

Course Information

DANC 2321.001 **Stretch, Conditioning, Alignment** Fall 2022 3 Credits
Monday/Wednesday 10:00 am – 11:15 am
JO 1.216

Professor Contact Information

Misty Owens
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Office Hours: By appointment on Teams

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.

Student Learning Objectives/Outcomes

1. Students will be able to describe and apply the basic methodologies and processes of the creative and performing arts.
 2. Students will demonstrate effective critical and analytical skills through oral and/or written communication.
 3. Students will learn and employ a broad knowledge of the principles and history of at least one major form of artistic expression.
 4. Students will gain experience and competency in at least one area of the creative and performing arts
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Required Textbooks and Materials

Appropriate workout attire, props for class

Suggested Course Materials

An exercise mat is required as much of the stretch and conditioning work will be done on the floor.

A thera-band or exercise strap/belt to assist with good alignment is required for class

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.

Grading Policy

Mon. Aug. 22- First day of classes. Review Syllabus

Mon. Aug 29- 10 pt. Goal setting is due on eLearning as described in class

Mon. Sept 5 – Labor day – No Classes

Weds Oct. 12 - Midterm - In class assessment

Oct. 27-30, Nov. 3 - 5 – UTD American Idiot Production. University Theater. Required. Free.

Weds. Nov. 16 - Personal Workout Program due in class

Mon. Nov. 21 – Weds. Nov. 23– Fall Break

Thurs. Nov. 24 – Sun. Nov. 27– Thanksgiving Break

Weds. Dec. 7 – In-class assessment of coursework/ Last Day of class

TBA - Final Exam

Grading Policy

Grade Value

15% Attendance

55% Participation

10% Written Assignments: Goal Setting/Self evaluation, etc.

20% Personal Workout Program

Grading for Papers and Critiques

Papers on average will be no more than two type written pages. Late papers may be accepted. Three points will be deducted for each class period the paper is late. All assignments and participation grades begin with a grade of 95%. Points are either added or deducted depending on the quality of the work.

Grade Scale

A+ 100- 98	B+ 89 – 88	C+ 79 – 78	D+ 69 – 68	F 59 & below
A 97 – 93	B 87 – 83	C 77 – 73	D 67 – 63	
A- 92 - 90	B- 82 – 80	C- 72 – 70	D- 62 – 60	

A+ will only be awarded for regular class requirements. Extra credit assignments do not count towards an A+.

Course & Instructor Policies

Attendance

Attendance is mandatory. You will be given 2 absences without penalty; additional absence(s) (excused or unexcused) will equal zero points awarded for each class missed. Be on time, arrival after roll has been called is considered late. Late arrival will result in a one point deduction from both the participation and attendance grade per every fifteen minutes. It is the student's responsibility to remind the instructor of their attendance if they arrive after roll has been called. 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 roll has begun. 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). A one point deduction will be taken from the attendance grade in 15-minute increments from the scheduled class start time until the student arrives. Students may not participate physically without instructor consent if they arrive more than 15 minutes late – this may also affect participation grade. Excused absences may be made up, please speak to the instructor for various options. For an absence to be considered excused, documentation is required. A total of 4 excused absences may be made up with the instructor's approval.

Absences considered excused are those due to illness (student is required to have a doctor's note), religious holidays, immediate family death, and official school organized activities. Written documentation that includes the day and time of the make-up class and the make-up instructor's signature must be turned in to receive proper credit. All classes must be made up before the last two weeks of the semester. Email communication with the instructor will be through UTD account only.

Participation

Participation is graded on, and reflected through:

1. Effort - regular participation/ attendance
 2. Learning material given - individual comprehension
 3. Preparedness for class - attention to class etiquette (see below)
 4. Individual personal growth – improvement, attention to form, level appropriate mastery of skills
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Class Materials

Class Attire

You are required to wear dance or workout clothing in class. Loose fitting street clothes are not appropriate. Acceptable attire would be leggings, leotards, bike shorts, fitness tops, jazz pants, compression shorts, and t-shirts. Your body must be properly covered for this class.

Hair should be neatly pinned and secured away from the face and off the dancer's neck.

To avoid injury or class disruption, no jewelry, particularly dangling or noisy earrings, bracelets, anklets, large rings, necklaces or watches are to be worn in class

An exercise mat is required as much of the stretch and conditioning work will be done on the floor.

A thera-band or exercise strap/belt to assist with good alignment is required for

class. If you have a questions about any other clothing, please check with the

instructor first. **Points may be deducted from your daily grade for inappropriate attire**

or or etiquette.

ELECTRONIC DEVICE POLICY Students are expected to silence, power down and put all electronic devices away out of sight (cell phones, watches, iPods, iPhones, PDA's) and similar devices that disrupt the class. No texting or cell phone use is allowed in class.

Class Etiquette :

1. Students will dress appropriately in exercise wear as described in this syllabus for each session unless the instructor recommends otherwise.
2. Participate fully in all class exercises. Be on time for class.
3. Do not talk to classmates when the instructor is speaking or requires your attention.
4. Do not talk while doing class exercises.
5. Do not chew gum.
6. Respect the space of other students by being aware of your own use of space.
7. Food and drinks other than water must not be brought into JO 1.216.
8. Notify the instructor of any ailments – physical or otherwise – that may negatively affect your ability to participate in class before the start of class.
9. Cell phones must be turned off and remain off during class time
10. Do not wear necklaces and large earrings or rings during class.

Written work – Includes Personal Goal Setting, self-evaluation, and Personal Workout Program (PWP).

Students will be given goal setting and goal assessment assignments 3 times during the semester. These will be recorded in a list and narrative style in student journal.

Student will complete one minimum 3-page Personal Workout Program. Guidelines for the PWP will be distributed in class.

Technique and Skill evaluations - Skills and terminology quizzes may be given throughout the semester as needed and/or indicated in the course schedule. Students will be expected to know the target purpose for, and how to execute specific exercises given in class. Assessments of skill will be taken during each technique class, in addition to final assessment at the end of the semester. Evaluation of skills/technique will be considered part of the participation grade.

Concert attendance: You are required to see one live dance production on campus and submit a selfie with your ticket and program for credit. The production is **Oct. 27-30, Nov. 3 - 5** UTD American Idiot Production. University Theater. Required. Free.

Classroom Conduct Requirements Related to Public Health Measures

UT Dallas will follow the public health and safety guidelines put forth by the Centers for Disease Control and Prevention (CDC), the Texas Department of State Health Services (DSHS), and local public health agencies that are in effect at that time during the Fall 2021 semester to the extent allowed by state governance. Texas Governor Greg Abbott's Executive Order [GA-38](#) prohibits us from mandating vaccines and face coverings for UT Dallas employees, students, and members of the public on campus. However, we

strongly encourage all Comets to get vaccinated and wear face coverings as recommended by the CDC. Check the [Comets United: Latest Updates webpage](#) for the latest guidance on the University's public health measures. Comets are expected to carry out [Student Safety](#) protocols in adherence to the Comet Commitment. Unvaccinated Comets will be expected to complete the [Required Daily Health Screening](#). Those students who do not comply will be referred to the Office of Community Standards and Conduct for disciplinary action under the [Student Code of Conduct – UTSP5003](#).

Class Recordings

Students are expected to follow appropriate University policies and maintain the security of passwords used to access recorded lectures. Unless the Office of Student AccessAbility has approved the student to record the instruction, students are expressly prohibited from recording any part of this course. Recordings may not be published, reproduced, or shared with those not in the class, or uploaded to other online environments except to implement an approved Office of Student AccessAbility accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

The instructor may record meetings of this course. These recordings will be made available to all students registered for this class if the intent is to supplement the classroom experience. If the instructor or a UTD school/department/office plans any other uses for the recordings, consent of the students identifiable in the recordings is required prior to such use unless an exception is allowed by law.

Off-campus Instruction and Course Activities

There are no off campus trips required for this course.

Comet Creed

This creed was voted on by the UT Dallas student body in 2014. It is a standard that Comets choose to live by and encourage others to do the same:

“As a Comet, I pledge honesty, integrity, and service in all that I do.”

Academic Support Resources

The information contained in the following link lists the University's academic support resources for all students.

Please see <http://go.utdallas.edu/academic-support-resources>.

UT Dallas Syllabus Policies and Procedures

The information contained in the following link constitutes the University's policies and procedures segment of the course syllabus. Please review the catalog sections regarding the [credit/no credit](#) or [pass/fail](#) grading option and withdrawal from class.

Please go to <http://go.utdallas.edu/syllabus-policies> for these policies.

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Professor

