

**University of North Texas
Department of Dance and Theatre
College of Liberal Arts and Social Sciences**

**Fall 2020
Tuesday and Thursday 4:00pm – 5:20pm**

**Dance Anatomy and Kinesiology
DANC 3050 Section 1**

Faculty Contact Information:

Reyna Mondragon: Reyna.Mondragon@unt.edu

Office: 103F

Office Hours T/Th 10am-12pm or by appointment.

Class Location: DATH 111

Course Description

This course is an introduction to the principles of dance kinesiology with a brief overview on anatomy. Emphasis is placed on the structure and function of the muscular and skeletal systems. Movement analysis, developing strength, flexibility, balance, conditioning principles, injury prevention and wellness.

Course Objectives

- To examine, experience, and apply muscular knowledge to dance through movement analysis, somatic awareness, and individual exploration.
- To notice subtle differences in alignment as well as specific muscular imbalances on oneself through physical experimentation and analysis.
- To challenge students to apply/integrate principles of Kinesiology individually building a pattern of self-assessment and self-treatment to enhance each dancer's technique, performance, and wellness.

Course Content

- Develop an understanding of the skeletal and muscular systems and their actions (role gravity plays_.
 - Foot, ankle, and lower leg
 - Knee
 - Hip
 - Pelvis and Torso
 - Scapula, shoulder, and neck
 - Head
 - Hand and wrist

- Develop an awareness of the physiological considerations for dancers
 - Support systems
 - Cardiovascular
 - Respiratory
 - Nervous
 - Body type
- Gain knowledge of dance injuries and related health issues
 - Muscular imbalances common in dance and habitual movement patterns
 - Identification and prevention
 - Conditioning for dancers
 - Wellness
 - Rehabilitation for common injuries

Required Textbook

- Dance Kinesiology 2nd Edition by S.s Flitt

Grade Breakdown:

- 40% - Participation
- 20% - Quizzes
- 20% - Exams (midterm and final)
- 10% - Presentation
- 10% - Choreographic studies

Grading and Evaluation: a student may receive 10 points per day based on the following grading criteria

"A" 9-10 pts (Daily) This is an exceptional grade for distinctly superior work. Every aspect is of exceptional quality. This grade is reserved for a very few who are at the top of the class, an exception rather than the rule. The student demonstrates a clear ability to understand and articulate the concepts presented, has thoroughly mastered the subject, displays marked initiative and exhibits intellectual curiosity. The student shows a full range of cognitive and physical skills including knowledge, comprehension, application, analysis, synthesis, and evaluation.

"B" 8pts (Daily) This is an above average grade for achievement of the highest order. This grade is reserved for students who are at the top of the class but fall below an "A." The student has fulfilled the requirements and has achieved excellence in all aspects of the work including complete attentiveness, accuracy of knowledge, independence, creativity, and critical thought. The student demonstrates most levels of cognitive and physical skills including knowledge, comprehension, application, analysis, synthesis, and evaluation.

"C" 7pts (Daily) The student shows evidence of knowledge about the subjects and is able to analyze concepts. The student may have an open, active, and discriminating mind but demonstrates lower and middle level ability and retention of skills specific to that class particularly knowledge, application, analysis, synthesis, and evaluation. This student takes

no initiative or leadership in their learning. This is an average grade.

“D” 6pts (Daily) The student demonstrates lower level ability and retention of skills specific to the class material, takes no initiative or leadership in learning and is consistently unprepared or unaware of concepts. This student demonstrates lower than average ability and retention of skills specific to that class particularly knowledge, application, analysis, synthesis, and evaluation.

“F” 5pts (Daily) The student has failed to demonstrate knowledge, application, analysis, synthesis and evaluation of any of the class subject matter or concepts. This student has failed to acquire or retain skills specific to class material, takes no initiative or leadership in learning and is closed to the subject matter.

Tentative Calendar of Classes & Assignments:

See Canvas for a detailed course calendar and list of due dates. (do we want Monthly or Weekly)

For a complete UNT academic calendar please go to:

<https://www.unt.edu/catalogs/2020-21/calendar>

Participation Policy

Since participation in studio classes in particular relies almost entirely on work accomplished during each class not participating will effect ones grade greatly.

- If you are sick and can't participate remotely or f2f due to a family emergency, severe sickness, or UNT official activity (needs to be approved by profession), make sure to contact the instructor for accommodations immediately.
- If you are a commuter and you are having any type of car issues make sure to contact me for accommodations immediately.
- Students are allowed 2 participation absences. On the 3rd miss students will fail the class.
- Students coming in 10min late to class will be asked to not participate in class. Students may come in to the next f2f or remote class and participate.

Class Etiquette/Dressing Out:

- There are certain rules of classroom etiquette that include but are not limited to: no leaving class during an exercise unless there is an emergency, no chewing gum, and no food/beverages other than water in the studio during class. Students should dress out for each class in order to comfortably and properly execute exercises.
- Cell phones will not be tolerated unless explicitly used for a research tool when asked to during class. PLEASE SILENCE THEM
- Following CDC Guidelines: 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.

COVID RESOURCES:

While attendance is expected as outlined above, it is important for all of us to be mindful of the health and safety of everyone in our community, especially given concerns about COVID-19. Please contact me if you are unable to attend class because you are ill, or unable to attend class due to a related issue regarding COVID-19. It is important that you communicate with me prior to being absent so I may make a decision about accommodating your request to be excused from class.

If you are experiencing any symptoms of COVID-19 (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) 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 Hotline at 844-366-5892 or COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure. While attendance is an important part of succeeding in this class, your own health, and those of others in the community, is more important.

STEPS:

- Notify instructors in advance of the absence or inability to participate, if possible.
- Call UNT's Student Health Services (940)-565-2333. Proof of evaluation will be provided to the student.
- Keep up with coursework, as much as possible.
- Participate in class activities remotely (if able) and submit assignments electronically, to the extent possible and as directed by the instructor.
- Reach out to the instructor if illness will require late submission or other modifications to deadlines or work requirements.
- Work with the instructors to reschedule exams, labs and other critical academic activities, when it is necessary.

University Policies:

Prohibition of Discrimination, Harassment, and Retaliation:

https://policy.unt.edu/sites/default/files/16.004_Nondiscrimination.Pub_.pdf The University of North Texas (University) 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.

- An individual who believes that they have been subjected to discrimination, harassment, or retaliation should immediately report the incident to the Office of Equal Opportunity. Students may also report such conduct to the Office of the Dean of Students.

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 Turnitit.com.

Academic Ethics: (<http://www.unt.edu/csrr0>): Acts of academic dishonesty are subject to discipline at UNT. Cheating plagiarism and furnishing false or misleading information are acts of academic dishonesty. The definitions of these terms are clearly described in the Undergraduate Catalog (www.unt.edu/catalog) and by the Center for Students Rights and Responsibilities.

Authorized Class Absence: (http://www.unt.edu/vpaa_fy0708_fhb/III-a.html): All travel by students off campus for the purpose of participation in UNT sponsored activities must be authorized by the dean of the school or college of the sponsoring department. Within three days after the absence, students must obtain authorized absence cards from the dean of students for instructors.

Absence for Religious Holidays: (http://www.unt.edu/vpaa_fy0708_fhb/III-a.html): A student absent due to the observance of a religious holiday may take examinations/ complete assignments scheduled for the day(s) missed within a reasonable time after the absence. Class participants should notify the instructor via email of planned absences for religious holidays.

Disability Support Services: (<http://www.unt.edu/oda>)): ODA Office in Sage Hall, Suite 167.

Office of Disability Accommodation Statement: (ODA)- 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 Accommodation (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 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 see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940-565-4323

To graduate, students majoring in dance are required to have a minimum grade of “B” in dance technique courses that comprise their major.