

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

Fall 2021

Stress Reduction Through Movement

DANC 1100.001/301

Tuesday / Thursday 2:00pm-3:20pm
Lab 3:30pm-3:50pm

Faculty Contact Information:

Reyna Mondragon: Reyna.Mondragon@unt.edu

Office: 103F

Class Location: DATH 131

Office Hours M/W 3pm-5pm or by appointment.

COURSE DESCRIPTION:

“A study of the basic theories and practices of wellness for increased quantity and quality of life through classroom and movement laboratory experiences. Scientific and philosophic examination of the body mind connection. Course focuses on gaining an understanding of stress, stress-related illnesses and injuries, and techniques of stress release through movement for rehabilitation and health maintenance. Course addresses learning/growth processes, creativity, body image, preventive care, structural disciplines, movement analysis, body/movement therapies, massage, and relaxation techniques.” – UNT Handbook

COURSE OBJECTIVES:

- ◆ To learn how to manage or reduce one’s stress.
- ◆ To explore what stress is and how it interacts with our self systems: physical, intellectual, social, spiritual, emotional, and environmental/occupational.
- ◆ To learn to use playful, comfortable, joyful, and releasing movement to help prepare for, cope with, and recover from the negative effects of stress.
- ◆ To gain a basic knowledge of anatomy and kinesiology for injury prevention.
- ◆ **To begin to develop lifetime wellness skills and habits** that enhances both the quality and quantity of life.
- ◆ To cultivate self-awareness, balance, and an openness to change.
- ◆ To engage with others in thoughtful and well crafted communication.
- ◆ To enable one to think creatively and critically, learning to apply different systems of analysis related to stress.

UNT CORE OBJECTIVES:

- 1) **Critical Thinking:** to develop creative thinking, innovation, inquiry and analysis, and evaluation and synthesis of information.
- 2) **Communication:** to develop effective written, oral, aural, and visual communication.
- 3) **Personal Responsibility:** to develop the ability to connect choices, actions, and consequences to ethical decision making.

REQUIRED TEXTS AND MATERIALS:

[The Relaxation and Stress Reduction Workbook 7th edition](#) (2019) by Davis, Eshelman, and McKay, available through Amazon.com

Selected handouts given in class and/or posted on Canvas

A journal for daily notes

GRADING SYSTEM:

Participation	20 points
Journal assignment and pop quizzes	10 points
Three Quizzes	30 points
Two Class Reaction Papers	20 points
Final Research Paper	10 points
Final Presentation	<u>10 points</u>
	100 points

JOURNAL ASSIGNMENTS AND POP QUIZZES (10 points):

Throughout the semester you will have several journal assignments to complete and turn-in. You will be graded on your neatness and completion of this assignment. Pop quizzes will be given if the class does NOT seem to be keeping up with their reading assignments. Journals will be submitted through Canvas

QUIZZES (30 points):

Throughout the semester you will also have three oral or written quizzes over the reading assignments primarily to make sure that you are keeping up with these assignments, and learning the material so that class can be a discussion rather than a lecture.

REACTION PAPERS (20 points):

Throughout the semester, you will be asked to TYPE **two** “reaction papers” recording the following responses: 1) What new “facts” have you learned and how do they fit into the course content? 2) How did you relate to it? And why? 3) What realizations have you made and have they changed you in any way? These papers should be typed and double spaced, Times New Roman, in size 12 font, and approximately 2 pages long. Reaction papers will be submitted through Canvas

RESEARCH PAPER and PRESENTATION (10 points each):

A FOUR TO FIVE PAGE TYPED, DOUBLE SPACED, and PROOFREAD paper that addresses what causes your stress and what skills you have learned to better cope with it. Be specific about what your stressors are and the tools you have learned in class that you intend to use to help yourself in the future. You must also include research on a modality, like massage therapy or yoga or meditation or any type of body conditioning, which you have tried or are interested in trying. You must research it to find out its underlying theory, how it is used, and describe your personal experience with it. Please also address, at least in your paper, how these changes should be beneficial to you personally. This paper

should reflect your knowledge of the course material and exercises learned. Please refer to your reaction papers, self-awareness logs, reading assignments, and personal research. Submitted through Canvas

Should you quote directly from a book or Internet site, you must use quotation marks and cite the source and page number(s) in parenthesis following the quote. **The University's Policy of Academic Dishonesty found in the Student Handbook applies to this course. If caught plagiarizing published sources or copying another student's work you will be referred to the Office of Student Rights and Responsibilities and you will also fail this course.**

Your final presentation should be a 4-5 minute reflection of this paper. (Please rehearse)

NO LATE WORK IS ACCEPTED

Attendance Grading Policy for Department of Dance studio classes:

PARTICIPATION (20 POINTS) This class particularly relies on work accomplished during each class any absence from class will impact the grade.

- Students are allowed two (2) absences. There are no excused absences except for personal or family emergencies or a UNT official activity, which the professor needs to approve. On the third absence your overall grade will be lowered by 5%; for example, a 90% becomes an 85%. On the fourth 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.)
- Students who do not attend the first day of class may be dropped to accommodate those who are on the wait list.
- **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.**
 - A student is responsible for requesting an excused absence in writing, providing satisfactory evidence to the faculty member to substantiate excused absence and delivering the request personally to the faculty member assigned to the course for which the student will be absent.
 - **UNT COVID-19 Impact on Attendance** 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](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) (<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 Team at COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure.
- 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.

Lateness and Early Departures: Students should not arrive late to class or ask to leave early. Typically, (2) tardies and/or early departures will equal one absence. If a student is **5min** late to class, they will get 5 points deducted from their daily participation grade. If the student is **10min** late to class they will be asked to leave class. During movement practices all students arriving more than **5min** late for class may not be allowed to take class, this is to prevent injuries and ensure the body is warm.

Observations/Sitting Out (only during our movement practice days): Students should request to observe a class only in exceptional cases -- the expectation is that all students will participate even though the level of activity and kind of activity may be adjusted to accommodate specific health issues. If an observation is approved by the teacher, the student will take notes following specific directions given by the teacher. These notes will be turned in at the conclusion of class. The quality of these notes will determine the student's grade for that particular day. Under no circumstances should students' study for other courses during an observation.

Typically, observations are considered one-half absences, as the student is not fully engaged in the activity or the class.

Should a student need to sit down during class, they are expected to remain attentive and engaged with the class. Sitting at the front of the studio, watching, and learning through attentive observation, or taking written notes is appropriate. Lying on the floor, sleeping, talking, or texting on a cell phone, or engaging in conversation with other students during class is not considered appropriate. No student should be consistently sitting out as it warrants a low-class participation grade. **Typically, 'sitting out' two times equals one absence.**

Class Etiquette:

- **Face coverings are highly encouraged in this class.**
 - 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.
- **You must be dressed-out and prepared to move in each class. No jeans or denim shorts. Wear something you feel comfortable moving in. Wear layers to adjust for room temperature.**
- **Hair must be pulled out of the way when working on movement exercises.**
- 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.
- Cell phones will not be tolerated unless explicitly used for a research tool when asked to during class. PLEASE SILENCE THEM
- Be kind to your fellow classmates. We will be giving constructive critiques and will help each other on progress in the movement analysis journey.
- 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.

Final Examination: Thursday December 9th, from 1:30pm-3:30pm

University Policies:

Academic Integrity Policy

Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. [Insert specific sanction or academic penalty for specific academic integrity violation.]

ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (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 \(https://disability.unt.edu/\)](https://disability.unt.edu/).

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.

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) (<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. 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 e-mail [Eagle Connect](https://it.unt.edu/eagleconnect) (<https://it.unt.edu/eagleconnect>).

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14 and 15 [insert administration dates] of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the [SPOT website](http://spot.unt.edu/) (<http://spot.unt.edu/>) or email spot@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.

Important Notice for F-1 Students taking Distance Education Courses

Federal Regulation

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the [Electronic Code of Federal Regulations website](http://www.ecfr.gov/) (<http://www.ecfr.gov/>). The specific portion concerning distance education courses is located at Title 8 CFR 214.2 Paragraph (f)(6)(i)(G).

The paragraph reads:

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to do the following:

- (1) Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
- (2) Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

Student Verification

UNT takes measures to protect the integrity of educational credentials awarded to students enrolled in distance education courses by verifying student identity, protecting student privacy, and notifying students of any special meeting times/locations or additional charges associated with student identity verification in distance education courses.

See [UNT Policy 07-002 Student Identity Verification, Privacy, and Notification and Distance Education Courses](https://policy.unt.edu/policy/07-002) (<https://policy.unt.edu/policy/07-002>).

Use of Student Work

A student owns the copyright for all work (e.g. software, photographs, reports, presentations, and email postings) he or she creates within a class and the University is not entitled to use any student work without the student's permission unless all of the following criteria are met:

- The work is used only once.
- The work is not used in its entirety.
- Use of the work does not affect any potential profits from the work.
- The student is not identified.
- The work is identified as student work.

If the use of the work does not meet all of the above criteria, then the University office or department using the work must obtain the student's written permission.

Download the UNT System Permission, Waiver and Release Form.

Transmission and Recording of Student Images in Electronically-Delivered Courses

1. No permission is needed from a student for his or her image or voice to be transmitted live via videoconference or streaming media, but all students should be informed when courses are to be conducted using either method of delivery.
2. In the event an instructor records student presentations, he or she must obtain permission from the student using a signed release in order to use the recording for future classes in accordance with the Use of Student-Created Work guidelines above.
3. Instructors who video-record their class lectures with the intention of re-using some or all of recordings for future class offerings must notify students on the course syllabus if students' images

may appear on video. Instructors are also advised to provide accommodation for students who do not wish to appear in class recordings.

Example: This course employs lecture capture technology to record class sessions. Students may occasionally appear on video. The lecture recordings will be available to you for study purposes and may also be reused in future course offerings.

No notification is needed if only audio and slide capture is used or if the video only records the instructor's image. However, the instructor is encouraged to let students know the recordings will be available to them for study purposes.

Academic Support & Student Services

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

Below is a list of additional resources regarding pronouns and their usage:

- [What are pronouns and why are they important?](#)
- [How do I use pronouns?](#)
- [How do I share my pronouns?](#)
- [How do I ask for another person's pronouns?](#)

- [How do I correct myself or others when the wrong pronoun is used?](#)

Additional Student Support Services

- [Registrar](https://registrar.unt.edu/registration) (<https://registrar.unt.edu/registration>)
- [Financial Aid](https://financialaid.unt.edu/) (<https://financialaid.unt.edu/>)
- [Student Legal Services](https://studentaffairs.unt.edu/student-legal-services) (<https://studentaffairs.unt.edu/student-legal-services>)
- [Career Center](https://studentaffairs.unt.edu/career-center) (<https://studentaffairs.unt.edu/career-center>)
- [Multicultural Center](https://edo.unt.edu/multicultural-center) (<https://edo.unt.edu/multicultural-center>)
- [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- [Pride Alliance](https://edo.unt.edu/pridealliance) (<https://edo.unt.edu/pridealliance>)
- [UNT Food Pantry](https://deanofstudents.unt.edu/resources/food-pantry) (<https://deanofstudents.unt.edu/resources/food-pantry>)

Academic Support Services

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

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.

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.