



## **DANC 1100.001: Stress Reduction Through Movement Spring 2022**

Instructor:	Jocelyn Schimpf	Class Time:	T/R 4-5:20pm
Email:	<a href="mailto:jocelyn.schimpf@unt.edu">jocelyn.schimpf@unt.edu</a>	Lab Time:	T/R 5:20-5:50pm
DATH Office Phone:	(940) 565-1121	Location:	DATH 110
Office Hours:	By appointment, Email me to set up a time (Can take place through Zoom or in person)		

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### **Course Description:**

#### **DANC 1100, Section 001 and 301: Stress Reduction Through Movement**

3 credit hours. Introductory course designed to acquaint and equip the student with diverse and global perspectives on wellness and health maintenance. Four basic units of study: 1) varying medical philosophies and disciplines; 2) the mind-body connection; 3) therapeutic massage and bodywork; 4) movement (strength, flexibility, balance, and endurance). Develops understanding of the power each of us has to affect the immune system and the body's efficiency to promote and maintain health.

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### **Required Texts:**

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

### **Recommended Texts:**

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

Andrea Olsen, *Body and Earth: An Experiential Guide*. Lebanon, NH: Middlebury College Press, 2002.

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### **Student Learning Outcomes:**

- Gain an understanding of what stress is, and how it interacts in all aspects of our lives utilizing the biopsychosocial model
- Develop wellness skills to manage personal health, reduce stress, and enhance quality of life
- Engage with somatic disciplines and mind-body connection philosophies
- Explore a variety of movement practices to lessen daily stresses
- Gain a basic understanding of anatomy and kinesiology
- Develop injury prevention and rehabilitation techniques

- Demonstrate critical thinking skills by engaging with textual resources and creating dialogue with peers in class.
- Identify, analyze, and evaluate individual work as well as peers' work through oral, written, and physical communication skills.
- Demonstrate proficiency in written skills through personal reflections

**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.
- 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 and calendar 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 and allows the instructor to see body alignment. No jeans or short shorts permitted. Secure hair out of the face. Gum chewing, baseball caps and jewelry are not allowed in dance class for safety reasons.
- Examples of acceptable attire: athletic wear, T-shirt and stretch pants, leotard and tights, socks or barefoot

**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 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.

Because this is a movement-based course, one must be in class to acquire the information. You are permitted TWO (2) unexcused absences for this course. **Documentation of excused absences must be turned in to instructor within one week of absence.**

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. 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. Each instructor will determine appropriate observation and writing assignments to compensate for full physical participation. (This applies to students who sit out only a portion of a movement class.) If a student is unable to participate physically in more than 50% of the movement sessions of a course, instructor may determine that they should drop, withdraw or receive an incomplete.

Tardiness Policy: If a student is 5 or more minutes late to class, he/she will be considered tardy. If a student accumulates 3 tardies, it will count as an additional unexcused absence, which could lower their grade as stated in the above attendance policies.

**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.

#### **Late Work:**

Late work is not permitted in this class. Exceptions will only be considered for extremely extenuating circumstances. Students must speak with the instructor immediately if they foresee a problem in submitting their work on time.

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 he or she will be asked to drop the course.

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#### **Course Requirements and Assessments:**

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

<b>Grading Breakdown:</b>		<b>Grading Scale:</b>		
Daily Participation (5 points per day, 150 points total)	50%		A	90-100%
Supplemental Assignments (60 points total) (readings, reflections, quizzes)	20%		B	80-89%
Midterm (30 points)	10%		C	70-79%
Final (60 points)	20%		D	60-69%
			F	0-59%
<b>TOTAL (300 points)</b>	<b>100%</b>			

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.

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### **Concert Attendance/Information:**

#### Spring 2022 Concert Information:

- Faculty Dance Concert, *re/Generation* – February 10, 11, 12 @ 7:30pm; Feb 12, 13 @ 2pm
  - Location: University Theatre/ RTFP Building
  - Student Tickets: \$5, General Admission: \$8

#### **Box Office Hours:**

Monday, Tuesday, Wednesday, Thursday, & Friday from 1:00 pm to 5:00 pm.  
One hour prior to each performance.

**Tickets to an individual production may be purchased approximately two weeks before that show opens.**

Seating availability is often limited, and many shows sell out quickly.

Tickets can be ordered with a credit card over the phone by calling (940) 565-2428 or Metro (817) 267-3731 ext. 2428.

The Box Office is located in the [Radio, Television, Film and Performing Arts \(RTFP\) Building](#) in the first floor lobby of the University Theatre (Room 104).

At our Box Office location, we can accept cash, checks, and credit cards.

The Box Office opens one hour prior to each performance for will-call, and to sell any remaining tickets for that performance.

There is a NO LATE SEATING policy for productions in the Studio Theatre.

We do not hold unpaid reservations for our performances.

**All sales are final. There are no refunds or exchanges.**

AA/ADA/EOE - Patrons who require special accommodations should contact the box office three weeks prior to their desired performance.

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### **Principles Of Engagement:**

PoE refers to the way students are expected to interact with each other and with their instructors. Here are some general guidelines as provided by UNT:

- While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis 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 will not be tolerated.
- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
- Ask for and use the correct name and pronouns for your instructor and classmates.
- Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual’s experiences.
- Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
- Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
- Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
- Avoid using “text-talk” unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

### **Face Coverings:**

UNT encourages everyone to wear a face covering when indoors, regardless of vaccination status, to protect yourself and others from COVID infection, as recommended by current CDC guidelines. Face covering guidelines could change based on community health conditions.

### **Academic Accommodation:**

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](https://disability.unt.edu).

**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.

**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 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](http://succeed.unt.edu)

**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](mailto: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.
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## 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>)
- Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- UNT Care Team (<https://studentaffairs.unt.edu/care>)
- UNT Psychiatric Services (<https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry>)
- Individual Counseling (<https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling>)

### Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know.

Below is a list of resources for updating your chosen name at UNT.

- UNT Records
- UNT ID Card
- UNT Email Address
- Legal Name

\*UNT eUIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.

### Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can add your pronouns to your Canvas account so that they follow your name when posting to discussion boards, submitting assignments, etc.

### 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>)
- Multicultural Center (<https://edo.unt.edu/multicultural-center>)
- Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- Pride Alliance (<https://edo.unt.edu/pridealliance>)

- UNT Food Pantry (<https://deanofstudents.unt.edu/resources/food-pantry>)

#### Academic Support Services

- Academic Resource Center (<https://clear.unt.edu/canvas/student-resources>)
- Academic Success Center (<https://success.unt.edu/asc>)
- UNT Libraries (<https://library.unt.edu/>)
- Writing Lab (<http://writingcenter.unt.edu/>)

SPRING SEMESTER CALENDAR			
Week	Date	Course Material	Important Dates
1	Jan 18, 20	Introductions, Syllabus Review, What is stress, biopsychosocial model	
2	Jan 25, 27	Components of a Warmup, Preparing for Movement	React to Stress Reading Reflection Due Jan 27 <sup>th</sup>
3	Feb 1, 3	Breath and Meditation	
4	Feb 8, 10	Anatomy, Injury Prevention	Faculty Dance Concert Feb 10 <sup>th</sup> - 12 <sup>th</sup>
5	Feb 15, 17		Anatomy Quiz in Canvas Due Feb 17 <sup>th</sup>
6	Feb 22, 24	Yoga	
7	Mar 1, 3	Nutrition	Nutrition Quiz in Canvas Due Mar 3 <sup>rd</sup>
8	Mar 8, 10	Mid-term Check-In	
9	Mar 15, 17	<b>NO CLASS</b>	<b>SPRING BREAK</b>
10	Mar 22, 24	Layers of Touch	Olsen Touch Reading Reflection Due Mar 24 <sup>th</sup>
11	Mar 29, 31	Somatic Modalities	
12	Apr 5, 7		Olsen Motion and Emotion Reading Reflection Due Apr 7 <sup>th</sup>
13	Apr 12, 14	Cross training, Conditioning Circuit	
14	Apr 19, 21		Exercise Reading Reflection Due Apr 21 <sup>st</sup>
15	Apr 26, 28	Work on Final Projects	
16	May 3, 5	Present Final Projects	
	May 10	Final Exam Time (1:30-3:30) - Closing Reflection Due	

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