

# *Course Syllabus*

## **Course Information**

DANC 2321.001 Stretch, Conditioning, Alignment  
Spring 2013, MW 1:00 – 2:15pm, JO 1.216

## **Professor Contact Information**

Misty Owens

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Office: JO 5.207

Office Hours: Monday 12:00pm – 1:00p.m. or by appointment

## **Course Pre-requisites, Co-requisites, and/or Other Restrictions**

None

## **Course Description**

Stretch, Conditioning, Alignment is designed to enrich the student's understanding of his/her own physical condition. The student will achieve a deeper level of physical preparation for the study of dance technique. The course will apply principles of dance conditioning and alignment including the development of abdominal strength, floor barre practices, flexibility and placement exercises and selected exercises from yoga and Pilates. Students will address specific individual conditioning, flexibility, and alignment goals.

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## **Student Learning Objectives/Outcomes**

- Describe and apply methodology processes – Students will be able to describe and apply basic methodologies and processes by which aesthetic judgments are made
- Demonstrate effective communication skills – Students will demonstrate effective oral and written communication skills
- Demonstrate knowledge of principals and history – Students will demonstrate a broad knowledge of the principles and history of at least one major form of artistic expression
- To gain experience and expertise – Students will gain experience and expertise in at least one area of the creative and performing arts
- Students will be able to both execute physically and describe orally the basic exercise vocabulary of Stretch, Conditioning, and Alignment.
- Students will be able to analyze conditioning and flexibility techniques as they apply to specific muscle groups and specific dance techniques.
- Students will compare, recognize and analyze variables within the introduced

alignment, conditioning and flexibility techniques after exposure to various styles and techniques through classroom participation and research.

- Students should value the art form, discipline, and dedication needed to excel in dance by participating in the structure of dance conditioning, recognizing its demands on the physical body, and the experience of the execution of dance stretch, conditioning, and alignment regimen.

### **Required Textbooks and Materials**

There are no textbooks to purchase for this class however there will be handouts that the student is expected to keep in or with his/her folder. Readings may be assigned during the semester. Dress for movement – sweat pants and fitted t-shirt, leotard or top are recommended. Shorts are not recommended unless they are fitted around the leg. Students may wear a sweatshirt at the start of class to facilitate warm-up. Shoes are not required. Some exercises can be done with shoes, however most are not done with shoes. Long hair will be tied back.

### **Suggested Course Materials**

An exercise mat or towel is strongly recommended as much of the stretch and conditioning work will be done on the floor.

### **Assignments & Academic Calendar**

Various stretch, conditioning and alignment techniques will be introduced and applied throughout the semester. The following due dates do not include quizzes which will be administered as needed during the semester. Reading and research assignments (TBA) will be presented during the course of the semester.

Journal assignments due dates: Detailed journal assignments will be provided in class, in addition students will keep an activity log in their journal listing daily/bi-weekly/weekly fitness and exercise activities. The log should be kept current and turned in on the dates listed below with the (TBA) assignments.

Jan. 30 – goal setting – goals due, journal assignment TBA

March 6 – goal assessment #1 & goal adjustment, journal assignment TBA

April 17 – research report due in class

May 1 – final assessment/self-evaluation, journal assignment TBA, Last day of class

Final exam –Friday May 10th, 11:00am - 1:45pm

### **Grading Policy**

Student evaluation is based on the following:

- Participation - The nature of this course requires that a student be present and attentive in order to master the material and grow in the subject area - student should demonstrate growth through daily class work. Students will be evaluated according to the quality of their involvement in the class work as demonstrated through regular participation, individual comprehension and improvement, attention to class etiquette (proper attire, proper focus on class work), attention to form, as well as mastery of skills.

- Written work – includes self-evaluation, goal assessments and research report. Students

will complete one 4-5-page research report on a selected conditioning or fitness technique (due in class April 17). Also included may be skills and terminology quizzes given throughout the semester as needed and/or indicated in the course schedule.

### **Grading Scale**

98 – 100 A+  
93 – 97 A  
90 – 92 A-  
88 – 89 B+  
83 – 87 B  
80 – 82 B-  
78 – 79 C+  
73 – 77 C  
70 – 72 C-  
68 – 69 D+  
63 – 67 D  
60 – 62 D-  
Below 60 F

Participation 50%  
Attendance 15%  
Journal 10%  
Research /report 15%  
Quizzes/ technique exams 10%

### ***Important dates to remember:***

Last day to drop without a “W” Wed., Jan 30  
MLK holiday Mon., Jan. 20  
Spring Break March 10 - 16  
Dance Concert University Theater Thurs. April 25th - Sat. April 27th @ 8:00pm  
Last day of classes Weds. May 1st  
Reading day Monday May 6th  
Final Exam Friday May 10, 11:00am – 1:45pm

### **Course and Instructor Policies**

Attendance is mandatory. You will be given 2 absences without penalty; any additional absence(s) (excused or unexcused) will be .5 points off the 15-point attendance grade for each class missed. If you arrive after roll has been taken it is your responsibility to notify the instructor that you attended class. Failure to do so could result in an absence recorded and applied for that day. After one tardy, you will be considered late if you arrive after the official class starting time and you will receive a .25-point deduction from your attendance points. You may not physically participate without the instructor’s permission if you arrive more than fifteen minutes after the class has begun (which may affect your participation grade). Excused absences may be made up, please speak to the instructor for various options. A total of 4 excused absences may be made up with the instructor’s approval. Students making up absences in other approved dance classes must turn in documentation that is dated and signed by the instructor teaching the make-up class. If you observe the make-up class instead of physically participating, you must write a one-page paper that includes a description of the class, personal observations, and a comparison of your class and the makeup class. **All classes must be made up before the last two weeks of the semester – no exceptions.** Excused absences require documentation to be counted as excused.

Email communications with the instructor will be through UTD account only.

**Class Decorum** is a component of the daily grade – considered under ‘participation.’

In order to create the appropriate environment for this class, students are asked to exercise the following requests.

1. Dress appropriately in exercise wear as described in this syllabus for each session unless the instructor recommends otherwise.
2. Do not talk to classmates when the instructor is speaking or requires your attention.
3. Do not talk while doing class exercises.
4. Do not chew gum.
5. Respect the space of other students by being aware of your own use of space.
6. Food and drinks other than water must not be brought into the studio or the theater.
7. Notify the instructor of any ailments – physical or otherwise – that may negatively affect your ability to participate in class before the start of class.
8. Cell phones must be turned off and remain off during class time (1:00pm – 2:15pm)
9. Do not wear necklaces and large earrings or rings during class.

### **Course Expectations:**

Student will demonstrate a focused mental and physical application of the course material. Student will take responsibility for his/her own growth through watching, listening, participating, processing, and clarifying during each class session.

### **University Policies**

Please review important university policies at the following address:  
<http://go.utdallas.edu/syllabus-policies>

*These descriptions and timelines are subject to change at the discretion of the Professor.*