



Department of Dance and Theatre  
College of Liberal Arts and Social Sciences  
Fall 2023

## **Stress Reduction Through Movement: DANC 1100.001**

**Tues & Thurs: 2:00pm - 3:20pm**

**Location: DATH 111**

**Instructor: Emi Matsushita**

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**DATH Office Phone: 940-565-1121**

**Office hours: By appointment. Zoom or in-person (in DATH 103J)**

### **Course Description:**

An introductory course designed to acquaint and equip the student with diverse and global perspectives on wellness and health maintenance. Some units of study include 1) varying scientific and general wellness philosophies and disciplines; 2) the mind-body connection; 3) therapeutic massage and integrative bodywork; 4) various movement practices including artistic forms and fitness forms that highlight strength, flexibility, balance, and endurance; 5) sciences that highlight body and brain systems (i.e, anatomy, physiology, neuroscience, kinesiology, nutrition, etc). This course develops an understanding of the power each of us have to affect the immune system alongside mental, emotional, and spiritual states, and to know how to best support the body's efficient promotion and maintenance of general wellbeing and health. The course is 3 credit hours.

### **Course Materials:**

No required reading. Supplemental readings will be assigned and provided by the instructor as the course proceeds.

### **Recommended reading:**

-Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay, *The Relaxation & Stress Reduction Workbook*, Sixth Edition. Oakland, CA: New Harbinger Publications, Inc., 2008.

-Hanna, Thomas. 1988. *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health*. Cambridge, MA: De Capo Press.

**Required Materials:**

-Notepad/Journal (standard 8 x 11 size) and writing utensil for self-reflection throughout the semester (**not digital**).

**Recommended Materials:**

-laptop/tablet for occasional use in class sessions (such as research)

**Course Objectives:**

Throughout this experiential course, students will develop a basic understanding of their body, its systems, and how it operates in optimal and everyday conditions, which include “stressed” states. A more fortified connection with their body will also be facilitated. At first, an exploration of the baseline states in one’s body and mind will be established; dissecting what stress means on a global and personal scale. An introduction to basic anatomy, physiology, and kinesiology will follow to provide a foundational understanding of the body & its systems. The course will then explore different techniques, modalities, and theories that have been proven to ease stresses on the body, improve body performance, and enhance overall well being. Regular investigations of these will occur through practical applications, open discussions, further research/reading, and self-reflection. Space will be provided for students to actively participate and disseminate the knowledge through practice, reflection, and study. In this course, students will practice their critical thinking, communication, and will develop a personal responsibility for their learning and the practical application of knowledge to benefit their wellbeing.

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**Classroom Etiquette & Student Expectations:**

- Create a safe space by practicing respect, empathy, and maturity at all times. As a very experiential course, we will often be testing things for ourselves which may feel uncomfortable and awkward. Intentionally creating a safe space where it is understood that we are all learning is necessary for a successful student experience.
- Come to class prepared. Bring anything that is required for that day (completed assignments, readings, additional equipment, etc.). Turn off your cell phones or leave them on silent during class. You are responsible for how you learn in this course so please make the most of this opportunity for yourself.
- Be ready to start class on time. It is advised to arrive 5-10 minutes earlier so that you can warm-up and/or set yourself up for optimal learning. If you need to change prior to class, please do so with enough time to settle before we begin.

- No food or drink during class (no chewing gum). Water bottles are acceptable and encouraged.
- Remain open-minded, positive, and eager to learn. Reaching the course objectives successfully (and beyond) will rely on your own attitude and mindset each time you come to class. Be an active participant, don't be afraid to push yourself, and openly allow space to support others in their learning.
- Check email or Canvas regularly to stay updated on any last minute updates, notices, or etc. regarding the course.
- Uphold professionalism at all times. This is a university level learning environment and as such, you are expected to remain professional in all facets of the course. Show up in a way that exhibits the serious investment you have in yourself.
- Exhibit appropriate behavior in communication and correspondences (i.e, email or in class). Maintain clear, concise and appropriate language. No emojis or slang words. Be sensitive of sharing any private information.
- If any issues arise for any reason, please reach out to your instructor to remedy the situation as soon as possible.

**Attire:**

-Please wear comfortable clothing to allow freedom of movement. Wearing layers of clothing is recommended to accommodate for fluctuating temperatures. In this course, there will be moments where we will be lying on the ground and being still while other times we will be active with our heart rates increased.

-No jeans/denim or short shorts.

-Hair should be pulled back out of the face when participating in movement exercises.

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**Course Evaluation Procedures:****Daily Participation:**

Majority of your grade will be dependent on daily class participation. Your willingness to fully engage and work hard consistently will be weighed heavily. In order to achieve an exemplary grade in this course, the expectation is that you will consistently work to observe and uphold classroom etiquette, student expectations, and thoroughly complete assignments.

Daily Participation includes:

- o Partaking in the practical application of taught topics, concepts, techniques, etc.
- o Observing peers' practices in class and providing feedback when requested
- o Actively listening to presentations by instructor or peers, taking notes if needed
- o Contributing to classroom discussions on topics (sharing insights, asking questions, etc.)
- o Consistent attendance (see Attendance Policy below)
- o If sitting out for any reason to only observe class, see section on "Sitting Out" below.

### **Assignments:**

- o Journal: A completed self-reflective journal entry (1-2 pages) will be required to be completed at the beginning of the week (every Tuesday) which covers reflection regarding the topic(s) discussed the week prior. They should be written on standard 8x11 sized paper (or a bound notebook/journal). There should be 10 entries written in total by the end of the semester. The purpose of these entries is to allow the student to further synthesize and comment on any topics discussed during class. It is encouraged for the student to be honest and open yet critical; able to analyze and explain why they are expressing their thoughts in a certain manner. Journal entries will be collected and graded towards the end of every month.
- o Quizzes (5) will be given to ensure that assigned readings are being maintained and to test knowledge on recently taught topics.
- o Research/Reading will be required as assigned by the instructor throughout the course. These will help inform the students' understanding of a concept to be able to fully engage in class discussions, the practical application of concepts in class, and to increase general knowledge about subject matter.
- o For assignments that are required via online submission, please note the time it is due by AND the method of submission (via email or Canvas).

### **Midterm Group Project:**

There will be a 10 minute group presentation project required at the midpoint of the term. The topic is based on the group's interest. It can be either experimental (i.e., testing an application of a taught stress reduction method from class) or research driven (i.e., history of a stress reduction practice explored in class). The group topic must be approved prior to the starting. Despite the group nature of the project, each student will be graded individually and is expected to uphold equal involvement in the presentation. A major portion of the grade will incorporate a peer-grading and self-grading system, which will be created in class. The project must include

4-5 credible sources cited in APA format. There will be some time allotted during class hours to support the development and practice of the presentation.

### **Final Project: Research & Reflection Project (\*2 options)**

In lieu of a final exam, each student will submit a final project. The final project is composed of two submissions: (1) written research & reflection paper (2) presentation. Each student must write a 3-4 page research & reflection paper on a proposed research question regarding any technique, modality, concept, or practice covered in the course. The research question being investigated should accurately reflect and utilize scientific principles of experimentation including data collection and analysis. The student should reference their journal, additional resources (at least 3 minimum, all cited in APA), and provide an in depth discussion on what they have personally learned from investigating their research question.

Alongside the written paper submission, the student has a choice to complete the second portion of the project via a live, in-person presentation OR a video submission (shown in class). This presentation will be 4-5 minutes and should highlight the findings of their research & reflection paper. The overall purpose of this presentation is to enhance the class' knowledge and understanding of course content by learning from their peers. Please make sure to thoroughly rehearse the content of your presentation prior to presenting in person OR recording and submitting your video. A major portion of the final project grade will incorporate a peer-grading and self-grading system.

<b>Grading Breakdown</b>	<b>Grade Weight (%)</b>		<b>Grading Scale</b>	
Daily Participation: journal submissions, in class work, attendance	30%		100-90%	A
Assignments: Research/reading, five quizzes, homework	20%		89-80%	B
Midterm Group Presentation Project	20%		79-70%	C
Final Project: Research & reflective paper and Presentation	30%		69-60%	D
TOTAL:	100%		Below 60%	F

*\*It is recommended that you keep your graded work throughout the semester. This is in case there are discrepancies with any grade records. Students can view their progress via Canvas.*

**Late Work Policy:**

No late work is accepted. However, in exceptional cases due to injury/illness/emergency, assignments can be made up with permission from the instructor. Requests for make-up work must be made within 1 week of absence. Technical issues are not a valid excuse for missing a deadline.

If absent, the student is expected to learn all missed material before returning to class. In the case of an unexcused absence, **no** accommodations will be available for make-up work. For an excused absence, it is imperative that the student submit documentation within 1 week of the absence. Approved documentation can include a note from a doctor, family member, coach, school official, etc; it must be someone *other than the student* vouching for the absence. It is the instructor's sole discretion to determine if the absence is valid and acceptable for makeup reasons (instructor will abide by UNT Policy 06.039 regarding excused absences). In anticipation of an absence OR following an absence, the instructor should be notified at the latest within 24 hours **after** the absence with the intention of making arrangements for makeup work. The student will then coordinate with the instructor to plan how to make up the missed work.

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**Attendance Policy:**

- Because of the significance of class participation on the learning objectives of this course, daily attendance is extremely important.
  - Roll will be called each class or on occasion, a sign in sheet will be utilized to record attendance. Signing in for another student on these sheets will not be tolerated.
  - Students are permitted three (3) unexcused absences for the duration of the course. On the fourth absence, a student's overall grade will be lowered by 20%; for example, an 80% becomes a 60%. On the fifth absence, **a failing grade** for the course will be assigned to the student.
- As mentioned in the late work policy, a student can **ONLY** make up any missed assignments or quizzes/examinations at full weight when the absence is excused (see UNT Policy 06.039 regarding excused absences). If an absence is excused, the required documentation from verifying sources (doctor, school official, coach, etc.) should be submitted within 1 week of the absence **AND** the instructor should be informed of the absence and plans to make up work within 24 hours of the absence. An excused absence that has been verified by the instructor shall have no direct affect on the student's grade, bearing that all missed assignments have been made up.

- Students who do not attend the first day of class may be dropped to accommodate those who are on the waitlist.

### **Sickness/Injury Policy:**

- o If a student is sick and cannot attend class, they are responsible for informing the instructor as soon as possible. Additionally they must provide satisfactory evidence to substantiate the excused absence and turn it into the instructor within 1 week of the absence (i.e., a doctor's note). [See Attendance Policy for details]
- o If an injury or a condition/illness prevents a student from participating fully in course activities, it is still required for the student to be present for class. To be considered active in class participation, the student must still take part in aspects of the class that do not require physical activity that strains their condition. The instructor may determine to give the student additional assignments to compensate for the reduced physical participation. Alternative assignments may also apply to students who omit themselves from only a portion of a class (i.e., movement activity/session specifically).
- o If the injury or condition/illness prevents the student from engaging in any physical activity for more than 2 weeks (with zero physical participation), the instructor may determine that the student should drop, withdraw, or receive an incomplete for the course.

### **Tardiness, Early Departures & Sitting Out Policy:**

- Students are expected to show up prepared to start class on time. Anyone who is **more than 10 minutes** late to class will be asked to sit out of the class, with the focus only on observation and taking notes. These notes will be turned into the instructor at the end of the class. The quality of these notes will determine the student's participation grade for that day. If unsatisfactory, their daily participation grade will reflect a '0'.
- Early departures from class are not permitted.
- **Three tardies and/or early departures will equal one unexcused absence**, with the potential to lower a students' grade.
- Due to the personal and potentially vulnerable nature of the course, there are times that students can make a request to only observe class and not physically participate in specific activities. Ideally, the observation request should be made prior to class and approved by the instructor. However, due to the dynamic nature of the class, students can opt out of a specific activity on any given day upon notifying the instructor and having their request approved [*It is expected that students will advocate for their own well-being and comfort throughout the course*]

*and be able to communicate their needs accordingly. However, it is the general expectation that students participate fully in class activities (accommodations can be made for specific health issues or abilities)].* Once a student is approved to observe a class, they will be expected to focus on observation and note-taking, which is turned into the instructor at the end of class. While observing, students should sit at the front of the studio and remain attentive, engaged, and actively taking notes. Students should not study for other courses, lie on the floor, sleep, use their cell phone, or distract other students in side conversations during class. Because participation is imperative to successful learning, no student should be consistently sitting out without a substantial reason. Two occurrences of 'sitting out' without communication and approval equals one absence.

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***\*\*Syllabus & Schedule is subject to change at the discretion of the instructor.***



## Course Calendar Fall 2023

Date	AUGUST
22 (Tu)	Course Introduction. Class Activity “What is stress? How do you embody stress?” I
24 (TH)	“What is stress? How do you embody stress?” II
29 (Tu)	Anatomy & Physiology: Group work <i>(journal entry due)</i> HW - Library & Research Exercise
31 (TH)	Mind & Body Connection I: Visualization *Quiz #1

Date	SEPTEMBER
5 (Tu)	Mind & Body Connection: Trauma & triggers <i>(journal entry due)</i> HW- Podcast <i>*assign groups for midterm project</i>
7 (TH)	Self-Guided Mindful Walking <i>*finalize midterm topics</i>
12 (Tu)	Meditation & Breathwork I <i>(journal entry due)</i> <i>*create grading rubrics for midterm</i>
14 (TH)	Meditation & Breathwork II *Quiz # 2
19 (Tu)	Hands: Art & Journaling I <i>(journal entry due)</i>
21 (TH)	Hands: Art & Journaling II
26 (Tu)	Guest Lecturer / Aaron Bowley <i>(journal entry due &amp; journals collected)</i>
28 (TH)	Nutrition *Quiz #3 HW- Food Diary

Date	OCTOBER
3 (Tu)	Midterm Check ins & Review Session Presentation Prep (rubric review) <i>(journal entry due)</i>
5 (TH)	Midterm Presentations Prep <i>(presentation files due 10/9 MON at 12 NOON)</i>
10 (Tu)	Midterm Presentations
12 (TH)	Midterm Presentations <i>(completed rubrics due 10/13 FRI 11:59 PM)</i>
17 (Tu)	Guest Lecture / Brandy Michele Adams
19 (TH)	Guest Lecture / Brandy Michele Adams
24 (Tu)	Feldenkrais Method <i>(journal entry due)</i> *Quiz #4 <i>(*submit final project topics for approval)</i>
26 (TH)	Movement Analysis Create final project rubrics
31 (Tu)	Mindful movement & Somatics <i>(journal entry due &amp; journals collected)</i>

Date	NOVEMBER
2 (TH)	Massage & Bodywork I
7 (Tu)	Guest Lecture / Leah Frazier <i>(journal entry due)</i>
9 (TH)	Stress Reduction Student Panel
14 (Tu)	High Intensity & Calisthenics Exercise <i>(journal entry due &amp; journals collected)</i>
16 (TH)	Final Project/Presentation Briefing *Quiz #5
21 & 23	<b>THANKSGIVING BREAK</b>
28 (Tu)	Final Project/Presentation Prep End of Term Wrap-up/ Review
30 (TH)	Final Project/Presentations (Day #1)

Date	DECEMBER
5 (Tu)	Final Project/Presentations (Day #2)
7 (TH)	Final Project/Presentations (Day #3) <i>(completed rubrics due Dec 8 FRI 11:59 PM)</i>
12 & 14	<i>Final Exam Week - No class (Final Paper Due Dec 15th 12 NOON)</i>

## **UNIVERSITY POLICIES**

### **Academic Integrity (Policy 06.003)**

The University of North Texas promotes the integrity of learning and embraces the core values of trust and honesty. Academic integrity is based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of allegations of student academic dishonesty, the University's actions are intended to be corrective, educationally sound, fundamentally fair, and based on reliable evidence.

### **Face Coverings:**

Although it is currently not required, UNT encourages everyone to wear a face covering when indoors. This is regardless of vaccination status and with the intention to protect yourself and others from COVID infection, as recommended by current CDC guidelines. Masks are especially encouraged if you are experiencing any symptoms that could potentially put others at further risk. Face covering guidelines could change based on community health conditions.

### **Accommodating Students with Disabilities (ODA Statement) (Policy 16.001)**

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one's specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website at [disability.unt.edu](http://disability.unt.edu)."

### **Emergency Notification & Procedures**

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

### **Retention of Student Records**

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

**Acceptable Student Behavior**

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT's Code of Student Conduct (<https://deanofstudents.unt.edu/conduct>) to learn more.

**Access to Information - Eagle Connect**

Students' access point for business and academic services at UNT is located at: [my.unt.edu](http://my.unt.edu). All official communication from the University will be delivered to a student's Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward email. (<https://it.unt.edu/eagleconnect>).

**Student Course Evaluation (SPOT)**

Student feedback is important to help improve the quality of instruction and student experience in their courses. The SPOT (Student Perceptions of Teaching) survey allows students to submit confidential feedback on their experiences. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" ([no-reply@iasystem.org](mailto:no-reply@iasystem.org)) with the survey link. Students should look for the email in their UNT email inbox. For additional information, please visit the SPOT website (<http://spot.unt.edu/>) or email [spot@unt.edu](mailto:spot@unt.edu).

**Technical Requirements/Assistance:**

If you ever have any issues with the technical systems needed to access course resources, correspondences, or for assignment submissions. Please contact the instructor and also the UNT Help Desk: <http://www.unt.edu/helpdesk/index.htm> or through email: [helpdesk@unt.edu](mailto:helpdesk@unt.edu).  
Phone: 940.565-2324  
In Person: Sage Hall, Room 130

**Code of Conduct (Policy 07.012):**

The University of North Texas is deeply committed to advancing educational excellence and preparing students to become thoughtful, engaged citizens of a diverse, global community. The University has established the Code of Student Conduct to promote the wellbeing, honor and dignity of all who live, learn and work in our educational community. The Code of Student Conduct is intended to foster a safe environment conducive to learning and development, as well as to hold students accountable through an educational process that balances the interests of individual students with the interests of the University. Students and student groups are expected to conduct themselves in a manner that demonstrates respect for the rights and property of others and upholds the integrity and values of the University community.