



UNIVERSITY OF CALGARY
 COURSE OUTLINE

FACULTY OF ARTS
 DEPARTMENT OF DANCE

DNCE 235 Conditioning for Dancers

Session: Fall ____/Winter ____2012____/Spring ____/Summer ____

Instructor	Anne Flynn
Office:	CH D523 AND KN Block B 253 403-220-3314
Phone:	
Email:	flynn@ucalgary.ca
Office Hours:	By appointment. Please e-mail me or see me before class
Location and Time of class	Tuesday and Thursday 12:00-1:50 KN A163 Dance Studio
Required Texts:	Pilates Anatomy. Rael Isacowitz and Karen Clippinger (Human Kinetics, 2011) Conditioning for Dance. Eric Franklin (Human Kinetics, 2004) Additional required readings will be posted on Blackboard
Prerequisites	DNCE 207 or permission of the Department of Dance
Course Description	Study of the basic principles of conditioning for dancers.
Course Objectives	To introduce some of the key ideas regarding supplementary conditioning, injury prevention, performance enhancement, and nutrition for dance performance. To explore the relationship between mental attitude and performance, and provide tools for developing effective approaches to training for performance. To develop basic literacy in all aspects of conditioning: alignment/posture, flexibility, strength, balance, speed, endurance, aerobic capacity and mental practice....and to understand the connection to dance technique training. To develop competency in executing a range of conditioning exercises/sequences such as: Joseph Pilates mat work, theraband assisted strength, flexibility and alignment work, Ideokinesis (mental imagery) To increase cardiovascular endurance and knowledge of how to use different modalities to enhance aerobic capacity.

	<p>To introduce students to the work carried out by members of the International Association for Dance Medicine and Science.</p> <p>To introduce students to quantitative and qualitative research in dance science.</p> <p>To introduce students to the concept of inquiry-based learning and provide them with an opportunity to engage in research, collaboration and public presentation.</p>														
Course Activities And Supplies	<p>Each class will consist of practice and lecture, unless noted otherwise. Wear activity-friendly clothing.</p> <p>You will need to get a blank notebook for class notes, logging conditioning sessions and journal entries.</p> <p>You will be required to purchase a set of therabands, a set of 4 inch balls, and yoga mat.</p> <p>You will also be required to pay for fitness/nutritional assessment (approximately \$80.00)</p>														
Course Content	<p>Principles of Dance Conditioning-</p> <p>Principles of biomechanical alignment during the execution of movement for high performance and injury prevention- THIS WILL BE THE PRIME FOCUS OF THE COURSE</p> <p>Assessment of cardiovascular capacity, alignment, strength, flexibility, balance</p> <p>Pilates floor work</p> <p>Irene Dowd's Ideokinesis</p> <p>resistance training</p> <p>Aerobic training</p> <p>Nutrition basics for high performance</p> <p>Introduction to the concept of Self-compassion as a tool for enhanced performance and well-being</p> <p>Introduction to inquiry-based learning, and dance science research publications</p>														
Assessments	<table> <tr> <td>Quizzes:</td> <td>35%</td> <td>Dates TBA</td> </tr> <tr> <td>Research journal</td> <td>10%</td> <td></td> </tr> <tr> <td>Participation/skill development</td> <td>20%</td> <td></td> </tr> <tr> <td>Mid-term exam:</td> <td>35%</td> <td>February 16, 2012</td> </tr> </table>	Quizzes:	35%	Dates TBA	Research journal	10%		Participation/skill development	20%		Mid-term exam:	35%	February 16, 2012		
Quizzes:	35%	Dates TBA													
Research journal	10%														
Participation/skill development	20%														
Mid-term exam:	35%	February 16, 2012													
Grading Scale and Attendance	<table> <tr> <td>A+</td> <td>98-100</td> </tr> <tr> <td>A</td> <td>94-97</td> </tr> <tr> <td>A-</td> <td>90-93</td> </tr> <tr> <td>B+</td> <td>86-89</td> </tr> <tr> <td>B</td> <td>82-85</td> </tr> <tr> <td>B-</td> <td>78-81</td> </tr> <tr> <td>C+</td> <td>74-77</td> </tr> </table>	A+	98-100	A	94-97	A-	90-93	B+	86-89	B	82-85	B-	78-81	C+	74-77
A+	98-100														
A	94-97														
A-	90-93														
B+	86-89														
B	82-85														
B-	78-81														
C+	74-77														

	<p>C 70-73 C- 66-69 D+ 62-65 D 58-61 F below 58</p> <p>Due to the experiential nature of the course, classes are equivalent to assignments. Therefore, attendance is mandatory to complete the course requirements</p>
FACULTY OF ARTS ADVISING AND STUDENT INFORMATION RESOURCES	<ul style="list-style-type: none"> • Have a question, but not sure where to start? The new Faculty of Arts Program Information Centre (PIC) is your information resource for everything in Arts! Drop in at SS110, call us at 403-220-3580 or email us at artsads@ucalgary.ca. You can also visit the Faculty of Arts website at http://arts.ucalgary.ca/undergraduate which has detailed information on common academic concerns. • For program planning and advice, contact the Student Success Centre (formerly the Undergraduate programs Office) at (403) 220-5881 or visit them in their new space on the 3rd Floor of the Taylor Family Digital Library. • For registration (add/drop/swap), paying fees and assistance with your Student Centre, contact Enrolment Services at (403) 210-ROCK [7625] or visit them at the MacKimmie Library Block.
ACADEMIC ACCOMMODATION	http://www.ucalgary.ca/drc/node/46
FOIP	http://www.ucalgary.ca/secretariat/privacy
ACADEMIC STANDING	http://www.ucalgary.ca/pubs/calendar/current/f.html
CAMPUS SECURITY	220-5333. Help phones: located throughout campus, parking lots, elevators. They connect directly to Campus Security; in case of emergency, press the red button.
COURSE OUTLINES FOR TRANSFER CREDIT	It is possible that you will be asked for copies of this outline for credit transfers to other institutions or for proof of work done. It is the student's responsibility to keep these outlines and provide them to employers or other universities when requested. Please ensure that outlines of all the courses you take are kept in a safe place for your future reference. Departments/Programs do not guarantee that they will provide copies.
DEFERRALS OF EXAMS/TERM WORK	It is possible to request a deferral of term work or final examinations for reasons of illness, accident, family or domestic affliction, or religious obligations. Please check with your advisor if any of these issues make it impossible for you to sit an exam or finish term work by stated deadlines.
EMERGENCY EVACUATION	http://www.ucalgary.ca/emergencyplan/assemblypoints
LETTER OF PERMISSION	If you wish to study at another institution while registered at the UofC, you must have a letter of permission. You can submit your request through your Student Centre at MyUofC. Students must have the Letter of Permission before they take the course at another school. Failure to prepare may result in no credit awarded and could result in suspension from the faculty.
PLAGIARISM	Using any source whatsoever without clearly documenting it is a serious academic offense. For details see the University of Calgary Calendar. Consequences include failure on the assignment, failure in the course and possibly suspension or expulsion from the university. You must document not only direct quotations but also paraphrases and ideas where they appear in your text. A reference list at the end is insufficient by itself. Readers must be able to tell exactly where your words and ideas end and other people's words and ideas begin. This includes assignments submitted in non-traditional formats such as Web pages or visual media, and material taken from such sources. Please consult your instructor or the Writing Centre if you have any questions regarding how to document sources. http://www.efwr.ucalgary.ca/writingcentre
SAFEWALK	220-5333 anytime. http://www.ucalgary.ca/security/safewalk

STUDENT MISCONDUCT	http://www.ucalgary.ca/pubs/calendar/current/k.html
STUDENT UNION CONTACT STUDENT OMBUDSPERSON	Contact for Students Union Representatives for the Faculty of Arts: arts1@su.ucalgary.ca , arts2@su.ucalgary.ca , arts3@su.ucalgary.ca , arts4@su.ucalgary.ca
UNDERGRADUATE ASSOCIATIONS	DUS: Drama Undergraduate Society CH C 005 dusuofc@hotmail.com MUS: Music Undergraduate Society CH F 219 UofC Mus Group on Facebook PIVOT: Dance Undergraduate Society CH E 211 pivot@ucalgary.ca VSUS: Visual Studies Undergraduate Society AB 612 vsus@ucalgary.ca

Revised August 2011 in accordance with policy: <http://www.ucalgary.ca/pubs/calendar/current/e-1.html>