



**UNIVERSITY OF CALGARY**  
**FACULTY OF ARTS**  
**SCHOOL OF CREATIVE AND PERFORMING ARTS**  
**Course Number and Title:**  
**Session:**

Instructor Office Email Office Hours	Jo-Anne Bunbury BA MA Sessional Instructors office: CHD 525 j.bunbury@ucalgary.ca By appointment
Day(s), time(s) and location of Class	Tuesdays and Thursdays, 8:00 – 9:15am; Fridays 8:00-9:50am CHE 012
Out of class activities	N/A
Learning resources: required readings, textbooks and materials	<p><b>Required</b> (available for purchase at Campus Bookstore)</p> <ol style="list-style-type: none"> <li>1. Clippinger, K. (2015). Dance anatomy and kinesiology (2<sup>nd</sup> ed.). Champaign: Human Kinetics.</li> </ol> <p><b>Suggestions for further study</b></p> <ol style="list-style-type: none"> <li>1. Fitt, S. S. (1996). Dance kinesiology (2nd ed.). New York: Shirmer Books.</li> <li>2. Calais-Germain, B. (1993). Anatomy of movement. Seattle: Eastland Press.</li> <li>3. Haas, J. (2010). Dance anatomy. Champaign: Human Kinetics.</li> <li>4. Olsen, A. (1998). Body stories: A guide to experiential anatomy. New York: Station Hill Openings.</li> <li>5. Kapit, W., Elson, L. M. (2014). The Anatomy Coloring Book (4th ed.). Harlow: Pearson Education Limited.</li> </ol> <p><b>Dance Science Journals</b>  IADMS Resource Papers, Bulletins for Teachers  Journal of Dance Medicine and Science  Medical Problems of Performing Artists</p>
Prerequisites	DNCE 209 and 235
Supplementary fees	None
Course description	<p>Functional anatomy of the skeletal and muscular systems as they apply to training optimization and injury prevention in dance.</p> <p>This class presents the basic anatomy and kinesiology of the key body joints of the spine, shoulder, hip, knee, ankle, and foot. The fundamental bony structure, muscles, and ligaments of these joints are discussed as they relate to movement capacity, mechanics, and injury risk. This basic knowledge of these joints is combined with movement analysis to help students better understand alignment and selected dance vocabulary. The course will also develop knowledge and application of safe dance practice including injury risk identification.</p> <p>All classes will involve lecture and studio activities. In each class, we will be moving, talking, and taking notes. Observation and hands on work will facilitate the exploration of ideas. Please take care of your own comfort and dress appropriately.</p>

Course learning outcomes	<p>By the completion of this course, successful students will be able to:</p> <ol style="list-style-type: none"> <li>1. identify by name and location the major bones and muscles of the body.</li> <li>2. describe the major types of joints in the body and identify their respective movement possibilities.</li> <li>3. describe the actions of major muscles of the body.</li> <li>4. identify prime movers for joint movements at major body joints.</li> <li>5. describe primary biomechanical principles at key joints that influence injury risk and correct movement technique.</li> <li>6. analyze basic movements and identify the key joints used, the primary motive forces, the type of muscle contraction, as well as the key muscles acting as prime movers and stabilizers.</li> </ol>
Course schedule	See below. Weekly outline may be subject to change.
Assessment components	<p><u>Assignment 1: Participation</u>  Value: 5% of final grade  Description: A participation grade will be awarded for arriving to class on time, being prepared to work, being fully engaged in class (i.e. involvement in experiential work, note taking, engaging in discussions, contributing to forums on D2L, etc.). Marks will be deducted if you miss more than one week of class (i.e. 3 classes) – see Assessment Expectations below.</p> <p><u>Assignment 2: Chapter Tests</u>  Value: 60% of final grade  Description: Chapter tests will assess your knowledge of lecture material and required weekly readings. Each test is worth 15% of your final grade and will take place at the beginning of class (8:00 am). Question formatting will include short answers, multiple choice, and diagram labeling.</p> <p>Missed Tests: You will only be able to make up a missed test for documented excused absences.</p> <p>Test Dates:</p> <ol style="list-style-type: none"> <li>1. Chapter 1 &amp; 2 – Sept 25, 2018</li> <li>2. Chapter 3 – Oct 5, 2018</li> <li>3. Chapter 4 &amp; 5 – Oct 26, 2018</li> <li>4. Chapter 6 &amp; 7 – Nov 20, 2018</li> </ol> <p><u>Assignment 3: Written Paper</u>  Value: 5% of final grade  Date: <b>Thursday, Nov 29 2018 at 8:00am</b>  Description: The written paper will address a common dance injury occurring at a specific area of the body covered in class (i.e. foot, ankle, knee, hip, spine, shoulder). Students will choose one area of the body and research an associated common dance injury of this area. Content will include an anatomical description of the body area (i.e. bones, joints, muscles), a thorough explanation of the common injury. To conclude, the impact of this injury on dance training and technique will be discussed. Relevant literature will support your paper and a bibliography will be included.</p> <p>Assessment Criteria  By the completion of this assessment, successful students will be able to:</p> <ul style="list-style-type: none"> <li>• describe selected body area using appropriate anatomical terminology</li> </ul>

	<ul style="list-style-type: none"> <li>• explain selected dance injury using appropriate anatomical and biomechanical terminology</li> <li>• discuss the impact of this dance injury on dance training</li> <li>• support all discussion points with relevant, current literature</li> <li>• write a clear and coherent 3-page paper (double-space, 12pt. font) with an introduction, body, and conclusion that is free from grammatical and spelling errors</li> </ul> <p><u>Assignment 4: Final Project Presentation</u>  Value: 30% of final grade  Date: Dec 4-7 2018 during class time (T/Th 8:00am – 9:15am and F 8:00-9:50)  Description: Prepare a movement sequence from parameters given in handout; present the movement analysis discussing primary muscles used, injury risk, corrective alignment, and appropriate strengthening and conditioning exercises.</p>
Assessment expectations	<p><u>Expectations for Writing</u>  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>Expectations for Attendance and Participation</u>  Please refer to the Undergraduate Calendar E.3 Attendance for details.</p> <p><b>Division of Dance Attendance Policy</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• If you miss more than one week of classes (i.e. 3 classes), your final grade will begin to drop by as much as 10% per missed class.</li> <li>• If you miss more than two weeks of classes (i.e. 6 classes), you have the potential to fail the course.</li> <li>• If you show up late for or leave early from class, this will be counted as half an absence.</li> <li>• If for some reason you are feeling unwell during class time, a substitute form of participation may be arranged; however, <i>you may not obtain this privilege more than once</i> and you will receive half an absence.</li> <li>• 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.</li> <li>• Students are responsible for any and all material missed during an absence.</li> <li>• 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.</li> </ul>

Guidelines for Formatting Assignments

Written Paper: You will put a title, your name and UCID on a cover sheet. The body of the paper will be a maximum 3 pages, typed, single sided, double spaced, 12 point font, with default margins. A separate reference page will complete the paper with a minimum of 3 references that follow APA formatting structure.

Guidelines for Submitting Assignments

The Chapter Tests will take place during class time (8:00 – 9:15am).

The Written Paper will be handed in at the beginning of class (8:00am).

The Final Projects will be held during class time (8:00 – 9:15am and 8:00 – 9:50am).

Late Assignments

The Written Paper will not be accepted beyond the day that it is due:

Criteria That Must Be Met To Pass

In order to achieve a passing grade in the course, the minimum requirement is D.

Grading scale

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:

Grade	Percent	Grade Point Value	Description
A+	96-100	4.00	Outstanding performance
A	91-95	4.00	Excellent performance
A-	86-90	3.70	Approaching excellent performance
B+	81-85	3.30	Exceeding good performance
B	76-80	3.00	Good performance
B-	71-75	2.70	Approaching good performance
C+	66-70	2.30	Exceeding satisfactory performance
C	61-65	2.00	Satisfactory performance
C-	56-60	1.70	Approaching satisfactory performance.
*D+	51-55	1.30	Marginal pass. Insufficient preparation for subsequent courses in the same subject
*D	46-50	1.00	Minimal Pass. Insufficient preparation for subsequent courses in the same subject.
F	45 and below	0.00	Failure. Did not meet course requirements. Several Faculties utilize an F grade that does not carry weight in calculating the grade point average. This will be noted in the calendar description as "Not Included in GPA" where applicable.
**I		0.00	Incomplete. Sufficient work has not been submitted for evaluation, unable to adequately assess. May also be used when a final exam is not submitted.
CR			Completed Requirements. Carries no weight in calculating the grade point average. This will be noted in the calendar description as "Not Included in GPA" where applicable

**Notes:**

- A grade of "C-" or below may not be sufficient for promotion or graduation, see specific faculty regulations.
- The number of "D" and "D+" grades acceptable for credit is subject to specific undergraduate faculty promotional policy.

Important Term Dates	<p><b>Fall 2018</b>  Thursday, September 6<sup>th</sup> to Friday December 7<sup>th</sup> 2018  Reading Week: November 11-17  Last day to drop a course: Thursday September 13<sup>th</sup>  Last day to add a course: Friday, September 14<sup>th</sup>  Tuition and fee payment deadline: Friday, September 21<sup>st</sup></p> <p><b>Winter 2019</b>  Thursday, January 10<sup>th</sup> to Friday April 12<sup>th</sup> 2019  Reading Week: February 17-23  Last day to drop a course: Thursday January 17<sup>th</sup>  Last day to add a course: Friday, January 18<sup>th</sup>  Tuition and fee payment deadline: Friday, January 25<sup>th</sup></p>
Midterm and final examination scheduling	<p>Final examinations may be scheduled at any time during the <b>examination period (December 10-20 for Fall 2018; Apr. 15-27 for Winter 2019)</b>; students should therefore avoid making prior travel, employment, or other commitments for this period. If a student is unable to write an exam through no fault of his or her own for medical or other valid reasons, documentation must be provided and an opportunity to write the missed exam may be given. Students are encouraged to review all examination policies and procedures:  <a href="http://ucalgary.ca/registrar/exams/deferred_final">ucalgary.ca/registrar/exams/deferred_final</a></p>
Deferrals of exams/term work	<p>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. <a href="http://ucalgary.ca/registrar/exams/deferred_final">ucalgary.ca/registrar/exams/deferred_final</a>  <a href="http://ucalgary.ca/pubs/calendar/current/g-6.html">ucalgary.ca/pubs/calendar/current/g-6.html</a>  <a href="http://ucalgary.ca/pubs/calendar/current/g-7.html">ucalgary.ca/pubs/calendar/current/g-7.html</a></p>
Academic accommodation	<p>Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services (SAS); 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 <a href="http://ucalgary.ca/access/accommodations/policy">ucalgary.ca/access/accommodations/policy</a>. 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 <a href="http://ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf">ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf</a></p>
Academic integrity, plagiarism	<p>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 (<a href="http://ucalgary.ca/pubs/calendar/current/k-3.html">ucalgary.ca/pubs/calendar/current/k-3.html</a>; <a href="http://ucalgary.ca/pubs/calendar/current/k-5.html">ucalgary.ca/pubs/calendar/current/k-5.html</a>) 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.</p>
Internet and electronic communication device	<p><a href="http://elearn.ucalgary.ca/category/d21/">elearn.ucalgary.ca/category/d21/</a>  <a href="http://ucalgary.ca/emergencyplan/emergency-instructions/uc-emergency-app">ucalgary.ca/emergencyplan/emergency-instructions/uc-emergency-app</a>  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</p>

	explicit permission of the Instructor. For more information on Freedom of Information and Privacy visit: <a href="http://ucalgary.ca/legalservices/foip">ucalgary.ca/legalservices/foip</a>
Copyright	It is the responsibility of students and professors to ensure that materials they post or distribute to others comply with the Copyright Act and the University's Fair Dealing Guidance for Students. Further copyright information for students is available on the Copyright Office web page ( <a href="http://library.ucalgary.ca/copyright">library.ucalgary.ca/copyright</a> ).
Students' union and ombudsperson contacts	Student Union: <a href="http://su.ucalgary.ca/about/who-we-are/elected-officials/">su.ucalgary.ca/about/who-we-are/elected-officials/</a> Faculty of Arts reps: <a href="mailto:arts1@su.ucalgary.ca">arts1@su.ucalgary.ca</a> ; <a href="mailto:arts2@su.ucalgary.ca">arts2@su.ucalgary.ca</a> ; <a href="mailto:arts3@su.ucalgary.ca">arts3@su.ucalgary.ca</a> ; <a href="mailto:arts4@su.ucalgary.ca">arts4@su.ucalgary.ca</a> Graduate Student's Association: <a href="http://ucalgary.ca/pubs/calendar/grad/current/graduate-students-association-gsa-grad.html">ucalgary.ca/pubs/calendar/grad/current/graduate-students-association-gsa-grad.html</a> Student Ombudsman: <a href="http://ucalgary.ca/ombuds/contact">ucalgary.ca/ombuds/contact</a>
Student Wellness and Mental Health	The University has a wealth of resources to support student physical and mental health, please see the SU Wellness Centre ( <a href="http://www.ucalgary.ca/wellnesscentre/">http://www.ucalgary.ca/wellnesscentre/</a> ) or the Campus Mental Health Strategy ( <a href="https://www.ucalgary.ca/mentalhealth/">https://www.ucalgary.ca/mentalhealth/</a> ) for more information on these resources.
Emergency evacuation	Assembly points for emergencies have been identified across campus. <b>THE PRIMARY ASSEMBLY POINT FOR CRAIGIE HALL IS THE PROFESSIONAL FACULTIES FOOD COURT.</b> <b>For classes in the Kinesiology buildings, the primary assembly point is in the MacEwan Student Centre – North Courtyard. The alternate assembly point is in the lobby of the University Theatres.</b> For more information, see the University of Calgary's Emergency Management website: <a href="http://ucalgary.ca/emergencyplan/assemblypoints">ucalgary.ca/emergencyplan/assemblypoints</a>
Campus security	220-5333. Help phones: located throughout campus, parking lots, and elevators. They connect directly to Campus Security; in case of emergency, press the red button. For safewalk info visit: <a href="http://ucalgary.ca/security/safewalk">ucalgary.ca/security/safewalk</a>
SCPA Claim Your Seat Program: Student Guidelines	<ol style="list-style-type: none"> <li>1. The Claim Your Seat (CYS) program allows all University of Calgary students to attend on-campus School of Creative and Performing Arts (Dance, Drama and Music) events free of charge.</li> <li>2. Depending on the performance, there is a limited number of seats available for CYS. There is not a guarantee that tickets will be available for all CYS patrons for every performance, based on audience size, demand, etc.</li> <li>3. CYS tickets are a privilege. If a student receives a ticket to attend a performance, it is expected that they will respect the value of the admission and attend the performance.</li> <li>4. Process for students: On the date of the performance, from the time the Box Office opens until 15 minutes prior to the performance start time, students should find the UTS staff member with an iPad and show their UCID card to print their CYS ticket. If students arrive after 15 minutes prior to the performance start time, they can also go to the Box Office and purchase a ticket at the student rate. Students should not go to the Box Office unless they are purchasing a ticket.</li> <li>5. they can find a UTS staff member with an iPad and get their CYS ticket from them.</li> <li>6. If students have a course requirement to attend a performance for a specific date, access to the tickets will be communicated by the instructor to University Theatre Services prior to the event. The best guarantee for a free ticket is to arrive early, up to 45 minutes prior to the performance start time.</li> <li>7. Respect for the Front of House and theatre staff, performers and fellow patrons is an absolute requirement. Failure to comply with this will lead to being asked to leave the venue and could result in the revoking of CYS privileges.</li> </ol>

SCPA Librarian	Marc Stoeckle, MLIS, BA Learning & Services Librarian for <i>School of Creative &amp; Performing Arts</i> and <i>School of Languages, Linguistics, Literatures &amp; Cultures</i>   Libraries & Cultural Resources, University of Calgary Ph: 403.220.6777, Email: <a href="mailto:mstoeckle@ucalgary.ca">mstoeckle@ucalgary.ca</a> , Office: TFDL 160D
Faculty of Arts program advising and student information resources	For academic advising, visit the Arts Students' Centre (ASC) for answers about graduation checks, and the 'big picture' questions. Drop in at SS102, email at <a href="mailto:ascarts@ucalgary.ca">ascarts@ucalgary.ca</a> or call at 403-220-3580. For academic success support, such as writing, learning and peer support, visit the Student Success Centre on the third floor of the Taylor Family Digital Library (TFDL), email them at <a href="mailto:success@ucalgary.ca">success@ucalgary.ca</a> . For enrolment assistance, including registration (add/drop/swap) changes, paying fees, and navigating your Student Centre, contact Enrolment Services at 403-210-ROCK [7625], or visit them at the MacKimmie Block 117.
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.
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.
Undergraduate associations	DUS: Drama Undergraduate Society, CHC 005 <a href="mailto:uofcdus@gmail.com">uofcdus@gmail.com</a> MUS: Music Undergraduate Society, CHF 219 <a href="mailto:undmusic@ucalgary.ca">undmusic@ucalgary.ca</a>

DNCE 359: Dance Anatomy  
Course Schedule Fall 2018

Week	Dates	Tuesday 800-915	Thursday 800-915	Friday 800-950
1	Sept 4, 6, 7	No Class	Skeletal System Reading: Chapter 1	Skeletal System Movement Applications Reading: Chapter 1
2	Sept 11, 13, 14	Skeletal System Reading: Chapter 1	Muscular System Reading: Chapter 2	Muscular System Reading: Chapter 2
3	Sept 18, 20, 21	Muscular System Reading: Chapter 2	Skeletal/Muscular System Review & Activity	Skeletal/Muscular system Review & Activity
4	Sept 25, 27, 28	<b>TEST 1: Chapter 1-2</b>	Spine Reading: Chapter 3	Spine Reading: Chapter 3
5	Oct 2, 4, 5	Spine Review and Movement Application	Spine Review and Movement Application	<b>TEST 2: Chapter 3</b>
6	Oct 9, 11, 12	Pelvic Girdle and Hip Joint Reading: Chapter 4	Pelvic Girdle and Hip Joint Reading: Chapter 4	Pelvic Girdle and Hip Joint Movement and Application
7	Oct 16, 18, 19	Pelvic Girdle and Hip Joint Reading: Chapter 4	Knee and Patellofemoral Joint Reading: Chapter 5	Knee and Patellofemoral Joint Reading: Chapter 5
8	Oct 23, 25, 26	Knee and Patellofemoral Joint Review and Movement Application	Review – Pelvic Girdle, Hip Joint, Knee and Patellofemoral joint.	<b>TEST 3: Chapters 4-5</b>
9	Oct 30, Nov 1, 2	Ankle and Foot Reading: Chapter 6	Ankle and Foot Movement Application	Ankle and Foot Movement Application
10	Nov 6,8,9	Upper Extremity Reading: Chapter 7	Upper Extremity Reading: Chapter 7	Upper Extremity Reading: Chapter 7
11	Nov 13, 15, 16	<b>READING WEEK</b>	<b>READING WEEK</b>	<b>READING WEEK</b>
11	Nov 20, 22, 23	<b>TEST 4: Chapter 6-7</b>	Movement Analysis Reading: Chapter 8	Movement Analysis Reading: Chapter 8
12	Nov 27, 29, 30	Movement Analysis Reading: Chapter 8 <b>Due: Written Paper</b>	Final Project Group Work (Dance Montage Opens)	Final Project Group Work
13	Dec 4, 6, 7	Final Project presentations	Final Project presentations	Final Project presentations