



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS - DIVISION OF DANCE
Course Title: Applied Anatomy and Kinesiology for Dancers – DNCE 363
Session: Winter 2014

Instructor Office Email Office Hours	Sarah Kenny MSc, PhD student Sessional Instructors Office kennys@ucalgary.ca By appointment
Location and Time of class	CHC 002 Tuesdays and Thursday 10:00 – 11:50am
Text(s)/Readings	<p>Essential (to purchase) Fitt, S. S. (1996). Dance kinesiology (2nd ed.). New York: Shirmer Books.</p> <p>Recommended (to purchase) Koutedakis, Y., & Sharp, N. C. C. (1999). The fit and healthy dancer. Chichester: Wiley.</p> <p>Background (in library) Calais-Germain, B. (1993). Anatomy of movement. Seattle: Eastland Press. Clippinger, K. (2007). Dance anatomy and kinesiology. Champaign: Human Kinetics. Farhi, D. (1996). The breathing book. New York: Henry Holt. Kapit, W., & Elson, L. M. (2001). The anatomy coloring book (3rd ed.). Harlow: Addison-Wesley. Olsen, A. (1998). Body stories: A guide to experiential anatomy. New York: Station Hill Openings. Olsen, A. (2009). Body and earth: An experiential guide. Lebanon: University Press of New England. Solomon, R., Solomon, J., & Minton, S. C. (2005). Preventing dance injuries (2nd ed.). Champaign: Human Kinetics. Taylor, J., & Taylor, C. (1995). Psychology of dance. Champaign: Human Kinetics.</p>
Prerequisites	Kinesiology 259 and two of Dance 205, 207, 209, 211, 221 or equivalent, or consent of the Department. Also known as: (formerly Dance 463). CREDIT for both DNCE 463 and DNCE 363 will not be allowed.
Supplementary Fees	N/A
Course Description	The study of anatomy and movement for dance incorporating theoretical and experiential information on alignment, movement, training and awareness.
Course Objectives	To develop the student's experiential knowledge of anatomy and kinesiology in application to dance studies. The focus will be on movement analysis and awareness to enhance wellness, skill level, injury prevention and artistry.

Course Activities and Content	<p>This course takes a kinesiological perspective through which students gain increased awareness of alignment, strength, flexibility, postural habits and muscular imbalances. An emphasis is placed on injury prevention and the enhancement of creative and artistic potential through an increased and informed movement practice.</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 experientially. Please take care of your own comfort, and dress appropriately.</p> <p>A detailed weekly program is below.</p>																				
Assessments	<p>1. Group Presentation (40%). 15 minutes. Tuesday March 11, or Thursday March 13, 2014 in class time (10:00 – 11:50am).</p> <p>2. Written Exam. (20%). Thursday April 10, 2014 in class time (10:00 – 11:50am).</p> <p>3. Self profile Essay (40%). 4 pages. Thursday April 10, 2014 at 10:00am.</p>																				
Grading Scale	<table> <tr> <td>Exemplary</td> <td>A+ 98-100</td> <td>A 93-97</td> <td>A- 89-92</td> </tr> <tr> <td>Very Good</td> <td>B+ 85-88</td> <td>B 81-84</td> <td>B- 77-80</td> </tr> <tr> <td>Proficient</td> <td>C+ 73-76</td> <td>C 69-72</td> <td>C- 65-68</td> </tr> <tr> <td>Satisfactory</td> <td>D+ 61-64</td> <td>D 57-60</td> <td>D- 50-56</td> </tr> <tr> <td>Fail</td> <td colspan="3">F 49 and below</td> </tr> </table>	Exemplary	A+ 98-100	A 93-97	A- 89-92	Very Good	B+ 85-88	B 81-84	B- 77-80	Proficient	C+ 73-76	C 69-72	C- 65-68	Satisfactory	D+ 61-64	D 57-60	D- 50-56	Fail	F 49 and below		
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Attendance	<p>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.</p>																				
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>

DNCE 363: Applied Anatomy and Kinesiology for Dancers
Winter 2014 Weekly Program

Week	Dates	Tuesday. 1000 – 1150am	Thursday. 1000 – 1150am
1	Jan 9		Introduction, what does it mean to be a healthy dancer?, why is science important to dance?, review skeletal system
2	Jan 14 + 16	Safe dance practice, injury prevention, understanding applications of dance science (Fitt p227-251; p368-387)	Understanding physics of motion, anatomical descriptions of movement, cardinal planes, major joints (Fitt p17-26)
3	Jan 21 + 23	Muscle physiology, function and structure (Fitt p101-120; Koutedakis&Sharp p65-87)	Muscular testing and movement analysis
4	Jan 28 + 30	Lower limbs; foot, ankle (Fitt p27-43; p121-133)	Lower limbs; foot, ankle
5	Feb 4 + 6	Lower limbs; knee, hip (Fitt p43-64; p134-165)	Lower limbs; knee, hip
6	Feb 11 + 13	Spine (Fitt p64-78; p166-191)	Spine
	Feb 18 + 20	READING WEEK	
7	Feb 25 + 27	Upper limbs; shoulder, arm (Fitt p79-95; p192-226)	Upper limbs; shoulder, arm
8	Mar 4 + 6	Core stability, centre of gravity, base of support, postural alignment, full postural assessment	Importance of core awareness and core strength in dance, practical exercises (Fitt p401-406)
9	Mar 11 + 13	Group Presentations (40%)	Group Presentations (40%)

10	Mar 18 + 20	Nervous system, neuromuscular control of movement (Fitt p266-280)	Somatic practice, efficiency of movement, kinaesthetic awareness, use of imagery and touch in dance training (Fitt p303-367)
11	Mar 25 + 27	Respiratory system, observation of breathing patterns (Fitt p262-266)	Nutrition for dancers, primary energy sources, requirements for dancers, assessing own nutrient intake (Koutedakis&Sharp p23-48)
12	Apr 1 + 3	Applied physiology, components of fitness, aerobic and anaerobic energy systems (Fitt p255-262; p388-400; Koutedakis&Sharp p 3-22; p89-154)	Applied psychology, personality, confidence, motivation, psychological skills; personal assessment and analysis via questionnaires
13	Apr 8 + 10	Tutorials, independent study time	Written Exam (20%) Self Profile Essay Due (40%)

DNCE 363: Applied Anatomy and Kinesiology for Dancers Winter 2014 Assessment Tasks

1. Participation (10%)

Due to the experiential nature of the course, classes are equivalent to assignments. Participation marks will be awarded for discussions in class, partner work in practical exercises, contributions to forums on blackboard, etc.

2. Group Presentation (35%). 15 minutes.

Due: Tuesday March 11, or Thursday March 13, 2014 in class time (10:00 – 11:50am)

You will be required to work together in small groups (maximum 3 people). You will prepare a 15 minute lecture demonstration analyzing a particular movement (or series of movements) from your technique classes. The analysis will include a practical demonstration and an anatomical and biomechanical evaluation (e.g. major joints, primary muscles, movement planes) of your chosen movement. Strategies for optimal execution, based on kinesiological principles, will also be included. Information presented will be based on material covered in class, your own independent reading as well as personal experiences. You will be prepared to answer questions from your assessors and peers following the 15 minutes.

ALL students must hand in PowerPoint slides on Tuesday March 11, 2014 at 10:00am.

Assessment Criteria

Students should be able to demonstrate:

- an understanding of the major joints, primary muscles, and movement planes of the chosen dance movement(s)
- an understanding of anatomical and kinesiological principles and their application to enhancing dance training
- effective use of delivery (visual aids, presentation skills, etc.)
- confidence in answering questions, expanding ideas as required

3. Written Exam. (20%)

Tuesday April 10, 2014 in class time (10:00 – 11:50am)

A written exam will assess your knowledge of material covered from core stability (week 8) onwards stemming from course material, readings, and class notes. The format will be multiple choice, true/false, fill in the blank, diagram labelling, and short answer.

4. Self Profile Essay (35%). 4 pages.

Due: Tuesday April 10, 2014 at 10:00am

Drawing on your experiences and observations in class, you will summarize your reflections into a written essay. The essay will address a personal observation that you have made throughout the term as it relates to a specific area covered in class (e.g. anatomical structure, joint range of motion, muscle physiology, use of breath, nutrition, psychology, etc.). Your essay will consider the impact that your observation has on your current dance training. To conclude, recommendations for continued personal improvement to your dance practice will be made. Relevant literature will support your essay and a bibliography will be included. Referencing will follow the format of the Journal of Dance Medicine and Science (JDMS).

Essay Format

- title page: name and ID
- maximum 4 pages: single sided, double spaced, 12 point font
- reference page: minimum of 5 references (JDMS format)

Assessment Criteria

Students should be able to demonstrate:

- an ability to describe and analyze personal observations/reflections
- an understanding of the impact of these personal observations on current dance training
- an ability to formulate recommendations for improved practice in relation to the analysis undertaken
- evidence of a literature review in areas relevant to your paper
- clear and coherent presentation (grammar, spelling, paragraph structure, etc)