# Technical Knowledge

**Please be familiar with the following concepts as applicable to Modern Dance:**

Coordination

Opposition

Dynamics

Correct Weight Placement

Interpretive/Improvisation

Associate Candidates will prepare and teach a ***non-syllabus*** class at a Level two/three (approx. 1 hour).

**Class will be pre-recorded and video link emailed to the Examiner two weeks prior along with the written lesson plan.**

Associate candidates are required to have full knowledge of the **CDTA Junior Modern syllabus from Level One to Level Three** (*Terminology, Glossary, Floor work, Warmup, Barre Exercises, Centre Work, knowledge of how to teach Interpretive/Improvisation*).

**Video files** and **Syllabi** for each level are available from the CDTA National website to assist you in mastering the Terminology and Syllabus work required for your examination.

CDTA “**Terminology Tutorials**” are also offered periodically by Zoom.

*On Exam Day, the Examiner(s) will ask for some terms from the glossary and approximately two exercises per Level to be counted, demonstrated and danced. May be asked to demonstrate to music.*

*The Candidate will be asked to explain the terms used in those exercises and give teaching tips for them. Candidate should also be prepared to describe the purpose of an exercise and development of steps or concepts throughout the grades.*



## Detailed Lesson Plan

For the class you prepare and video, you will need to write a detailed lesson plan. It should include the following:

- counts for each exercise with time signature
- music that you have selected (it is recommended that you choose a slow, medium and fast tempo for each exercise)
- exercises for Floor Work, Warm Up, Barre Work, Centre Work, Small and Large Jumps, and Interpretive/Improvisation”
- the “why-what-where” for every exercise. Include: Why are you doing this exercise? What you will look for? Where you will go with this exercise (next progression)?

Please note that you must use CDTA terminology throughout.

The more you include in your lesson plan the better!

The TDC Pedagogy Course will provide more information on how to plan a class and what to include in different types of lesson plans.

# Anatomy

*On Exam Day, Examiner(s) will ask two questions based on our TDC “Anatomy Course” (chosen from list below), and on elements observed after viewing Candidate’s submitted videoed classes.*

## TDC Anatomy Questions

1. What is the diaphragm and what important role does it play for dancers?
2. What establishes turnout?
3. Explain why core strength is so important to dancers and name some of the core muscles?
4. What is pronation of the foot?
5. What role does the pelvis have in achieving efficient and productive turnout?
6. Where are your hip adductors and what are they responsible for?
7. Where are your hip abductors and what are they responsible for?
8. How do you explain proper posture to students?
9. What is the proper alignment of the spine and body when standing?
10. What is hyper mobility?
11. How many joints and bones are in the feet?
12. Name some bones in the foot?
13. How are injuries prevented?

#### 14. Why is temperature an important factor when stretching?

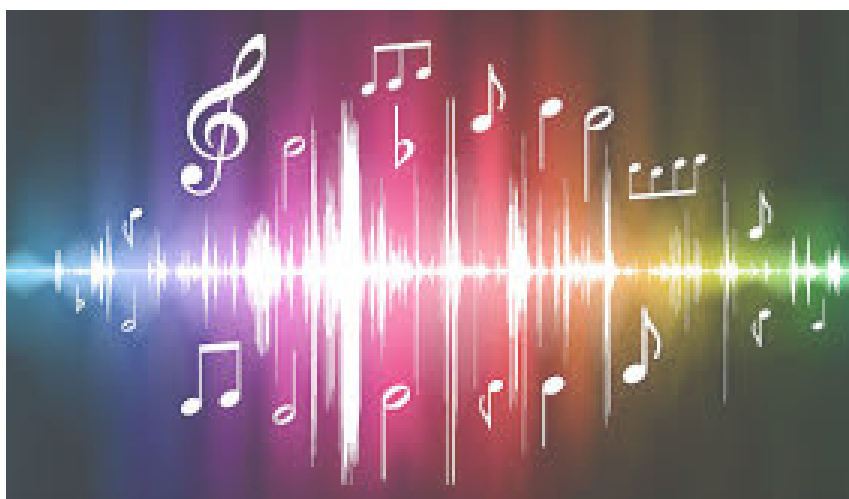
Be prepared to offer suggestions on how you can help students with the following anatomical problems:

#### “Observe and Guide”

- \*Rolling Feet
- \*Turned in feet
- \*Lack of using plié
- \*Shoulder blades protruding like wings
- \*Shoulders are tense and raised
- \*Difficulty staying up on balls of feet when required
- \*Limited flexibility
- \*“Sitting” into the standing (supporting) hip
- \*Hyperextension (legs, back, arms)
- \*Protruding ribcage
- \*Twisting arabesque



# Music



## **Music**

*On Exam Day, Examiner(s) will ask two questions based on our TDC “Music Rhythm Course” (chosen from list below), and on elements observed after viewing candidate’s submitted videoed classes.*

### **TDC Music Questions**

1. Musical notation has changed and developed over the centuries. Describe the form of musical notation used by many musicians today, often referred to as “modern musical notation”.
2. What is the purpose of a “time signature” in music? Give a sample of one and describe what each number in it means. Clap and count that time signature.
3. What is meant by “tempo” in music? Name one musical term that indicates a certain tempo and explain what it means.
4. Name a musical term based on a type of dance. Describe it.
5. Name two musical terms that relate to the volume music is played at.
6. How is “shading” created in music?
7. Explain “syncopated rhythm” in music. Clap two bars of music that include an example.
8. Explain “triplet rhythm” in music. Clap two bars of music that include an example.
9. What is meant by an “anacrusis” in music? Name a dance step that begins with one.
10. What is the purpose of a “metronome” in music and dance?



11 .What is meant by an “uncommon time signature”?

*The Candidate is to select a piece of music in one of the following time signatures, prepare a short 16-bar combination of their own choreography to it, and perform it on Exam Day.*

*On Exam Day, the Examiner(s) will play a piece of music. The Candidate must recognize the time signature.*

**2/4**

**4/4**

**3/4**

**5/8**



# HISTORY

*On Exam Day, Examiner(s) will ask two questions based on our TDC “History Course” (chosen from list below), and on elements observed after viewing Candidate’s submitted videoed classes.*

## **TDC Modern History Questions**

1. How did modern dance evolve?
2. What are the 3 different eras of modern dance?
3. Where is the birthplace of modern dancing?
4. Who were some pioneers of the early modern period?
5. Who were some pioneers of the central modern period?
6. Who were some pioneers of the late modern period?
7. Who developed defined training methods and vocabularies?
8. What are some elements of modern dance?

9. What modern dancer and choreographer was named Time's Magazine Dancer of the Century?
10. What modern artist has influenced you and why?

## Choreography & Stagecraft

*On exam day, you will be asked questions on choreography and stagecraft, similar to the questions listed below:*

How would you create a dynamic piece of choreography?

List ways to make it more interesting.

What are different levels that you can use?

What is age appropriate?

List some different formations?

## **Appendix - Additional Reading Material**

Introduction to Modern Dance Techniques  
ISBN 9780871273253

Conditioning with Imagery for Dancers by Donna Krasnow  
ISBN 9781550772074

Motor Learning and Control for Dance by Donna H. Krasnow  
ISBN 9781450457415

Dancer Wellness by Mary Virginia Wilmerding and Donna Krasnow  
IADMS ebook ISBN 9781492585817 / 9781492580294 Paperback  
9781492515814

Safe Dance Practice by Edel Quin and Soniq Rafferty  
ISBN 9781450496452 ebook ISBN 9781492584865/  
9781492513520 / 9781492579342

Dance Anatomy by Jacqui Greene Haas ISBN 9781492545170  
ebook ISBN 9781492581055