



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS
DNCE 235 Safe Dance Practice and Complementary Training
Winter 2020

<p>Instructor Office Email Office Hours</p>	<p>Sarah J. Kenny PhD KNB 246; CHD 529 kennys@ucalgary.ca By appointment</p>
<p>Days Times Location of class</p>	<p>Wednesdays and Fridays 12:00 – 1:50pm KNA 163 (Dance Studio)</p>
<p>Learning resources: required readings, textbooks and materials</p>	<p>DNCE 235 Course Blog https://library.ucalgary.ca/guides/dance/courseblog/dnce-235-safe-dance-practice-and-complementary-training Marc Stoeckle, Dance Librarian mstoeckle@ucalgary.ca</p> <p>Required Text (available for purchase at Campus Bookstore)</p> <ol style="list-style-type: none"> 1. Quin, E., Rafferty, S., & Tomlinson, C. (2015). Safe dance practice. Champaign: Human Kinetics. <p>Recommended Texts</p> <ol style="list-style-type: none"> 2. Berardi, G. (2005). Finding balance: Fitness training and health for a lifetime in dance (2nd ed). New York: Routledge. 3. Franklin, E. (2004). Conditioning for dance. Champaign: Human Kinetics. 4. Grossman, G. (2015). Dance science: Anatomy, movement analysis, conditioning. Hightstown: Princeton Book Company. 5. Haas, J. (2010). Dance anatomy. Champaign: Human Kinetics. 6. Howse, J., & McCormack, M. (2009). Anatomy, dance technique and injury prevention (4th ed.). London: Bloomsbury Publishing PLC. 7. Koutedakis, Y., & Sharp, N. C. C. (1999). The fit and healthy dancer. Chichester: Wiley. 8. Krasnow, D., & Deveau, J. (2010). Conditioning with imagery for dancers. Toronto: Thompson Educational Publishing. 9. Mastin, Z. (2009). Nutrition for the dancer. Alton: Dance Books. 10. Solomon, R., Solomon, J., & Micheli, L. J. (Eds.) (2017). Prevention of injuries in the young dancer. Cham: Springer. 11. Taylor, J., & Estanol, E. (2015). Dance psychology for artistic and performance excellence (2nd ed). Champaign: Human Kinetics. 12. Wilmerding, M. V., & Krasnow, D. (Eds.) (2017). Dancer wellness. Champaign: Human Kinetics. 13. Welsh, T. (2009). Conditioning for dancers. Gainesville: University Press of Florida. <p>Dance Science Journals Journal of Dance Medicine and Science Medical Problems of Performing Artists</p>

	<p>IADMS Resource Papers, Bulletins for Teachers IADMS Online Bibliography: https://iadms.knack.com/bibliography</p> <p>Dance Health Blogs http://www.iadms.org/blogpost/1177934/General http://www.4dancers.org/category/4dancers/dance-wellness/</p>
Prerequisites	Dance 207 & admission to the Dance program.
Supplementary fees	None.
Course description	<p>Training principles and components of physical fitness in safe dance practice as they apply to training optimization and injury prevention in dance.</p> <p>This course will develop knowledge, comprehension, application and evaluation of:</p> <ul style="list-style-type: none"> • health and safety in the dance environment (i.e., optimal space, basic first aid, codes of conduct, risk assessment) • optimum anatomical/biomechanical alignment and function (i.e., kinesiological terminology, musculoskeletal relationships, dynamic alignment) • effective warm up and cool down practices (i.e., components, duration) • integrated and supplementary physical conditioning (i.e., aerobic and anaerobic capacity, muscular strength, power, balance, flexibility, rest/recovery) • principles of training (i.e., adaptation, progressive overload, specificity) • psychological skills (i.e., positive self-talk, goal setting, relaxation) • appropriate nutrition and hydration (i.e., energy sources) • strategies for injury prevention and management (i.e., injury risk factors) <p>Classes will be designed to address the specific needs of dancers and the demands of the dance profession. You will be encouraged to address your own individual needs and a series of assessments will provide the opportunity to observe individual improvements over time.</p>
Course learning outcomes	<p>By the completion of this course, successful students will be able to:</p> <ol style="list-style-type: none"> 1. integrate and manage general health and safety principles within a dance environment 2. demonstrate optimal biomechanical alignment and function in dance practice 3. design and lead an effective warm up and cool down 4. define all components of physical fitness relevant to dance practice 5. evaluate change in personal physical fitness across time 6. describe the principles of training relevant to dance practice 7. implement effective psychological skills relevant to dance practice 8. discuss balanced nutrient intake and hydration to fuel dance activity 9. differentiate between beneficial and harmful strategies for injury prevention and management 10. apply safe dance practice principles to reduce risk of injury and enhance dance performance
Course schedule	See below.
Assessment components	<p><u>Assignment 1: Participation</u> Value: 15% of final grade Description: Owing to the experiential nature of this course, classes are equivalent to assignments. A participation grade will be awarded for arriving to class on time, being</p>

prepared to work, being fully engaged in class (i.e., involvement in practical dance fitness training, note taking, and engaging in discussions during lectures, contributing to forums on D2L, leading sections of fitness classes, etc.). Marks will be deducted if you miss more than one week of class (i.e., 2 classes) – see Assessment Expectations below.

Assignment 2: Weekly Quizzes

Value: 70% of final grade; seven quizzes worth 10% each (7 x 10% = 70%)

Due Dates: See below

Type: Written tests, approximately 30 minutes each

Description: Regular short answer quizzes will test your knowledge of lecture material and required weekly readings. Quizzes will be completed in class or given out the Wednesday before it is due (see details below).

NOTE: Each quiz is worth 10%, but only the top 7 out of 9 quizzes will contribute towards your final grade.

Quizzes will take place/be due at the beginning of class (12:00 noon).

Quiz Dates:

- Dance Injury Management – Fri Jan 24 2020
- Warm up & Cool down – Fri Feb 7 2020
- Components of Fitness – Fri Feb 14 2020
- Nutrition and Hydration – Fri Feb 28 2020 (take home)
- Principles of Training – Fri Mar 6 2020 (take home)
- Psychological Well-being – Fri Mar 13 2020 (take home)
- Dynamic Alignment – Fri Mar 20 2020
- Rest and Recovery – Fri Apr 3 2020 (take home)
- Dance Environment – Fri Apr 10 2020 (take home)

Missed Quizzes: You will only be able to make up a missed quiz due to illness/injury if you contact Sarah Kenny BEFORE the start (12:00 noon) of the missed class via email or in person. Quizzes can only be made up the VERY NEXT class. This allowance implies a level trust that you are expected to honour, whereby you will not to discuss quiz material with fellow students.

Assignment 3: Reflective Report/Training Log

Value: 15% of final grade

Due Date: Friday April 10, 2020 at 12:00 noon

Type: Written report

Length: Three pages

Description: Following pre-fitness testing in week 3, you will keep a weekly training log of all physical activity (inclusive of dance classes, rehearsals, and performances) that you participate in for 7 weeks. This record will act as an ‘intervention program’, with a clear start and end date, in an attempt to seek improvement between pre- and post-fitness assessments. After the completion of post-fitness testing in week 10, you will provide a three-page report summarizing the change experienced in your personal physical fitness across the semester. Content will include: (1) description of two components of physical fitness and how they are measured, (2) discussion of why your chosen fitness components are important to your dance practice, (3) an explanation of improvement that did/did not occur in each component throughout

	<p>the semester, (4) and specific recommendations for continued personal improvement in your dance practice, specific to the two components of fitness.</p> <p>Assessment Criteria</p> <p>By the completion of this assessment, successful students will be able to:</p> <ul style="list-style-type: none"> • keep a weekly training log of physical activity alongside scheduled dance practice • describe selected components of physical fitness and how they are measured • discuss the importance of selected components to dance practice • explain change experienced in physical fitness across time • formulate detailed and relevant recommendations for further improvement in their dancing as it relates to the chosen fitness components • write a clear and coherent three-page report with an introduction, body, and conclusion that is free from grammatical and spelling errors
<p>Assessment expectations</p>	<p><u>Guidelines for Submitting Assignments</u></p> <p>Weekly Quizzes: Quizzes will be written at the beginning of class (12:00 noon).</p> <p>Training Log: Weekly physical activity logs will be uploaded to D2L at the end of each relevant week (Sunday midnight).</p> <p>Reflective Report: A hard copy will be handed in at the beginning of class (12:00 noon). Electronic versions via email will not be accepted.</p> <p><u>Criteria That Must Be Met to Pass</u></p> <p>See Assessment Criteria for each Assignment above. In order to achieve a passing grade in the course, the minimum requirement is D.</p> <p><u>Expectations for Writing</u></p> <p>Writing skills are important to academic study across all disciplines. Consequently, instructors may use their assessment of writing quality as a factor in the evaluation of student work. Please refer to the Undergraduate Calendar E.2 Writing Across the Curriculum policy for details.</p> <p><u>Guidelines for Formatting Assignments</u></p> <p>Training Log: You will upload to D2L a clearly organized, easy to read, weekly training log with a clear start and end date of all physical activity for 7 weeks (week 4 – week 9; including Reading Week). Your training log will include ALL of the following items: day, date, time of day, duration of activity, name of activity, description of activity, perceived intensity (e.g., low, moderate, high), and TOTAL weekly hours of activity.</p> <p>Reflective Report: You will put a title, your name and UCID on a cover sheet. You will type a three-page report with a description, explanation, and reflection of the change experienced in physical fitness across the 7 weeks. A hard copy of the report will be formatted as follows: single sided, 1.5 spacing, 12-point font, with default margins.</p> <p><u>Late Assignments</u></p> <p>Missed Quizzes: You will only be able to make up a missed quiz due to illness/injury if you contact Sarah Kenny BEFORE the start (12:00 noon) of the missed class via email or in person. Quizzes can only be made up the VERY NEXT class. This allowance implies a level trust that you are expected to honour, whereby you will not to discuss quiz material with fellow students.</p>

The Reflective Report will not be accepted beyond the date/time that it is due. Under extenuating circumstances, late submissions will be accepted via email with the understanding that up to 2% will be deducted each day beyond the due date. Late submissions beyond 5 days will not be accepted.

Expectations for Attendance and Participation:
Please refer to the Undergraduate Calendar E.3 Attendance for details.

FOR GRADED DANCE STUDIO COURSES

- A significant part of your grade is based on participation. Participation means not only showing up for class, but also attending to the material at hand with effort and engagement.
- With regard to participation, classes are considered equivalent to assignments. Thus, more than 2 absences per term will have an adverse effect on your final grade.
- If you miss more than one week of classes (i.e., 2 classes), your final grade will begin to drop by as much as 10% per missed class.
- If you miss more than two weeks of classes (i.e., 4 classes), you have the potential to fail the course.
- If you show up late for or leave early from class, this will be counted as half an absence.
- If for some reason you are feeling unwell during class time, a substitute form of participation may be arranged; however, *you may not obtain this privilege more than once* and you will receive half an absence.
- For studio courses, if you opt out of full participation and choose to sit for a portion of the class, this will be counted as non-participation and will be marked as half an absence.
- Students are responsible for any and all material missed during an absence.
- If you sustain a significant injury during the term that will impact your participation for longer than a week's worth of classes (i.e., 2 classes) and if this injury is verified by a medical practitioner's note, your case will be submitted to the Dance Division Committee to address your situation.

Grading scale	<p>For the course as a whole, letter grades should be understood as follows, as outlined in the section F.1.1 Undergraduate Grading System of the Undergraduate Calendar for 2018-2019:</p> <table border="1"> <thead> <tr> <th>Grade</th> <th>Grade Point Value</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>A+</td> <td>4.00</td> <td>Outstanding performance</td> </tr> <tr> <td>A</td> <td>4.00</td> <td>Excellent performance</td> </tr> <tr> <td>A-</td> <td>3.70</td> <td>Approaching excellent performance</td> </tr> <tr> <td>B+</td> <td>3.30</td> <td>Exceeding good performance</td> </tr> <tr> <td>B</td> <td>3.00</td> <td>Good performance</td> </tr> <tr> <td>B-</td> <td>2.70</td> <td>Approaching good performance</td> </tr> <tr> <td>C+</td> <td>2.30</td> <td>Exceeding satisfactory performance</td> </tr> <tr> <td>C</td> <td>2.00</td> <td>Satisfactory performance</td> </tr> <tr> <td>C-</td> <td>1.70</td> <td>Approaching satisfactory performance.</td> </tr> <tr> <td>*D+</td> <td>1.30</td> <td>Marginal pass. Insufficient preparation for subsequent courses in the same subject</td> </tr> </tbody> </table>	Grade	Grade Point Value	Description	A+	4.00	Outstanding performance	A	4.00	Excellent performance	A-	3.70	Approaching excellent performance	B+	3.30	Exceeding good performance	B	3.00	Good performance	B-	2.70	Approaching good performance	C+	2.30	Exceeding satisfactory performance	C	2.00	Satisfactory performance	C-	1.70	Approaching satisfactory performance.	*D+	1.30	Marginal pass. Insufficient preparation for subsequent courses in the same subject
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Student Support	Please visit this link for a concise list of UCalgary's student support services: https://www.ucalgary.ca/registrar/registration/course-outlines																																				
Academic Accommodation	Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit www.ucalgary.ca/access/ . Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor. The full policy on Student Accommodations is available at http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf .																																				
Academic integrity, plagiarism	The University of Calgary is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are referred to the section on plagiarism in the University Calendar (ucalgary.ca/pubs/calendar/current/k-3.html ; ucalgary.ca/pubs/calendar/current/k-5.html) and are reminded that plagiarism—using any source whatsoever without clearly documenting it—is an extremely serious academic offence. 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 Student Success Centre (TFDL 3rd Floor) if you have any questions regarding how to document sources.																																				

Internet and electronic communication device	elearn.ucalgary.ca/category/d2l/ucalgary.ca/emergencyplan/emergency-instructions/uc-emergency-app The in-class use of computers may be approved by your Instructor. Cell phones and other electronic communication devices should be silenced or turned off upon entering the classroom. If you violate the Instructor’s policy regarding the use of electronic communication devices in the classroom, you may be asked to leave the classroom; repeated abuse may result in a charge of misconduct. No audio or video recording of any kind is allowed in class without explicit permission of the Instructor.
Intellectual Property	Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.
Copyright	All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf) and requirements of the copyright act (https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html) to ensure they are aware of the consequences of unauthorised sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.
Freedom of Information and Protection of Privacy	Student information will be collected in accordance with typical (or usual) classroom practice. Students’ assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary.

Course Schedule — DNCE 235: Safe Dance Practice and Complementary Training

Week	Dates	Wednesday. 1200 – 150pm	Friday. 1200 – 150pm
1	Jan 15 + 17	Practical Dance Fitness Training	Practical Dance Fitness Training
2	Jan 22 + 24	Practical Dance Fitness Training Lecture 1 Dance Injury Management Readings Quin Ch9, Daniels 2014	Practical Dance Fitness Training Quiz 1 Dance Injury Management
3	Jan 29 + 31	Pre-Fitness Testing Endurance, Strength, Power, Flexibility, Balance Reading Irvine 2011	Pre-Fitness Testing Dance Aerobic Fitness Test (DAFT) Reading Wyon 2003
4	Feb 5 + 7	Practical Dance Fitness Training Lecture 2 Warm up & Cool down Reading Quin Ch3	Practical Dance Fitness Training Quiz 2 Warm up & Cool down
5	Feb 12 + 14	Practical Dance Fitness Training Lecture 3 Components of Fitness Readings Quin Ch4 p75-85, Kozai 2012	Practical Dance Fitness Training Quiz 3 Components of Fitness
6	Feb 19 + 21	READING WEEK	
7	Feb 26 + 28	Practical Dance Fitness Training Lecture 4 Nutrition and Hydration Reading Quin Ch7, Challis 2016 p1-10	Student Led 1 Dance Fitness Training Take Home Quiz 4 Nutrition and Hydration
8	Mar 4 + 6	Practical Dance Fitness Training Lecture 5 Principles of Training Readings Quin Ch4 p85-91, Angioi 2014	Student Led 2 Dance Fitness Training Take Home Quiz 5 Principles of Training
9	Mar 11 + 13	Practical Dance Fitness Training Guest Karen Sudds MSc Readings Quin Ch8, Miulli 2011	Practical Dance Fitness Training Guest Karen Sudds MSc Take Home Quiz 6 Psychological Well-being
10	Mar 18 + 20	Practical Dance Fitness Training Lecture 7 Dynamic Alignment Readings Quin Ch2, Lewton-Brain 2009	Practical Dance Fitness Training Quiz 7 Dynamic Alignment
11	Mar 25 + 27	Post-Fitness Testing Endurance, Strength, Power, Flexibility, Balance	Post-Fitness Testing Dance Aerobic Fitness Test (DAFT)
12	Apr 1 + 3	Practical Dance Fitness Training Lecture 8 Rest and Recovery Readings Quin Ch5, Xarez 2009	Student Led 3 Dance Fitness Training Take Home Quiz 8 Rest and Recovery
13	Apr 8 + 10	Practical Dance Fitness Training Lecture 9 Dance Environment Reading Quin Ch1	Reflections/Evaluation Take Home Quiz 9 Dance Environment Due Reflective Report
14	Apr 15	No class: Bermuda Shorts Day	