



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS
DNCE 235 Safe Dance Practice and Complementary Training
Winter 2019

<p>Instructor Office Email Office Hours</p>	<p>Sarah J. Kenny PhD KNB 246; CHD 529 kennys@ucalgary.ca By appointment</p>
<p>Day(s),time(s) and location of class</p>	<p>Wednesdays and Fridays, 12:00 – 1:50pm KNA 163 (Dance Studio)</p>
<p>Learning resources: required readings, textbooks and materials</p>	<p>DNCE 235 Course Blog https://library.ucalgary.ca/guides/dance/courseblog/dnce-235-safe-dance-practice-and-complementary-training Marc Stoeckle, Dance Librarian mstoeckle@ucalgary.ca</p> <p>Required Text (available for purchase at Campus Bookstore)</p> <ol style="list-style-type: none"> 1. Quin, E., Rafferty, S., & Tomlinson, C. (2015). Safe dance practice. Champaign: Human Kinetics. <p>Recommended Texts</p> <ol style="list-style-type: none"> 1. Berardi, G. (2005). Finding balance: Fitness training and health for a lifetime in dance (2nd ed). New York: Routledge. 2. Franklin, E. (2004). Conditioning for dance. Champaign: Human Kinetics. 3. Grossman, G. (2015). Dance science: Anatomy, movement analysis, conditioning. Hightstown: Princeton Book Company. 4. Haas, J. (2010). Dance anatomy. Champaign: Human Kinetics. 5. Howse, J., & McCormack, M. (2009). Anatomy, dance technique and injury prevention (4th ed.). London: Bloomsbury Publishing PLC. 6. Koutedakis, Y., & Sharp, N. C. C. (1999). The fit and healthy dancer. Chichester: Wiley. 7. Krasnow, D., & Deveau, J. (2010). Conditioning with imagery for dancers. Toronto: Thompson Educational Publishing. 8. Solomon, R., Solomon, J., & Micheli, L. J. (Eds.) (2017). Prevention of injuries in the young dancer. Cham: Springer. 9. Taylor, J., & Estanol, E. (2015). Dance psychology for artistic and performance excellence (2nd ed). Champaign: Human Kinetics. 10. Wilmerding, M. V., & Krasnow, D. (Eds.) (2017). Dancer wellness. Champaign: Human Kinetics. 11. Welsh, T. (2009). Conditioning for dancers. Gainesville: University Press of Florida. <p>Dance Science Journals Journal of Dance Medicine and Science Medical Problems of Performing Artists IADMS Resource Papers, Bulletins for Teachers IADMS Online Bibliography: http://www.iadms.org/?page=bibliographyonline</p>

	<p>Dance Health Blogs http://www.iadms.org/blogpost/1177934/General http://www.4dancers.org/category/4dancers/dance-wellness/</p>
Prerequisites	Dance 207 & admission to the Dance program.
Supplementary fees	None.
Course description	<p>Training principles and components of physical fitness in safe dance practice as they apply to training optimization and injury prevention in dance.</p> <p>This course will develop knowledge, comprehension, application and evaluation of:</p> <ul style="list-style-type: none"> • health and safety in the dance environment (i.e. optimal space, basic first aid, codes of conduct, risk assessment) • optimum anatomical/biomechanical alignment and function (i.e. kinesiological terminology, musculoskeletal relationships, dynamic alignment) • effective warm up and cool down practices (i.e. components, duration) • integrated and supplementary physical conditioning (i.e. aerobic and anaerobic capacity, muscular strength, power, balance, flexibility, rest/recovery) • principles of training (i.e. adaptation, progressive overload, specificity) • psychological skills (i.e. positive self-talk, goal setting, relaxation) • appropriate nutrition and hydration (i.e. energy sources) • strategies for injury prevention and management (i.e. injury risk factors) <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"> 1. integrate and manage general health and safety principles within a dance environment 2. demonstrate optimal biomechanical alignment and function in dance practice 3. design and lead an effective warm up and cool down 4. define all components of physical fitness relevant to dance practice 5. evaluate change in personal physical fitness across time 6. describe the principles of training relevant to dance practice 7. implement effective psychological skills relevant to dance practice 8. discuss balanced nutrient intake and hydration to fuel dance activity 9. differentiate between beneficial and harmful strategies for injury prevention and management 10. apply safe dance practice principles to reduce risk of injury and enhance dance performance
Course schedule	See below.
Assessment components	<p><u>Assignment 1: Participation</u> Value: 15% 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, leading sections of fitness classes, etc.). Marks will be deducted if</p>

you miss more than one week of class (i.e. 2 classes) – see Assessment Expectations below.

Assignment 2: Weekly Quizzes

Value: 70% of final grade

Due Date: See below

Type: Written tests, approximately 30 minutes each

Description: Regular short answer quizzes will test your knowledge of lecture material and required weekly readings. Quizzes will take place at the beginning of class (12:00 noon).

NOTE: Each quiz is worth 10%, but only the top 7 out of 9 quizzes will contribute towards your final grade (7 x 10% = 70%).

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. This allowance implies a level trust that you are expected to honour, whereby you will not to discuss quiz material with fellow students.

Quiz Dates:

1. Dance Injury Management – Friday January 18, 2019
2. Warm up & Cool down – Friday February 1, 2019
3. Components of Fitness – Friday February 8, 2019
4. Rest and Recovery – Friday February 15, 2019
5. Principles of Training – Friday March 1, 2019
6. Psychological Well-being – Friday March 8, 2019
7. Dynamic Alignment – Friday March 15, 2019
8. Nutrition and Hydration – Friday March 29, 2019
9. Dance Environment – Friday April 5, 2019

Assignment 3: Reflective Report/Training Log

Value: 15% of final grade

Due Date: Wednesday April 10, 2019 at 12:00 noon

Type: Written report

Length: Three pages

Description: Following pre-fitness testing in week 3, you will keep a weekly training log of all physical activity (inclusive of dance classes, rehearsals, and performances) that 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 three-page report summarizing the change experienced in your personal physical fitness across the semester. Your report will include the following subheadings: description of change in physical fitness, explanation of why change did/did not occur, and reflection of physical fitness training on dance practice)

Assessment Criteria

By the completion of this assessment, successful students will be able to:

- keep a 7-week training log of physical activity alongside scheduled dance practice
- describe change experienced in physical fitness across time
- explain why change in physical fitness did or did not occur

	<ul style="list-style-type: none"> • reflect on the impact of physical fitness training on personal dance practice • write a clear and coherent three-page report with an introduction, body, and conclusion that is free from grammatical and spelling errors
<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).</p> <p>Reflective Report and Training Log: A hard copy will be handed in at the beginning of class (12:00 noon). Electronic versions via email will not be accepted.</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 Report: You will put a title, your name and UCID on a cover sheet. You will type a three-page report with a description, explanation, and reflection of the change experienced in physical fitness across the 7 weeks. A hard copy of the report will be formatted as follows: single sided, 1.5 spacing, 12-point font, with default margins.</p> <p>Training Log: You will 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). Your training log may be typed or hand written and will include ALL of the following items: day, date, time of day, duration of activity, name of activity, description of activity, perceived intensity (e.g. low, moderate, high), and TOTAL weekly hours of activity.</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. 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 Report/Training Log will not be accepted beyond the day that it is due. If it is submitted after 12:00 noon of the due date, then your grade will be affected by as much as 10%. Under extenuating circumstances, late submissions will be accepted via email with the understanding that up to 2% will be deducted each day beyond the due date. Late submissions beyond 5 days will not be accepted.</p> <p><u>Expectations for Attendance and Participation:</u> Please refer to the Undergraduate Calendar E.3 Attendance for details.</p>

FOR GRADED DANCE STUDIO COURSES

- 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.
- 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.
- 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.
- If you miss more than two weeks of classes (i.e. 4 classes), you have the potential to fail the course.
- If you show up late for or leave early from class, this will be counted as half an absence.
- If for some reason you are feeling unwell during class time, a substitute form of participation may be arranged; however, *you may not obtain this privilege more than once* and you will receive half an absence.
- 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.
- Students are responsible for any and all material missed during an absence.
- 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.

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	Grade Point Value	Description
A+	4.00	Outstanding performance
A	4.00	Excellent performance
A-	3.70	Approaching excellent performance
B+	3.30	Exceeding good performance
B	3.00	Good performance
B-	2.70	Approaching good performance
C+	2.30	Exceeding satisfactory performance
C	2.00	Satisfactory performance
C-	1.70	Approaching satisfactory performance.
*D+	1.30	Marginal pass. Insufficient preparation for subsequent courses in the same subject
*D	1.00	Minimal Pass. Insufficient preparation for subsequent courses in the same subject.
F	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.

	<table border="1" data-bbox="467 113 1495 226"> <tr> <td data-bbox="467 113 532 226">CR</td> <td data-bbox="532 113 1495 226">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</td> </tr> </table> <p>Notes:</p> <ul style="list-style-type: none"> • A grade of "C-" or below may not be sufficient for promotion or graduation, see specific faculty regulations. • A grade of "D" and "D+" grades acceptable for credit is subject to specific undergraduate faculty promotional policy. <p>For DANCE, the following numerical rubric will be applied:</p> <table data-bbox="467 499 982 625"> <tr> <td>A+ 97.6-100</td> <td>A 92.6-97.5</td> <td>A- 90-92.5</td> </tr> <tr> <td>B+ 87.6-89.9</td> <td>B 82.6-87.5</td> <td>B- 80-82.5</td> </tr> <tr> <td>C+ 77.6- 79.9</td> <td>C 72.6-77.5</td> <td>C- 70-72.5</td> </tr> <tr> <td>D+ 67.6-69.9</td> <td>D 62.6-67.5</td> <td>F 0-62.5</td> </tr> </table>	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	A+ 97.6-100	A 92.6-97.5	A- 90-92.5	B+ 87.6-89.9	B 82.6-87.5	B- 80-82.5	C+ 77.6- 79.9	C 72.6-77.5	C- 70-72.5	D+ 67.6-69.9	D 62.6-67.5	F 0-62.5
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Important Term Dates	<p>Fall 2018 Thursday, September 6th to Friday December 7th 2018 Reading Week: November 11-17 Last day to drop a course: Thursday September 13th Last day to add a course: Friday, September 14th Tuition and fee payment deadline: Friday, September 21st</p> <p>Winter 2019 Thursday, January 10th to Friday April 12th 2019 Reading Week: February 17-23 Last day to drop a course: Thursday January 17th Last day to add a course: Friday, January 18th Tuition and fee payment deadline: Friday, January 25th</p>														
Midterm and final examination scheduling	<p>Final examinations may be scheduled at any time during the examination period (December 10-20 for Fall 2018; Apr. 15-27 for Winter 2019); 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: ucalgary.ca/registrar/exams/deferred_final</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. ucalgary.ca/registrar/exams/deferred_final ucalgary.ca/pubs/calendar/current/g-6.html ucalgary.ca/pubs/calendar/current/g-7.html</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 ucalgary.ca/access/accommodations/policy. 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.</p> <p>The full policy on Student Accommodations is available at ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf</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 (ucalgary.ca/pubs/calendar/current/k-3.html; ucalgary.ca/pubs/calendar/current/k-5.html) and are reminded that plagiarism—using any source whatsoever without clearly documenting it—is an extremely serious academic</p>														

	<p>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>elearn.ucalgary.ca/category/d2l/ ucalgary.ca/emergencyplan/emergency-instructions/uc-emergency-app</p> <p>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. For more information on Freedom of Information and Privacy visit: ucalgary.ca/legalservices/foip</p>
Copyright	<p>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 (library.ucalgary.ca/copyright).</p>
Students' union and ombudsperson contacts	<p>Student Union: su.ucalgary.ca/about/who-we-are/elected-officials/ Faculty of Arts reps: arts1@su.ucalgary.ca; arts2@su.ucalgary.ca; arts3@su.ucalgary.ca; arts4@su.ucalgary.ca Graduate Student's Association: ucalgary.ca/pubs/calendar/grad/current/graduate-students-association-gsa-grad.html Student Ombudsman: ucalgary.ca/ombuds/contact</p>
Student Wellness and Mental Health	<p>The University has a wealth of resources to support student physical and mental health, please see the SU Wellness Centre (http://www.ucalgary.ca/wellnesscentre/) or the Campus Mental Health Strategy (https://www.ucalgary.ca/mentalhealth/) for more information on these resources.</p>
Emergency evacuation	<p>Assembly points for emergencies have been identified across campus. 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.</p> <p>For more information, see the University of Calgary's Emergency Management website: ucalgary.ca/emergencyplan/assemblypoints</p>
Campus security	<p>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: ucalgary.ca/security/safewalk</p>
SCPA Claim Your Seat Program: Student Guidelines	<ol style="list-style-type: none"> 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. 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. 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. 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. 5. they can find a UTS staff member with an iPad and get their CYS ticket from them. 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

	<p>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>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.</p>
SCPA Librarian	<p>Marc Stoeckle, MLIS, BA Learning & Services Librarian for <i>School of Creative & Performing Arts</i> and <i>School of Languages, Linguistics, Literatures & Cultures</i> Libraries & Cultural Resources, University of Calgary Ph: 403.220.6777, Email: mstoeckle@ucalgary.ca, Office: TFDL 160D</p>
Faculty of Arts program advising and student information resources	<p>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 ascarts@ucalgary.ca or call at 403-220-3580.</p> <p>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 success@ucalgary.ca.</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], or visit them at the MacKimmie Block 117.</p>
Letter of permission	<p>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.</p>
Course outlines for transfer credit	<p>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.</p>
Undergraduate associations	<p>DUS: Drama Undergraduate Society, CHC 005 uofcdus@gmail.com MUS: Music Undergraduate Society, CHF 219 undmusic@ucalgary.ca</p>

DNCE 235: Safe Dance Practice and Complementary Training
Course Schedule

Week	Dates	Wednesday. 1200 – 150pm	Friday. 1200 – 150pm
1	Jan 11		Practical Dance Fitness Training
2	Jan 16 + 18	Practical Dance Fitness Training Lecture 1 Dance Injury Management Readings Quin Ch9, Daniels 2014	Practical Dance Fitness Training Quiz 1 Dance Injury Management
3	Jan 23 + 25	Pre-Fitness Testing Endurance, Strength, Power, Flexibility, Balance Reading Irvine 2011	Pre-Fitness Testing Dance Aerobic Fitness Test (DAFT) Reading Wyon 2003
4	Jan 30 + Feb 1	Practical Dance Fitness Training Lecture 2 Warm up & Cool down Reading Quin Ch3	Practical Dance Fitness Training Quiz 2 Warm up & Cool down
5	Feb 6 + 8	Practical Dance Fitness Training Lecture 3 Components of Fitness Readings Quin Ch4 p85-91, Kozai 2012	Practical Dance Fitness Training Quiz 3 Components of Fitness
6	Feb 13 + 15	Practical Dance Fitness Training Lecture 4 Rest and Recovery Readings Quin Ch5, Xarez 2009	Student Led 1 Dance Fitness Training Quiz 4 Rest and Recovery
	Feb 20 + 22	READING WEEK	
7	Feb 27 + Mar 1	Practical Dance Fitness Training Lecture 5 Principles of Training Readings Quin Ch4 p75-85, Angioi 2014	Student Led 2 Dance Fitness Training Quiz 5 Principles of Training
8	Mar 6 + 8	Practical Dance Fitness Training Lecture 6 Psychological Well-being Readings Quin Ch8, Miulli 2011	Conditioning with Imagery Training Guest Tina Guthrie Quiz 6 Psychological Well-being
9	Mar 13 + 15	Practical Dance Fitness Training Lecture 7 Dynamic Alignment Readings Quin Ch2, Lewton-Brain 2009	Conditioning with Imagery Training Guest Tina Guthrie Quiz 7 Dynamic Alignment
10	Mar 20 + 22	Post-Fitness Testing Endurance, Strength, Power, Flexibility, Balance	Post-Fitness Testing Dance Aerobic Fitness Test (DAFT)
11	Mar 27 + 29	Practical Dance Fitness Training Lecture 8 Nutrition and Hydration Reading Quin Ch7, Wyon 2014	Student Led 3 Dance Fitness Training Quiz 8 Nutrition and Hydration
12	Apr 3 + 5	Practical Dance Fitness Training Lecture 9 Dance Environment Reading Quin Ch1	Practical Dance Fitness Training Quiz 9 Dance Environment
13	Apr 10 + 12	Due Reflective Report/Training Log Reflection and Evaluation	No class: Bermuda Shorts Day