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FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS- DIVISION OF DANCE
DNCE 235 Conditioning for Dancers
Session: Winter 2014

Instructors	Krista Hanson Jan 9-Feb 25, Tina Guthrie Feb 27-April 8
Office	CHD529
Email	TBA/ t.guthrie@ucalgary.ca
Office Hours	By appointment.
Location and Time of class	Tuesday and Thursday 12:00-13:50 KN A163 Dance Studio
Required Text(s)/Readings	Pilates Anatomy. Rael Isacowitz and Karen Clippinger (Human Kinetics, 2011) Conditioning for Dance. Eric Franklin (Human Kinetics, 2004) Conditioning with Imagery for Dancers. Donna Krasnow and Jordana Deveau (2011) Additional readings will be posted on Blackboard.
Prerequisites	None
Required Course Material	Required to purchase therabands set. Also required to purchase CI Training Intermediate DVD (\$25).
Course Description	Theory and practice of conditioning for dancers.
Course Objectives	To introduce some of the key ideas regarding supplementary conditioning, injury prevention, and performance enhancement. 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, 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, resistance work, squats, lunges, CI Training (Conditioning with Imagery for Dancers Training- Krasnow).

<p>Course Activities and Content</p>	<p>Principles of Dance Conditioning</p> <p>Hanson: In the first six weeks, the prime focus will be on principles of biomechanical alignment during the execution of movement for high performance and injury prevention.</p> <p>Assessment of alignment, strength, flexibility, and balance</p> <p>Pilates mat work</p> <p>Shauna Sky muscle rebalancing work</p> <p>Resistance training</p> <p>You will be required to purchase a set of therabands.</p> <p>Guthrie: In the second six weeks, the focus will be on CI Training (Conditioning with Imagery for Dancers – Donna Krasnow) – the merger of conditioning and imagery as an alternative training methodology for dance. The purpose is to assist students in developing an understanding of the principles of conditioning and the use of imagery, from a movement function perspective.</p> <p>Students will learn how dance-related conditioning work can enhance dance performance and prevent injury.</p> <p>Students will be able to assess and alter individual common muscle imbalances that impede correct execution of dance technique.</p> <p>Understand and analyze dance conditioning from a scientific perspective.</p> <p>Understand and utilize imagery to improve neuromuscular motor patterning for dance.</p> <p>You will be required to purchase a CI Training Intermediate DVD (\$25).</p> <p>Each class will consist of practice and lecture, unless noted otherwise</p> <p>You will need a blank notebook for class notes.</p>
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Assessment	<p>Hanson Quizzes 30% (1/23) (2/11)</p> <p>Notebook 30% -clear and concise notes of concepts and ideas covered in class -personal reflections and observations -correlations to personal dance training</p> <p>Individual Progress 40% -ability to locate and define structural and basic biomechanical terminology -application of movement principles as they are related to course activities and content, increased clarity of movement throughout the course</p> <p>Classwork 10% Due to the experimental nature of the course, classes are equivalent to assignments. Participation marks will be awarded for discussions in class, partner work in practical exercises and being on time and ready to work.</p> <p>Guthrie Quiz 1 15% (3/18), Quiz 2 15% (4/3) Individual Progress 50% -ability to execute exercises with appropriate imagery to access and maintain the specific muscle groups they are designed for and as they are related to the Course Activities and Content; understanding and application of movement ideas; increased clarity of movement throughout the course. Effective Learning Behaviors/Classwork 20% -Part of Attendance is being fully engaged in class work and discussions, not only showing up for class; effective note taking on anatomy lectures; being on time and ready to work; preparedness.</p> <p>Each instructor's will be weighted at 50%.</p>
Grading Scale	A+ 98-100 A 94-97 A- 90-93 B+ 86-89 B 82-85 B- 78-81 C+ 74-77 C 70-73 C- 66-69 D+ 62-65 D 58-61 F below 58
Attendance	Due to the experiential nature of the course, classes are equivalent to assignments. Therefore, classes missed will be detrimental to the final grade. An injury or illness lasting 2 or more weeks that prevents you from participating in class may require a medical withdrawal from the course. Please discuss further with your course instructor and the Associate Dean for Students in the PIC office SS102.

FACULTY OF ARTS PROGRAM 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 SS102, call us at 403-220-3580 or email us at picarts@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 U of C, 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 (3 rd floor TFDL) if you have any questions regarding how to document sources.

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	Faculty of Arts reps: 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

Revised June 2013 in accordance with policy: <http://www.ucalgary.ca/pubs/calendar/current/e-1.html>