



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS - DANCE
Course Title: DNCE 235 Principles of Conditioning for Dancers
Session: Winter 2015

Instructor Office Email Office Hours	Sarah Kenny MSc, PhD Candidate Sessional Instructors Office (CHD 525), SIPRC (KNB 3300A) kennys@ucalgary.ca By appointment
Location and Time of class	KNA 163 Tuesdays and Thursday 12:00 – 13:50
Texts/Readings	<p>Required (available for purchase at Campus Bookstore)</p> <ol style="list-style-type: none"> 1. Welsh, T. (2009). Conditioning for dancers. Gainesville: University Press of Florida. 2. Haas, J. (2010). Dance anatomy. Champaign: Human Kinetics. <p>Recommended</p> <ol style="list-style-type: none"> 1. Koutedakis, Y., & Sharp, N. C. C. (1999). The fit and healthy dancer. Chichester: Wiley. 2. Krasnow, D., & Deveau, J. (2010). Conditioning with imagery for dancers. Toronto: Thompson Educational Publishing. 3. Franklin, E. (2004). Conditioning for dance. Champaign: Human Kinetics. 4. Berardi, G. (2005). Finding balance: Fitness training and health for a lifetime in dance (2nd ed). New York: Routledge. 5. Solomon, R., Solomon, J., & Minton, S. C. (2005). Preventing dance injuries (2nd ed.). Champaign: Human Kinetics.
Prerequisites	Dance 207 or consent of the Division Chair, Dance.
Supplementary Fees	NA
Course Description	The theory and practice of conditioning for dancers will be explored. This course will seek ways of improving elements of physical fitness such as aerobic and anaerobic capabilities, muscular strength, power, balance and flexibility. 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 fitness tests will provide the opportunity to observe individual improvements over time.
Course Objectives	To introduce key concepts regarding supplementary conditioning in order to prevent injury and enhance performance specific to dancers: <ul style="list-style-type: none"> • to develop knowledge and competency in all aspects of physical conditioning (i.e. aerobic and anaerobic capabilities, muscular strength, power, balance and flexibility). • to develop knowledge and competency of essential psychological skills (i.e. goal setting, relaxation) for effective dance practice. • to develop knowledge and understanding of quantitative and qualitative research in dance science at national and international levels.

	<p>To introduce inquiry-based learning:</p> <ul style="list-style-type: none"> to provide opportunity to engage in self-reflection, research, collaboration, and public presentation. 																
Course Activities and Content	<p>This course will evolve from developing to maintaining physical fitness throughout the 13 week semester. Classes will become more student-led so as to encourage responsibility and independence.</p> <p>Emphasis will be placed on:</p> <ul style="list-style-type: none"> aerobic and anaerobic capacity muscular strength, endurance, and power balance and flexibility relaxation techniques <p>Content will include:</p> <ul style="list-style-type: none"> functional, multi-directional and dance specific movements dance phrases from students' technique classes plyometric training partner work interval and circuit training guided imagery goal setting fitness testing <p>In addition to physical training, lectures will also be included to enhance knowledge and understanding of safe and effective dance practice.</p> <p>Activity-friendly clothing, a yoga mat, and notebook will be required. A detailed weekly program is below. Please note this is subject to change.</p>																
Assessment	<p>1. Participation. (10%)</p> <p>2. Quizzes. (60%)</p> <ol style="list-style-type: none"> Thursday January 15, 2015 at 12:00. Tuesday January 20, 2015 at 12:00. Thursday February 5, 2015 at 12:00. Thursday February 12, 2015 at 12:00. Thursday February 26, 2015 at 12:00. Thursday March 5, 2015 at 12:00. <p>3. Research Summary. (5%) Due: Thursday February 26, 2015 at 12:00.</p> <p>4. Physical Activity Journal. (5%) Due: Thursday March 26, 2015 at 12:00.</p> <p>5. Written Exam. (20%) Tuesday April 7, 2015 in class time (12:00 – 13:50).</p>																
Grading Scale	<table> <tr> <td>Exemplary</td> <td>A+ 98-100</td> <td>A 94-97</td> <td>A- 90-93</td> </tr> <tr> <td>Very Good</td> <td>B+ 86-89</td> <td>B 82-85</td> <td>B- 78-81</td> </tr> <tr> <td>Proficient</td> <td>C+ 74-77</td> <td>C 70-73</td> <td>C- 66-69</td> </tr> <tr> <td>Satisfactory</td> <td>D+ 62-65</td> <td>D 58-61</td> <td>D- 55-57</td> </tr> </table>	Exemplary	A+ 98-100	A 94-97	A- 90-93	Very Good	B+ 86-89	B 82-85	B- 78-81	Proficient	C+ 74-77	C 70-73	C- 66-69	Satisfactory	D+ 62-65	D 58-61	D- 55-57
Exemplary	A+ 98-100	A 94-97	A- 90-93														
Very Good	B+ 86-89	B 82-85	B- 78-81														
Proficient	C+ 74-77	C 70-73	C- 66-69														
Satisfactory	D+ 62-65	D 58-61	D- 55-57														

	Fail F 55 and below
Attendance	Due to the experiential nature of the course, classes are equivalent to assignments. Therefore, classes missed will be detrimental to the final grade.
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 Faculty of Arts Program Information Centre (PIC) is your information resource for everything in Arts! Visit us for answers about course registration, graduation checks, and the ‘big picture’ on programs and majors. Drop in at SS102, email us at artsads@ucalgary.ca or call us at 403-220-3580. You can also visit the Faculty of Arts website at http://arts.ucalgary.ca/undergraduate which has detailed information on common academic concerns. • For academic success support, such as writing support, peer support, success seminars, and learning support, visit the Student Success Centre (formerly the Undergraduate programs Office) on the third floor of the Taylor Family Digital Library (TFDL), email them at success@ucalgary.ca or visit their website at http://www.ucalgary.ca/ssc/ for more information or to book an appointment. • For registration (add/drop/swap), paying fees and assistance with your Student Centre, contact Enrolment Services at 403-210-ROCK [7625], by email at futurestudents@ucalgary.ca or visit them at the MacKimmie Library Block 117.
ACADEMIC ACCOMMODATION	http://www.ucalgary.ca/access
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, and 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 Student Success Centre (TFDL 3 rd Floor) 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 uofcdus@gmail.com MUS: Music Undergraduate Society, CH F 219 undmusic@ucalgary.ca PIVOT: Dance Undergraduate Society, CH E 211 pivotdancers@gmail.com

DNCE 235: Principles of Conditioning for Dancers
Winter 2015 Weekly Program

Week	Dates	Tuesday. 1200 – 1350	Thursday. 1200 – 1350
1	Jan 13 + 15	Introduction to Dance Conditioning Lecture: Components of Fitness (Welsh Ch 1-2; Haas Ch 1)	Dance Fitness Training Lecture: Periodization, Heart rate zones (Welsh Ch 7) Quiz #1
2	Jan 20 + 22	Guest: Tina Guthrie Conditioning with Imagery Training Quiz #2	Guest: Tina Guthrie Conditioning with Imagery Training
3	Jan 27 + 29	Pre-Fitness Testing: Dance Aerobic Fitness Test (DAFT) (Redding et al. 2003)	Pre-Fitness Testing: endurance, strength, power, flexibility, balance
4	Feb 3 + 5	Dance Fitness Training Lecture: Warm up and Cool down (Welsh Ch 5)	Dance Fitness Training Quiz #3
5	Feb 10 + 12	Dance Fitness Training Lecture: Stretching and Flexibility (Welsh Ch 6)	Dance Fitness Training Quiz #4
	Feb 17 + 19	READING WEEK	
6	Feb 24 + 26	Dance Fitness Training Lecture: Dance Injuries (Welsh Ch 3)	Research Summary (5%) Quiz #5
7	Mar 3 + 5	Lecture: Self Compassion (Neff; online reading)	Dance Fitness Training Quiz #6
8	Mar 10 + 12	Dance Fitness Training (Welsh Ch 4; Haas Ch 2-3)	Dance Fitness Training (Hass Ch 4-5)
9	Mar 17 + 19	Dance Fitness Training (Hass Ch 6-7)	Dance Fitness Training (Hass Ch 8-9)

10	Mar 22 + 26	Dance Fitness Training	Dance Fitness Training Physical Activity Journal (5%)
11	Mar 31 + Apr 2	Post-Fitness Testing: Dance Aerobic Fitness Test (DAFT)	Post-Fitness Testing: endurance, strength, power, flexibility, balance
12	Apr 7 + 9	Written Exam (20%)	Dance Fitness Training
13	Apr 14	Monitoring and Reflection	

Winter 2015 Assessment Tasks

1. Participation. (10%)

Owing to the experiential nature of the course, classes are equivalent to assignments. Participation marks will be awarded for involvement in practical exercises, discussions in class lectures, contributions to forums on D2L, etc. Marks will be deducted if more than 20% of classes are unexcused.

2. Quizzes. (60%)

All quizzes will test your knowledge of lecture material and required weekly readings. Each quiz will take place at the beginning of class (12:00 noon). The format will be short answer.

1. Components of Fitness – Thursday January 15, 2015
2. Periodization, Aerobic Fitness – Tuesday January 20, 2015
3. Warm up and Cool Down – Thursday February 5, 2015
4. Stretching and Flexibility – Thursday February 12, 2015
5. Dance Injuries – Thursday February 26, 2015
6. Self-compassion – Thursday March 5, 2015

3. Research Summary. (5%)

Due: Thursday February 26, 2015 at 12:00

You will be required to find for an original article of Dance Science research related to one or more topics discussed in class. The citation of the original article will be posted on D2L along with a comprehensive 300-word summary. Summaries will be presented during class time and discussion will follow.

4. Physical Activity Journal. (5%)

Due: Thursday March 26, 2015 at 12:00

Following pre-fitness testing, you will be required to keep a weekly training log of all physical activity (i.e. day, date, time, description, duration, intensity) for 8 weeks. This record will act as an ‘intervention program’ in an attempt to seek improvement between pre- and post-fitness assessments.

5. Written Exam. (20%)

Tuesday April 7, 2015 in class time (12:00 – 13:50)

A written exam will assess your knowledge of material covered from the semester with a specific focus on Dance Anatomy. Questions will stem from course material, readings, and class notes. The format will be multiple choice, true/false, fill in the blank, diagram labeling, and short answer.