

Western Kentucky University
Syllabus: Dance Anatomy and Kinesiology
DANC 445- 001, 002
Spring 2023
TH 8:00-9:20, GWH 105

CONTACT INFO:

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COURSE MATERIALS:

Clippinger, Karen. *Dance Anatomy and Kinesiology*. Second Edition. 2016

Welsh, Tom. *Conditioning for Dancers*. University Press of Florida, 2009.

Study guides as well as other course materials will be available through the course Blackboard site. You will need to have consistent access to Blackboard to complete course assignments.

COURSE DESCRIPTION:

An analysis of the principles of anatomy and kinesiology for dancers. In this course, you will learn human musculo-skeletal anatomy and kinesiology as it relates to training for a career in dance. You will learn how to analyze alignment, determine active muscle groups, and identify and address muscular imbalances common in dance. These skills will help you improve your training and reduce your risk of injury.

COURSE OBJECTIVES:

Upon successful completion of this course, students should be able to:

- Name & locate bones and landmarks of special importance to dancers
- Identify joint actions and limitations
- Identify & demonstrate ideal alignment and common miss-alignments
- Explain individual differences important to dancers
- Identify muscles important to dancers and the actions they produce
- Analyze movements to determine active muscle groups
- Locate & activate muscle groups important in dance
- Explain common muscular imbalances and their implications for dancers
- Describe common dance training challenges and strategies for addressing them

COURSE REQUIREMENTS:

Attendance Policy: This course follows a shared attendance policy. Students are expected to attend and participate in every class in which they are enrolled. Only two absences are allowed. There will be no distinction made between excused and unexcused. **Each additional absence will lower the student's final grade by one letter grade.**

Grading:

Your grade for the course will be based on the percentage of course points earned by the end of the semester. Points for study guides and exams will be based on the number of questions answered correctly. Points for labs and class discussions will be based on your degree of productive participation in the activities. Points for projects will be based on how well you satisfy the requirements of the project as outlined in the descriptions. Points for up to two absences may be earned by completing a comparable alternate activity within one week of your absence.

Readings and Study Guides:

Much of the work for this course is done between classes when you can work at a pace and in a manner that is most efficient for you. Daily reading assignments provide essential background for class discussions, practice sessions and/or labs (see calendar for due dates). Study guides will be available on Blackboard to guide your study efforts. Prepare for each class by reading the assignment and writing answers to the study questions. We will work together to find answers to challenging questions. Some days you will turn in your study guides to be graded and some days we will just discuss the questions and answers.

Study Guides (10pts):

You should prepare for each class by completing both the reading assignment and the corresponding study guide found on the course Blackboard site. Your study guides will be collected and graded at random, at least 5 times throughout the semester.

Quizzes (20pts):

There will be four quizzes that test the student's retention of information on preceding chapters.

Exams (50pts/50pts):

There will be one mid-term and one final exam.

Final Projects (50pts):

Your final project will involve identifying an area of deficiency (ankle weakness, core strength/stability, extension, etc.) that you would like to improve upon in your own dance technique. You will identify the muscle groups that support the activity and design a targeted training regime of conditioning exercises for yourself to aid in supporting and supplementing your technical training.

Participation (20pts):

Your participation grade will be based on your interest, engagement with course material, and active participation in all discussions, practice sessions, and labs.

Grading:

Study Guides	10pts
Mid-Term Exam	50pts
Final Exam	50pts
Quizzes	20pts
Targeted Training Project	50pts
<u>Participation</u>	<u>25pts</u>
Final	200pts

** to calculate final grade divide all pointes earned by 2*

GRADING SCALE:

90-100pts= A 80-89pts= B

70-79pts= C 60-69pts= D 0-59pts= F

*** This syllabus is subject to change and students will be notified prior to any changes**

CHEATING, ACADEMIC DISHONESTY AND PLAGIARISM

Because cheating, academic dishonesty and plagiarism are affronts to the University community as a whole and a denial of the offender's own integrity, they will not be tolerated.

Cheating:

- the submission of the same work for two or more classes without the approval of any instructors involved.

Academic dishonesty includes, but is not limited to:

- sharing academic materials knowing they will be used inappropriately,
 - providing false or incomplete information on an academic document,
- Plagiarism* includes, but is not limited to:
- the presentation of another's published or unpublished work as one's own,
 - taking words or ideas of another and either copying them or paraphrasing them without proper citation of the source, using charts, graphs, statistics or tables without proper citation.
- Students found cheating or suspected of academic dishonesty and plagiarism risk receiving an F for the semester and a report on their permanent student record. See WKU Student Conduct Code for Further Information.

TITLE IX MISCONDUCT/ASSAULT STATEMENT

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding

WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at <https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.

*Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.*

ADA ACCOMMODATION STATEMENT

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

