

UTD Course Syllabus



Course	DANC 2321.001
Title	Stretch Conditioning Alignment
Professor	Jennifer Mabus, MFA
Term	Fall 2025
Meeting	Time: Tuesday/Thursday, 2:30-3:45 PM
Room	JO 1.216

Professor Contact Information

Jennifer Mabus

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Office Hours: By appointment, in person or through Microsoft Teams

Course Description

Stretch, Conditioning, Alignment is designed to enrich the student's understanding of their 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

- 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 techniques.
- Students will recognize, compare, and analyze variables within the introduced alignment, conditioning, and flexibility techniques and exposure to various styles and techniques through classroom participation and/or research.
- Students will demonstrate understanding of the course materials as related to personal fitness goals by designing a Personal Workout Plan.

Visual and Performing Arts Program Learning Outcomes

- Students will be able to describe and apply the basic methodologies and processes of the creative and performing arts.
- Students will demonstrate effective critical and analytical skills through oral and/or written communication.
- Students will learn and employ a broad knowledge of the principles and history of at least one major form of artistic expression.

- Students will gain experience and competency in at least one area of the creative and performing arts.

Required Textbooks and Materials

No textbook required. Students must bring a yoga mat to each class. You will sometimes be asked to bring exercise bands and a tennis ball to class. Please see eLearning for more specific details. See Blackboard and/or contact instructor for clarification. Bringing a water bottle is strongly encouraged.

Workout attire required

Students are required to wear workout clothing that allows for a full range of movement. Clothing must be fitted but comfortable. Pants must have a waistband that stays above the hips, and tops must cover the midriff. Typical dance technique attire is a good choice (such as tights, leotards, leggings, jazz pants, etc) or exercise attire. Supportive undergarments are highly encouraged. All movement is low impact. We'll be standing, twisting, inverting the torso, laying down, etc, and most clothing designated for mat fitness (like yoga or pilates) is meant to accommodate those types of movements, without having to constantly adjust your pants and top. Consider what you are choosing to wear, knowing that other people could be on all sides of you. No shoes during class; students can either be barefoot or wear grippy socks meant for mat exercise. Standing, low impact exercises will also be completed in class.

Other dress code requirements:

- Keep jewelry to a minimum. Instructor has final discretion on what is allowed.
- Hair needs to be secured in a way that will not disrupt the student's movement.
- Uphold personal hygiene standards

Additional Course Requirements

Two assignments require students to attend an activity outside of class:

- Students will be required to view and critique a live dance concert. A list of approved concerts will be available on eLearning. Every effort is made to provide a wide range of locations and ticket prices, including free concerts. The on-campus dance production is highly recommended, as it is free for students and the most accessible option. Proof of attendance is required with a written analysis. Requirements for the analysis are available on eLearning.
- Students are required to experience a fitness activity class outside of normal class time and complete an assignment. Instructions and class parameters are available on eLearning. Group fitness classes on campus are highly encouraged, as they are free for most students and it's the most accessible.

Assignments & Academic Calendar

Important Course Dates:

(Subject to change at Professor's discretion)

***Dates for in-class assignments and quizzes will be distributed throughout the semester*

Date	Description
9/2	Personal Goals Due
9/10	Last day to drop without a "W"
10/14	Mid-Term Reflection Due
11/24-11/26	No Class- Fall Break
12/2	Independent Fitness Experience Reflection due
12/9	Last Day of Class/Final Presentations
12/12	Performance Critique due via eLearning Final Project and Reflection due via eLearning

Grading Policy

40% Daily Participation

15% In-class assessments

30% Online assignments (performance analysis, reflections, discussion boards)

15% Final

Grading Scale:

A+ = 97-100 B+ = 87-89 C+ = 77-79 D+ = 67-69 F = 59 and Below

A = 92-96 B = 82-86 C = 72-76 D = 62-66

A- = 90-91 B- = 80-81 C- = 70-71 D- = 60-61

Course & Instructor Policies

Students are expected to demonstrate a focused mental and physical application of the movement material, both in class and outside of class. It is important for students to take responsibility for their progress by watching, listening, processing, and participating within each class. It is imperative that this course be taught with safety concerns in mind. It is vital that students work at their appropriate level to avoid injury. All studio courses require students to be physically involved. It is the student's responsibility to discuss with the professor any concerns they might have regarding their physical participation in a class.

Physical Contact: The professor may tactile feedback to enhance student learning and comprehension of the movement material, with the student's consent. A student may ask not to receive tactile feedback at any time. Students are encouraged to address concerns with the professor, and an alternate method of giving feedback will be utilized.

Attendance:

Attendance is critical. You must be present in order to be evaluated on your work and the quality of commitment during class time. Students who fail to attend class regularly are inviting scholastic difficulty.

Only six (6) absences are allowed. Seven (7) or more absences result in a failing grade. All absences (excused and unexcused) count toward this total. Once a student has exceeded the maximum number of absences allowed by the syllabus, no assignments will be accepted for credit. The first two absences (regardless of circumstance) will not affect the student's participation grade. The subsequent absences will result in no participation points for the day, however, if the absence is excused, the student will be able to make up those points. Excused absences are illness, death of an immediate family member, court appearances, religious holidays, and University-sponsored events, all of which require official documentation.

Students are not allowed to enter class more than 20 minutes late. Tardies will warrant point deduction from the student's participation grade. Entering class more than 5 minutes late is considered tardy. Students leaving more than 20 minutes early will be considered absent AND will receive no participation points for the day. Any student who misses class has a responsibility to obtain missed class material from another student or from materials on eLearning. It is highly recommended that students find a trusted classmate and exchange contact information to assist with missed information. Students are strongly encouraged to meet with the professor if concerns arise about grades or other classroom issues.

Students are encouraged to make positive choices to ensure successful attendance and participation, including but not limited to arranging reliable transportation, getting adequate sleep, practicing wise and efficient time management, and utilizing community and university resources to maintain physical, mental, emotional, and social health.

Class Observation:

Students unable to physically participate in class may observe class for reduced participation points. This is not a time to sleep or do other work; the student must actively observe class and fill out an observation form; no filming allowed. Students who are running a fever and/or otherwise contagious will be asked to take an absence that day for the well-being of all involved.

Participation Grade

Students are expected to attend all classes with the proper attire and actively work towards improving in the material provided. Daily participation points will reflect the student's effort, attitude, and application of course concepts. Each

class is worth 5 points. No points are awarded for absences. The following point deductions apply:

- Tardiness or early departure, 5-20 minutes: -2-3 pts
- Improper attire: -2 pts
- Classroom etiquette violations: -2-3 pts

Make-Up and Late Work Policy: Due to the nature of the course, classes cannot be made up. Skills test make-ups are allowed only at the instructor's discretion, and documentation is required. For written assignments, please refer to the individual assignment guidelines for the late work policy. Any extensions or exceptions to the late work policy is at the professor's discretion. Reasonable accommodation will be made for excused absences.

Written Course Work Policy

All course materials and guidelines are available on eLearning. It is the student's responsibility to access course material in a timely manner. Inability to access course information is not an excuse for late or missed assignments, unless the error lies with the professor or a campus wide technology problem. If you are having trouble with your login information, it is your responsibility to contact the Help Desk. If you have trouble accessing a document, please inform the professor as soon as possible. Students are expected to present their own original work for this class. This means that assignments previously or concurrently submitted for other classes are not acceptable for this course. Other forms of academic dishonesty include collusion, plagiarism, and cheating. Evidence of academic dishonesty is reported to the Dean of Students and may result in grade penalties and/or disciplinary action. Utilizing outside research for essays and papers is not prohibited, but credit must always be given for words or ideas beyond the information given in class. In defining what types of information are

considered plagiarism, it is understood that lecture material (via slides or given verbally) is free to use in written assignments, however the student sees fit. Any other written material is considered intellectual property of that particular author and must be cited or acknowledged. Exceptions to this rule will be posted in the assignment guidelines.

The use of AI-generated content is discouraged in this class, as it inhibits the student's critical thinking process and has the potential to contain inaccurate and/or biased language. Any use of generative language (such as that found in ChatGPT) is the equivalent of finding that same text in a book, magazine, website, or journal; it is words and ideas that someone (or in this case, "something") wrote. As such, if a student chooses to use AI-generated content in

their paper, it must be cited as a source, or its use is considered plagiarism. Assignments with evidence of generative language without attribution will be reported to the Dean of Students.

Unless explicitly stated, all assignments, exams, and papers for this class are to be completed by the individual student. Students may view films and live dance concerts together, but must provide their own original analysis.

Class Participation

Regular class participation is expected. Students who fail to participate in class regularly are inviting scholastic difficulty. A portion of the grade for this course is directly tied to your participation in this class. It also includes engaging in group or other activities during class that solicit your feedback on homework assignments, readings, or materials covered in the lectures (and/or labs). Class participation is documented by faculty. Successful participation is defined as consistently adhering to University requirements, as presented in this syllabus. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

Note: the instructor may choose to include one or neither of the following statements:

- (a) Texas Senate Bill 17, the recent law that prohibits diversity, equity, and inclusion programs and activities at public universities in Texas, does not in any way apply to academic course instruction. Students should not feel the need to self-censor or limit their participation in academic courses pertaining to topics of race and racism, structural inequality, LGBTQ+ issues, or diversity, equity, and inclusion, and related topics.
- (b) Texas Senate Bill 17, the recent law that prohibits diversity, equity, and inclusion programs and activities at public universities in Texas, does not in any way apply to academic course instruction.

Class Recordings

Students are expected to follow appropriate University policies and maintain the security of passwords used to access recorded lectures. Unless the AccessAbility Resource Center 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 AccessAbility Resource Center accommodation. Failure to comply with these University requirements is a violation of the [Student Code of Conduct](#).

NOTE: if the instructor records any part of the course, then the instructor will need to add the following syllabus statement:

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.

Classroom Citizenship

- Please do not leave the studio/classroom for any reason without obtaining the professor's permission. This includes the use of the restroom. Please plan accordingly PRIOR to class. Communicate any concerns with your faculty. At least one break will be given during class.
 - Students must stay in the classroom during the workout sequence portion, unless an emergency arises.
 - Please do not talk while the professor is speaking and/or demonstrating.
 - The dance studio is for class use only. Any personal use must be approved by the faculty or staff.
 - Food needs to be left outside the studio, unless permission is granted. Drinks must have a secure lid. Bringing a water bottle is encouraged.
 - No chewing gum in the dance studio.
 - All students must remain respectful during the class, **especially towards fellow classmates. An encouraging environment is vital to the success of all in a movement class.**
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Off-campus Instruction and Course Activities

Students are responsible for obtaining their own tickets and providing their own transportation to and from dance concerts and any other events they choose to attend.

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."

Accommodations for Students with Disabilities

Please review [the section](#) within the UT Dallas Syllabus Policies and Procedures webpage.

Academic Support Resources

Please visit the [Academic Support Resources](#) page to view the University's academic support resources for all students.

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