

Instructor:	Jocelyn Schimpf	Class Time:	Tu/Th 11:10am-12:30pm
Email:	jocelyn.schimpf@unt.edu	Location:	DATH 111
Office:	DATH 103F	DATH Office Phone:	(940) 565-1121
Office Hours:	Tu/Th 9:30-11am or by appointment, email me to set up a time		

Course Description:

DANC 2110, Section 001: Strength and Conditioning for Performance

3 credit hours. Techniques to boost performance, prevent injuries, and stay energized. Real-world insights into nutrition, stress management, and body alignment, that build a wellness routine that goes beyond the classroom.

Required Texts:

No required texts. Supplemental readings from other sources may be assigned during the course and provided by the instructor.

Recommended Texts:

Chandler, T. Jeff, W. Britt Chandler, and Chris Bishop, editors. *Conditioning for Strength and Human Performance*, Fourth Edition. New York, NY: Routledge Taylor & Francis Group, 2025.

Hogan, Scott. *Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body*. New York, NY: Authors Equity, 2026.

Kearns, Lauren W. *Somatics in Action: A Mindful and Physical Conditioning Tool for Movers*. United Kingdom: Handspring Publishing, 2017.

Olsen, Andrea. *BodyStories: A Guide to Experiential Anatomy*. Lebanon, NH: University Press of New England, 1998.

Course Objectives:

- Enhance Physical Performance: Develop advanced strength, flexibility, and stability techniques tailored for high-performing artists and athletes.
- Injury Risk Reduction: Learn and apply best practices in body alignment, conditioning, and recovery to minimize injury risk.
- Optimize Wellness: Incorporate nutrition, stress management, and energy maintenance strategies into a personalized wellness routine.
- Build Functional Knowledge: Understand the science behind movement, performance, and physical resilience through practical and theoretical learning.

- Sustain Longevity: Develop sustainable habits and routines to support long-term success in both artistic and athletic careers.

Professionalism: Positive Class Participation/Attitude:

- Students are expected to conduct themselves in a professional manner both in appearance and behavior while in class and with professional correspondence (e.g., phone, email, guest speakers). Professionalism aids in expediency of tasks and helps to establish a safe environment that is conducive to excellence and creativity.
- Demonstrate punctuality and come prepared to be present in the studio as an active participant in all daily movement activities. Arrive 5-10 minutes early to warmup on your own in the space as soon as you enter the room.
- Students are expected to come to class prepared, eager to learn and participate with a positive spirit and energetic attitude. You are expected to give yourself fully to classroom exercises, bringing your whole self to the experiences, and pushing yourself to grow.
- Students need to be respectful to the professor and other students by being quiet and attentive in class when the professor or another student is speaking or performing. This is a vital part of being professional.

Course Expectations and Instructional Policies:

- Check campus email and Canvas regularly to keep up with assignments and course announcements.
- Movement assessments must be performed in class. Turn in all assignments on time; late work is not accepted. If you have difficulties, contact me prior to the due date so arrangements can be made.
- Daily positive participation is essential to your grade in this course (see grade break-down). Your full involvement in the exercises is expected whether you are acting as a mover, observer, speaker, or listener.
- No food or drink during class. Water bottles are permitted.
- Cell phones must be put away in backpacks/bags on silent or powered off unless given permission to use in class for a specified assignment.
- Students are expected to submit quality work and writing.
- Please review the syllabus throughout the semester to ensure that you thoroughly understand the requirements. It is your responsibility to contact the professor if you are confused or having difficulty.

Attire for Studio Work:

- Wear clothing that permits freedom of movement. No bulky or significantly revealing clothing is allowed that inhibits effective performance or assessment of physical practice. No jeans or pajamas permitted. Secure hair out of the face. Gum chewing, baseball caps and jewelry are not allowed in studio for safety reasons.
- Examples of acceptable attire: athletic wear, tank top, T-shirt, leggings, stretch pants, shorts of appropriate length, barefoot, clean soled tennis shoes.

Etiquette:

- Practice empathy and kindness in the classroom (live or virtual). We will be giving constructive critiques and will help each other on progress in the movement analysis journey.
- Be prepared with your movement and assignments for each class. You will be expected to work on your own and in groups. Recognize the pace in which you work and allot the necessary time to complete your assignments.
- If interpersonal issues arise between peers or with a professor, please address the issue so we may move to an expedient resolve. This will ensure accountability and responsibility to and for the community.

Attendance:

Students are expected to attend class regularly and participate fully in activities and discussion. Per the [UNT Student Attendance and Authorized Absences Policy](#), an absence may be excused for the following reasons: (1) a religious holy day, including travel for that purpose; (2) active military service, including travel for that purpose; (3) participation in an official university function; (4) illness or other extenuating circumstances; (5) pregnancy and parenting under Title IX; and (6) when the University is officially closed by the President.

Each excused absence must be addressed with the submission of a note from your doctor, coach/appropriate faculty, or college official. If you anticipate an absence, inform your instructor in advance. It is the responsibility of the student to make up any missed assignments, even if an absence is excused. **Documentation of excused absences must be turned in to instructor within one week of absence.**

Because this is a movement-based course, one must be in class to acquire the information. You are permitted **THREE (3)** absences for this course. On the fourth absence your overall grade will be lowered by 5%; for example, a 90% becomes an 85%. On the fifth absence, you will earn a failing grade for the course. (UNT allows the instructor to ask the registrar to drop a student with a “WF” upon accumulation of the stated number of absences.)

Daily Attendance and Participation Evaluation:

A student may receive 10 points per class based on the following grading criteria:

10 pts: Student arrives on time, participating for the full length of class.

7 pts: Student arrives 5 minutes late or leaves 5 minutes early.

1-5 pts: Student arrives 10 or more minutes late or leaves 10 or more minutes early.

0 pts: Student is absent.

The number of points received per class will also be determined based on level of engagement, participation, and professionalism in class.

Sickness and Injury Policy: If a student has a contagious infection, he or she should not come to class. With the submission of documentation of such illness, an absence will be excused. In the event of an injury or serious illness that prevents a student from engaging in any activity for more than two weeks, the student should drop the course rather than risk receiving a failing grade. However, students may continue enrollment in a class by fulfilling minimal participation requirements agreed upon with the teacher until recovery from the injury or illness allows for return to full participation. (A period of

minimal or adapted activity due to injury or illness should not exceed a total of four (4) weeks during any long semester.)

- If a student is unable to fully participate in class due to injury or illness, the instructor should be informed ASAP via email and when they arrive at class. The student must articulate how they will modify the content to protect from further injury and inform recovery. If the student elects to observe, they must take notes, describing and articulating what the student learned from observing the class and why. (It's not enough to just describe what happened in class.) There is a file in Canvas titled *Class Observation Form*.
- Minimal or adapted participation may be in the form of substituting floor work for standing work, working the upper body while sitting in a chair, adapting choreography assignments to accommodate physical limitations, refraining from jumping, or working with a reduced range of motion. In addition, an extended Pilates or training program may be the appropriate course of action during injury recovery. The goal is to maintain physical conditioning and fitness during recovery so that the return to full activity will not compromise health and wellness.
- Observation and writing assignments will be given to compensate for partial participation when necessary; an observation day must be approved by the instructor. TWO (2) Observations equal one absence. (This applies to students who sit out only a portion of a movement class.) If a student is well enough to attend class but not well enough to participate physically, or if a student is injured and cannot participate fully in the physical aspects of the class, they must be in the studio and fully engaged throughout the class to be considered present and receive credit. *Under no circumstances should students study or work on assignments for other courses during an observation. If a student is not actively engaged, they will be asked to leave and will not receive credit for the class day.

If you are sick, are experiencing COVID-19 symptoms, or have come in contact with someone who tested positive for COVID-19, please reach out to the instructor right away so you and the instructor can create a plan of action to support your education and absences. UNT recommends you follow [CDC guidelines](#) for any COVID 19 related illness. Proof of a positive test will be required.

Tardiness and Early Departure Policies: If a student is 5 or more minutes late to class, they will be considered tardy. Students should not ask to leave early. If a student accumulates **3 tardies and/ or early departures**, it will equate to one absence. Students arriving 5 minutes late to class or leaving 5 minutes early will be deducted 3 points from their daily (10) participation points. 10 minutes late and onward, 5 points will be deducted. To ensure all students are properly warmed up and prevent injuries, students arriving 10 minutes late to class will not be allowed to participate in class.

Attendance Statement:

Students are expected to attend class meetings regularly and to abide by the attendance policy established for the course. It is important that you communicate with the professor and the instructional team prior to being absent, so you, the professor, and the instructional team can discuss and mitigate the impact of the absence on your attainment of course learning goals. Please inform the professor and instructional team if you are unable to attend class meetings because you are ill, in mindfulness of the health and safety of everyone in our community.

If you are experiencing any [symptoms of COVID-19](#) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to

coming to campus. UNT also requires you to contact the UNT COVID Team at COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure.

Course Requirements and Assessments:

Additional guidelines will be provided by the instructor prior to due dates.

Grading Breakdown:		Grading Scale:	A	90-100%
Daily Participation	70%		B	80-89%
Supplemental Assignments	10%		C	70-79%
Assessments	20%		D	60-69%
TOTAL	100%		F	0-59%

Late Work:

Late work is not permitted in this class. Exceptions to this policy will only be warranted by an approved accommodation, authorized absence, or documented extenuating circumstance consistent with UNT policy. Students must speak with the instructor immediately if they foresee a problem in submitting their work on time.

Grading:

If the student has not amassed at least 30% of their 100% grade by midterm, the student will receive an unsatisfactory progress notice. If the student continues making unsatisfactory progress, they will be asked to drop the course.

If a student misses any portion of their final: does not attend and/or submit any written components, it will be an automatic failure of the course.

An "A" student accomplishes consistently excellent work and demonstrates outstanding improvement. They are at the top of the class, always demonstrating strong technical execution of movement and expressive artistry. They are always on time, always focused and attentive throughout the class, and always take responsibility for making corrections even if given generally or specifically to another student. They accomplish assigned reading and writing at their highest possible level.

A "B" student accomplishes consistently good work and demonstrates significant improvement. They are not at the top of the class but are consistently trying to reach that level. They may struggle to learn new movement but can achieve a capable and expressive execution of the material after working on it. They accept and utilize both general and personal feedback and demonstrate a willingness to be open to new ways of thinking and moving.

A "C" student accomplishes consistently average work, demonstrating improvement throughout the semester. This student keeps up with the class and his/her technique is "coming along". They can pick up movement, but not with enough ease and depth to embody technical proficiency and expressivity at the same time. They must be given the same correction multiple times.

A "D" student accomplishes consistently below average work, demonstrating minimal improvement. They struggle to keep up with the class and fail to demonstrate the kind of personal commitment that will allow them to move forward in technical execution and artistry.

Class Recordings & Student Likenesses

In-class performances of movement material in this course may be recorded for students enrolled in this class section to refer to throughout the semester. Class recordings are the intellectual property of the university or instructor and are reserved for use only by students in this class and only for educational purposes. Students may not post or otherwise share the recordings outside the class, or outside the Canvas Learning Management System, in any form. Failing to follow this restriction is a violation of the UNT Code of Student Conduct and could lead to disciplinary action.

Principles Of Engagement:

PoE refers to the way students are expected to interact with each other and with their instructors. Students are expected to engage in professional, respectful, and constructive communication with instructors and classmates. Differences of opinion should be discussed respectfully, with a focus on ideas rather than individuals. Professional communication standards apply in both in-person and online environments.

Academic Accommodation:

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable 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 reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the [Office of Disability Access](http://www.unt.edu/oda) website (<http://www.unt.edu/oda>). You may also contact ODA by phone at (940) 565-4323.

Disabilities Statement – Movement:

In accordance with university policies, state and federal regulations, and specifically, Section 504 of the Rehabilitation Act and the Americans with Disabilities Act, accommodation policy for this class is:

The content of this class requires each student to:

- a. Participate physically and mentally in a safe manner.
- b. Exhibit mastery of specific steps and movement patterns through both visual and verbal cues.
- c. Process visual and verbal cues spontaneously.
- d. Exhibit ability to carry own body weight as well as the weight of others.

If you have a disability, and feel you are able to meet the essential requirements of this class with or without reasonable accommodations, please contact the instructor during office hours to discuss your particular disability.

Student Obligations to Academic/Production Work:

DT students are expected to budget and organize their time and efforts in order to meet both their academic and production commitments satisfactorily and on time. The faculty and staff recognize that

the academic and the production assignments within the Department, as well as outside employment and other obligations, sometimes impose conflicting pressures on DT students. One of the principal responsibilities of each student is to carefully identify and monitor the commitments that comprise his/her departmental assignments and outside obligations. It is also important to keep in mind that production work and outside obligations do not constitute an excused absence from DT classes or from the completion of any required class assignments.

Code of Student Conduct:

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 well-being, 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.

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004):

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

Student Academic Integrity:

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.

Academic Dishonesty: (<http://www.vpaa.unt.edu/academic-integrity.html>): The University takes plagiarism and cheating very seriously. Plagiarized work will earn a zero for the assignment. Students will face action according to University guidelines for academic dishonesty. I reserve the right to submit any paper I suspect of plagiarism to Turnitin.com.

AI, Plagiarism, and Academic Integrity:

The "unauthorized" use of any person or technology that assists in a student's assignment, project, or paper is considered cheating under the UNT Student Academic Integrity Policy (UNT Policy 6.003). Unless a professor or instructor gives explicit "authorization," AI cannot be used to complete assignments, projects, or papers. Doing so will result in a "cheating" violation.

AI should not be used to assist in writing papers, searching for sources, or creating citations. Citations provided by AI are fabricated by mimicking existing bodies of work. In most cases, AI will pull direct quotes from existing sources to answer queries and make-up information about the source.

In this course, I want you to engage deeply with the materials and develop your own critical thinking and writing skills. For this reason, the use of Generative AI (GenAI) tools like [Claude, ChatGPT, Gemini, etc.] is not permitted. While these tools can be helpful in some contexts, they do not align with our goal of fostering the development of your independent thinking. Using GenAI to complete any part of an assignment, exam, or coursework will be considered a violation of academic integrity, as it prevents the development of your own skills, and will be addressed according to the [Student Academic Integrity policy](https://policy.unt.edu/policy/06-003) (<https://policy.unt.edu/policy/06-003>).

Academic Success/ Succeed at UNT:

UNT endeavors to offer you a high-quality education and to provide a supportive environment to help you learn and grow. And, as a faculty member, I am committed to helping you be successful as a student. Here's how to succeed at UNT: Show up. Find support. Get advised. Be prepared. Get involved. Stay focused. To learn more about campus resources and information on how you can achieve success, go to succeed.unt.edu

Survivor Advocacy

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or sexual assault, there are campus resources available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-5652648.

SPOT Evaluations:

This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SPOT to be an important part of your participation in this class. Please fill out the online SPOT evaluations in a thoughtful and respectful manner at the end of the semester. These evaluations are found on your my.unt account.

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.

Technical Requirements/Assistance:

UIT Help Desk: <http://www.unt.edu/helpdesk/index.htm>

The University of North Texas provides student technical support in the use of Blackboard and supported resources. The student help desk may be reached at:

Email: helpdesk@unt.edu

Phone: 940.565-2324

In Person: Sage Hall, Room 130

Hours are:

- Monday-Thursday 8am-midnight
- Friday 8am-8pm

- Saturday 9am-5p
- Sunday 8am-midnight
- Blackboard technical requirements: <https://clear.unt.edu/supported-technologies/blackboard/blackboard-technical-requirements>
- Other related hardware or software necessary for the course: such as headset/microphone for synchronous chats, word processor, etc.
- Canvas technical requirements: <https://clear.unt.edu/supported-technologies/canvas/requirements>
- Other related hardware or software necessary for the course: such as headset/microphone for synchronous chats, word processor, etc.

ACADEMIC SUPPORT & STUDENT SERVICES:

Mental Health

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- Student Health and Wellness Center (<https://studentaffairs.unt.edu/student-health-and-wellness-center>)
- Psychology Clinic (<https://class.unt.edu/psychology-clinic/index.html>)
- Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- Individual Counseling (<https://studentaffairs.unt.edu/counseling-and-testing-services/student-counseling/services/individual-counseling.html>)
- UNT Care Team (<https://studentaffairs.unt.edu/care>)

Additional Student Support Services

- Registrar (<https://registrar.unt.edu/registration>)
- Financial Aid (<https://financialaid.unt.edu/>)
- Student Legal Services (<https://studentaffairs.unt.edu/student-legal-services>)
- Career Center (<https://studentaffairs.unt.edu/career-center>)
- Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- Multicultural Center (<https://exhibits.library.unt.edu/multicultural-center/>)
- Food Pantry (<https://studentaffairs.unt.edu/desresources/programs/food-pantry/index.html>)

Academic Support Services

- Academic Resource Center (<https://www.unt.edu/academics/index.html>)
- Academic Success Center (<https://success.unt.edu/asc>)
- UNT Libraries (<https://library.unt.edu/>)
- Writing Lab (<http://writingcenter.unt.edu/>)

DANCE@UNT Fall Events 2026	
8/19	Dance and Donuts – Department Community Building
8/21	Fall Dance Project Auditions
10/11 – 10/16	<u>Guest Artist Residency: Elijah Gibson</u> Monday 10/12: Teaching 11:10am-12:30pm Tuesday, 10/13: Q&A Discussion 4-5pm Wednesday, 10/14 Teaching 9:35-10:55am
10/15 – 10/17	Texas Dance Improvisation Festival (Texas State)
10/21 – 10/23	Wellness Week
10/30	NCC Final Showing and ADCA Adjudication
11/12 - 11/15	Fall Dance Concert
11/13	Dance Day – High School
11/23 – 11/27	Thanksgiving WEEK – NO CLASSES
12/5 – 12/10	Finals Week

DFW Dance Community Performances and Events:

- kNOWBOX 8th Annual Film Festival Soft opening at the Fort Worth Museum of Art: September 4th
- Jordan Fuch Dance Company at Texas Woman's University: September 11-12
- [Art Boost](#) Artist (entrepreneurship) conference at the Latino Cultural Center: 9/11& 9/12
- kNOWBOX 8th Annual Film Festival at the Bath House: Dallas October 3
- University of North Texas Fall Dance Concert at the University Theatre: November 12-15

***Course Syllabus and Schedule are subject to change at the discretion of the instructor.**