

Kinesiology and Physiology of Ballet 1 (BALLE 4401-001)
Fall 2013 (2cr)
Class Meetings: MW 8:35-9:25am
MCD 130

Instructor: Sarah Franco

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Office Hours: Available by appointment only

Required Text

Fitt, S.S (1988) *Dance Kinesiology* (2nd ed.). New York: Schirmer Books.

Many e-reserve readings and visuals are from:

Anatomy of Movement, Blandine Calais-Germain

Taking Root To Fly: Articles On Functional Anatomy, Irene Dowd

Atlas of Human Anatomy, Frank Netter

Dynamic Alignment Through Imagery, Eric Franklin

Other Recommended Sources:

Science of Dance Training, Ed: P.M. Clarkson & M. Skrinar

Dance Injuries: Their Prevention & Care, Wynn Kapit & Lawrence M. Elson

Overview

This course will approach anatomical information pertinent to ballet through a variety of learning modalities. Kinesiology 1 focuses on a detailed study of the joints and skeletal system as they relate to ballet technique, alignment, and injury prevention. This scientific lens will focus on principles underlying ballet training—applying course information to your own body through a variety of exercises and activities. Emphasis will be placed on measuring, experiencing, and reflecting upon the influence of each dancer's individual anatomical characteristics. Applications to injury prevention, performance enhancement, and effective teaching will also be made.

Some questions that might help you apply this course to your dancing:

How can I better understand and fine-tune my body for ballet?

How can I improve beyond perceived physical limitations?

How can I develop a clearer instrument with which to express myself?

How is one body design different from the next and, in learning about individual differences, how does that affect/support each person's training?

How can I condition to be a more versatile dancer?

How can I prevent potential injuries from occurring?

What can I do to better-insure I have a healthy, resilient body for a long career?

How can I speak more articulately with doctors, chiropractors, physical therapists and/or body workers?

Goals

- To examine and experience the skeletal system
- To assimilate anatomical knowledge with ballet technique for greater understanding of movement, injury prevention, and body awareness
- To collect, analyze, and interpret assessment data for greater recognition of personal capacities and limitations
- To be prepared for Kinesiology 2—the study of the neuromuscular system and neuromuscular movement analysis

Expectations

Students in this course are expected to memorize anatomy of the joints and skeletal system, learn and use anatomical and kinesiological language, practice movement analysis, assess individual differences, and apply knowledge to ballet training.

Exams: We will have two exams this semester. Exams will be based on readings, lecture material, and in-class discussion. Each exam will include identification, multiple-choice questions, fill in the blank, true/false, movement assessment, and short-answer questions. When identifying anatomical landmarks, proper spelling is expected for credit. If multiple spellings are listed in the text, each listed version will be accepted for full credit. Students will have the option to retake Exam 1 but there is no retake option for Exam 2. **Exams are cumulative.**

Reading Assignments: Readings are outlined on the course calendar and should be completed **before** lecture on the date listed. On-time accomplishment of readings assignments and disciplined individual study are imperative for success on quizzes and exams. Lecture will enhance reading material and will present information not included in the text. Students who miss class are advised to get lecture notes from a fellow classmate.

Quizzes: Quizzes will be based upon reading assigned for that date and previous lecture or reading material. Quizzes are designed to motivate students to stay on top of course information. You will only be quizzed on information and reading up to that day. Stay current on your reading and be sure to spend time studying the images in each reading.

It is the student's responsibility to schedule and make up any missed quizzes. Quiz make-ups will take place before class (8:20) in our classroom. **Missed quizzes must be made up within one week. Otherwise, no credit will be given.**

Lab Journal: A lab journal is required for this course. Laboratory explorations will focus on skeletal assessment, identification of structures, increasing body-awareness, and practical application of course material. Lab Journals will be graded as complete/incomplete and will be considered a portion of your class participation.

I recommend you also use this journal to track your technique, injuries, and performance. Jot down an idea/reflection or two after technique class each day. Record your discoveries. Record your frustrations, limitations, and goals for the future.

Handed in for Completion: December 11th at 8:35am

Lab Report: Each student will write a culminating **Lab Report**—a compilation of the most resonant and important information found in your lab journal, presented as a summary of individual findings and hypothesis for future study. Be practical. Discuss your goals for improvement in dancing and in health. Focus particularly on those areas of your health, technique, or performance that seem to continually slow your progress.

Final Lab Reports should be word-processed or typed, double-spaced, spell and grammar checked, in a 12 point font, and be between 4-5 pages in length.

Due: December 11th at 8:35am

Late papers received December 11th after 8:35am will be penalized 1/3 letter grade. After midnight December 11th, late papers will be penalized one letter grade per day.

Class Participation: The University of Utah has established a reputation of excellence. I expect you to be in class, actively participating, and striving for knowledge and understanding. Grading in participation will include the student's attitude, participation in discussion, participation and investigation in partner exercises, Lab Journal, and contribution to our classroom community.

Grading

Class Participation/Discussion/Lab Journal	25%
Quizzes	20%
Exam 1	20%
Exam 2	25%
Lab Report	10%

Attendance

After 2 absences (excused or unexcused) each unexcused absence will result in a 1/3 drop in final grade. i.e.; A to A- , A- to B+, etc. Excused absences must be department-approved and communicated to the instructor in writing BEFORE missing class. If you will be absent from class due to illness or emergency, please email Glenda at glenda.staples@utah.edu.

**THERE ARE NO INCOMPLETES GIVEN FOR THIS CLASS.
PLEASE FINISH YOUR WORK ON TIME.**

The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, 581-5020 (V/TDD). CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in alternative format with prior notification to the Center for Disability Services.

Student Conduct

All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, spelled out in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible classroom behaviors, and I will do so, beginning with verbal warnings and progressing to dismissal from class and a failing grade. Students have the right to appeal such action to the Student Behavior Committee.