



**UNIVERSITY OF CALGARY**  
**FACULTY OF ARTS**  
**SCHOOL OF CREATIVE AND PERFORMING ARTS**  
**DNCE 235 Principles of Conditioning for Dancers**  
**Winter 2017**

Instructor Office Email Office Hours	Sarah Kenny MSc, PhD Candidate Sport Injury Prevention Research Centre: KNB 3300A <a href="mailto:kennys@ucalgary.ca">kennys@ucalgary.ca</a> By appointment
Day(s),time(s) and location of class	Tuesdays and Thursdays, 12:00 – 1:50pm KNA 163 (Dance Studio)
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. Quin, E., Rafferty, S., &amp; Tomlinson, C. (2015). Safe dance practice. Champaign: Human Kinetics.</li> </ol> <p><b>Recommended</b></p> <ol style="list-style-type: none"> <li>1. Berardi, G. (2005). Finding balance: Fitness training and health for a lifetime in dance (2nd ed). New York: Routledge.</li> <li>2. Franklin, E. (2004). Conditioning for dance. Champaign: Human Kinetics.</li> <li>3. Grossman, G. (2015). Dance science: Anatomy, movement analysis, conditioning. Hightstown: Princeton Book Company.</li> <li>4. Haas, J. (2010). Dance anatomy. Champaign: Human Kinetics.</li> <li>5. Howse, J., &amp; McCormack, M. (2009). Anatomy, dance technique and injury prevention (4th ed.). London: Bloomsbury Publishing PLC.</li> <li>6. Koutedakis, Y., &amp; Sharp, N. C. C. (1999). The fit and healthy dancer. Chichester: Wiley.</li> <li>7. Krasnow, D., &amp; Deveau, J. (2010). Conditioning with imagery for dancers. Toronto: Thompson Educational Publishing.</li> <li>8. Solomon, R., Solomon, J., &amp; Minton, S. C. (2005). Preventing dance injuries (2nd ed.). Champaign: Human Kinetics.</li> <li>9. Taylor, J., &amp; Estanol, E. (2015). Dance psychology for artistic and performance excellence (2nd ed). Champaign: Human Kinetics.</li> <li>10. Wilmerding, M. V., &amp; Krasnow, D. (2017). Dancer wellness. Champaign: Human Kinetics.</li> </ol> <p><b>Dance Science Journals</b>  Journal of Dance Medicine and Science  Medical Problems of Performing Artists  IADMS Resource Papers, Bulletins for Teachers</p>
Prerequisites	Dance 207 & admission to the Dance program.
Supplementary fees	None.
Course description	Theory and practice of conditioning for dancers.
Course overview	<p>The principles of safe dance practice will be explored in order to improve dancer's health and well-being, reduce their risk of injury, and optimize performance potential.</p> <p>This course will develop knowledge, comprehension, application and evaluation of:</p> <ul style="list-style-type: none"> <li>• optimum anatomical/biomechanical alignment and function (i.e. kinesiological terminology, musculoskeletal relationships, dynamic alignment)</li> </ul>

	<ul style="list-style-type: none"> <li>• effective warm up and cool down practices (i.e. components, duration)</li> <li>• integrated and supplementary physical conditioning (i.e. aerobic and anaerobic capacity, muscular strength, power, balance, flexibility, rest/recovery)</li> <li>• principles of training (i.e. adaptation, progressive overload, specificity)</li> <li>• psychological skills (i.e. positive self-talk, goal setting, relaxation)</li> <li>• appropriate nutrition and hydration (i.e. energy sources)</li> <li>• strategies for injury prevention and management</li> </ul> <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"> <li>1. demonstrate optimal biomechanical alignment and function in dance practice</li> <li>2. design and lead an appropriate warm up and cool down</li> <li>3. define all components of physical fitness relevant to dance practice</li> <li>4. evaluate change in personal physical fitness across time</li> <li>5. describe the principles of training relevant to dance practice</li> <li>6. recognize physical and psychological effects of overtraining</li> <li>7. implement effective psychological skills relevant to dance practice</li> <li>8. discuss balanced nutrient intake and hydration to fuel dance activity</li> <li>9. differentiate between beneficial and harmful strategies for injury prevention and management</li> <li>10. apply safe dance practice principles to reduce risk of injury and enhance dance performance</li> </ol>
Course schedule:	See below.
Assessment components	<p><u>Assignment 1: Participation</u>  Value: 10% 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 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, etc.). Marks will be deducted if you miss more than one week of class (i.e. 2 classes) – see Assessment Expectations below.</p> <p><u>Assignment 2: Weekly Quizzes</u>  Value: 80% of final grade  Type: Written tests  Length: Approximately 20 minutes each  Details: Regular short answer quizzes will test your knowledge of lecture material and required weekly readings. Each quiz is worth 10% of your final grade and will take place at the beginning of class (12:00 noon).</p> <p><b>Missed Quizzes:</b> 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 (i.e. the following Tuesday). This allowance implies a level trust that you are expected to honour, whereby you will not to discuss quiz material with fellow students.</p>

	<p>Due Dates:</p> <ol style="list-style-type: none"> <li>1. Components of Fitness – Thursday January 19, 2017</li> <li>2. Warm up and Cool down – Thursday February 2, 2017</li> <li>3. Dynamic Alignment – Thursday February 9, 2017</li> <li>4. Principles of Training – Thursday February 16, 2017</li> <li>5. Rest and Recovery – Thursday March 2, 2017</li> <li>6. Nutrition and Hydration – Thursday March 9, 2017</li> <li>7. Psychological Skills – Thursday March 16, 2017</li> <li>8. Dance Injuries – Thursday March 30, 2017</li> </ol> <p><u>Assignment 3: Reflective Essay</u>  Value: 10% of final grade  Due Date: Thursday April 6, 2017 at 12:00 noon  Type: Written essay  Length: Two pages  Description: Following pre-fitness testing in week 3, you will keep a weekly training log of all physical activity 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 two-page summary (explanation, evaluation and reflection) of the change experienced in personal physical fitness across the 7 weeks.</p> <p>Assessment Criteria  By the completion of this assessment, successful students will be able to:</p> <ul style="list-style-type: none"> <li>• keep a 7-week training log of physical activity alongside scheduled dance technique classes</li> <li>• explain change experienced in physical fitness across time</li> <li>• evaluate why change in fitness did or did not occur</li> <li>• reflect on the impact that 7 weeks of directed fitness training had or did not have on personal dance practice</li> <li>• write a clear and coherent two-page essay with an introduction, body, and conclusion that is free from grammatical and spelling errors</li> </ul>
<p>Assessment expectations</p>	<p><u>Guidelines for Submitting Assignments</u>  Each Weekly Quiz will be written at the beginning of class (12:00 noon). The Reflective Essay will be handed in as a hard copy only at the beginning of class (12:00 noon).</p> <p><u>Criteria That Must Be Met To Pass</u>  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>  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>  Reflective Essay: You will put a title, your name and UCID on a cover sheet. You will</p>

	<p>provide a hard copy of 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). This may be typed or hand written and will include ALL of the following items: day, date, time, description, duration, intensity. You will type a two-page summary (explanation, evaluation and reflection) of the change experienced in physical fitness across the 7 weeks. This will formatted as follows: single sided, double spaced, 12 point font, with default margins.</p> <p><u>Late Assignments</u>  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 (i.e. the following Tuesday). This allowance implies a level trust that you are expected to honour, whereby you will not to discuss quiz material with fellow students.</p> <p>The Reflective Essay will not be accepted beyond the day that it is due: Thursday April 6, 2017. If it is submitted after 12:00 noon, then your grade will be affected by as much as 10%.</p> <p><u>Expectations for Attendance and Participation</u>  Please refer to the Undergraduate Calendar E.3 Attendance for details.</p> <p><b>FOR GRADED DANCE STUDIO COURSES</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. 2 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. 4 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>
Grading scale	For the course as a whole, letter grades should be understood as follows, as outlined in the section F.2 Undergraduate Grading System of the Undergraduate Calendar for 2016-2017:

Grade	Percent	GPA	Description
A+	96-100	4.00	Outstanding.
A	91-95	4.00	Excellent-superior performance, showing comprehensive understanding of subject matter.
A-	86-90	3.70	
B+	81-85	3.30	
B	76-80	3.00	Good - clearly above average performance with knowledge of subject matter generally complete.
B-	71-75	2.70	
C+	66-70	2.30	
C	61-65	2.00	Satisfactory - basic understanding of the subject matter.
C-	56-60	1.70	Receipt of a grade point average of 1.70 may not be sufficient for promotion or graduation. (See individual undergraduate faculty regulations.)
D+	51-55	1.30	
D	46-50	1.00	Minimal pass - marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	45 and below	0	Fail - unsatisfactory performance or failure to meet course requirements.

The following numerical equivalencies will apply:

A+	96 - 100	C+	66 - 70
A	91 - 95	C	61 - 65
A-	86 - 90	C-	56 - 60
B+	81 - 85	D+	51 - 55
B	76 - 80	D	46 - 50
B-	71 - 75	F	below 46

Academic accommodation

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 [ucalgary.ca/access/](http://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 [ucalgary.ca/policies/files/policies/student-accommodation-policy\\_0.pdf](http://ucalgary.ca/policies/files/policies/student-accommodation-policy_0.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-2.html](http://ucalgary.ca/pubs/calendar/current/k-2.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.

Student misconduct	<a href="http://ucalgary.ca/pubs/calendar/current/k.html">ucalgary.ca/pubs/calendar/current/k.html</a>
FOIP	<a href="http://ucalgary.ca/secretariat/privacy">ucalgary.ca/secretariat/privacy</a>
Emergency evacuation	Assembly points for emergencies have been identified across campus. THE PRIMARY ASSEMBLY POINT FOR CRAIGIE HALL IS THE PROFESSIONAL FACULTIES FOOD COURT. For more information, see the University of Calgary's Emergency Management website: <a href="http://ucalgary.ca/emergencyplan/assemblypoints">ucalgary.ca/emergencyplan/assemblypoints</a>
Internet and electronic communication device	<a href="http://elearn.ucalgary.ca/category/d2l/">elearn.ucalgary.ca/category/d2l/</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 explicit permission of the Instructor.
Safewalk	220-5333 anytime. <a href="http://ucalgary.ca/security/safewalk">ucalgary.ca/security/safewalk</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>
Midterm and final examination scheduling	Final examinations may be scheduled at any time during the examination period (12-22 December for Fall 2016 term; 15-26 April for Winter 2017 term); 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>
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. <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>
SCPA Claim Your Seat Program: Student Guidelines	<ol style="list-style-type: none"> <li>1. The Claim Your Seat (CYS) program, funded by the Students' Union Quality Money, 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 45 minutes prior to 15 minutes prior to the performance start time, they arrive to the CYS table next to the Box Office and show their Unicard. If students arrive after 15 minutes prior to the performance start time, they can 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. If students have a course requirement to attend a performance for a specific date,</li> </ol>

	<p>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.</p> <p>6. 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.</p>
Academic standing	<a href="http://ucalgary.ca/pubs/calendar/current/f.html">ucalgary.ca/pubs/calendar/current/f.html</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.
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> ).
Faculty of Arts program advising and student information resources	<p>For academic advising, visit the Arts Students' Centre (ASC) for answers about course registration, graduation checks, and the 'big picture' on programs and majors. Drop in at SS102, email at <a href="mailto:ascarts@ucalgary.ca">ascarts@ucalgary.ca</a> or call at 403-220-3580. You can also visit the Faculty of Arts website at <a href="http://arts.ucalgary.ca/undergraduate">arts.ucalgary.ca/undergraduate</a> which has detailed information on common academic concerns.</p> <p>For academic success support, such as writing support, peer support, success seminars, and learning 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> or visit their website at <a href="http://ucalgary.ca/ssc/">ucalgary.ca/ssc/</a> for more information or to book an appointment.</p> <p>For enrolment assistance, including registration (add/drop/swap) changes, paying fees, and navigating your Student Centre, contact Enrolment Services at 403-210-ROCK [7625], by email at <a href="mailto:futurestudents@ucalgary.ca">futurestudents@ucalgary.ca</a> or visit them at the MacKimmie Block 117.</p>
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.
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.
Undergraduate associations	<p>DUS: Drama Undergraduate Society, CHC 005 <a href="mailto:uofcdus@gmail.com">uofcdus@gmail.com</a></p> <p>MUS: Music Undergraduate Society, CHF 219 <a href="mailto:undmusic@ucalgary.ca">undmusic@ucalgary.ca</a></p>

**DNCE 235: Principles of Conditioning for Dancers**  
**Course Schedule**

Week	Dates	Tuesday. 1200 – 1350	Thursday. 1200 – 1350
1	Jan 10 + 12	Practical Dance Fitness Training	Practical Dance Fitness Training
2	Jan 17 + 19	Practical Dance Fitness Training <b>Lecture 1</b> Components of Fitness <b>Reading</b> Quin Ch 4 p75-85, IADMS Dance Fitness paper, IADMS Teacher Bulletins (Angioi, Wyon)	<b>Quiz 1</b> Practical Dance Fitness Training
3	Jan 24 + 26	<b>Pre-Fitness Testing</b> Dance Aerobic Fitness Test (DAFT)	<b>Pre-Fitness Testing</b> Endurance, Strength, Power, Flexibility, Balance
4	Jan 31 + Feb 2	Practical Dance Fitness Training <b>Lecture 2</b> Warm up and Cool down <b>Reading</b> Quin Ch 3	<b>Quiz 2</b> Practical Dance Fitness Training
5	Feb 7 + 9	Practical Dance Fitness Training <b>Lecture 3</b> Dynamic Alignment <b>Reading</b> Quin Ch 2	<b>Quiz 3</b> Practical Dance Fitness Training
6	Feb 14 + 16	Practical Dance Fitness Training <b>Lecture 4</b> Principles of Training <b>Reading</b> Quin Ch 4 p85-91	<b>Quiz 4</b> Practical Dance Fitness Training
	Feb 21 + 23	<b>READING WEEK</b>	
7	Feb 28 + Mar 2	Conditioning with Imagery Training Guest: Tina Guthrie <b>Lecture 5</b> Rest and Recovery <b>Reading</b> Quin Ch 5	<b>Quiz 5</b> Conditioning with Imagery Training Guest: Tina Guthrie
8	Mar 7 + 9	Practical Dance Fitness Training <b>Lecture 6</b> Nutrition and Hydration <b>Reading</b> Quin Ch 7	<b>Quiz 6</b> Practical Dance Fitness Training
9	Mar 14 + 16	Practical Dance Fitness Training <b>Lecture 7</b> Psychological Skills <b>Reading</b> Quin Ch 8	<b>Quiz 7</b> Strength and Conditioning Training Guest: Paul Sawh
10	Mar 21 + 23	<b>Post-Fitness Testing</b> Dance Aerobic Fitness Test (DAFT)	<b>Post-Fitness Testing</b> Endurance, Strength, Power, Flexibility, Balance
11	Mar 28 + 30	Practical Dance Fitness Training <b>Lecture 8</b> Dance Injury <b>Reading</b> Quin Ch 9, IADMS First Aid for Dancers paper, Technique Class Participation paper	<b>Quiz 8</b> Review criteria for Reflective Essay Practical Dance Fitness Training
12	Apr 4 + 6	Attend Dance at Noon Performance	<b>Reflective Essay Due</b> Practical Dance Fitness Training
13	Apr 11	Reflection and Evaluation	