



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS
DNCE 359 Dance Anatomy
Fall 2019

Instructor Office Email Office Hours	Sarah J. Kenny PhD KNB 246; CHD 529 kennys@ucalgary.ca By appointment
Days/Times Location of class	Tuesdays and Thursdays, 800 – 915am; Fridays 800 – 950am CHE 012 (seminar room) and CHE011 (dance studio)
Learning resources: required readings, textbooks and materials	<p>Required (available for purchase at Campus Bookstore)</p> <ol style="list-style-type: none"> 1. Clippinger, K. (2015). Dance anatomy and kinesiology (2nd ed.). Champaign: Human Kinetics. <p>Suggestions for further study</p> <ol style="list-style-type: none"> 1. Fitt, S. S. (1996). Dance kinesiology (2nd ed.). New York: Shirmer Books. 2. Calais-Germain, B. (1993). Anatomy of movement. Seattle: Eastland Press. 3. Haas, J. (2010). Dance anatomy. Champaign: Human Kinetics. 4. Olsen, A. (1998). Body stories: A guide to experiential anatomy. New York: Station Hill Openings. 5. Kapit, W., Elson, L. M. (2014). The Anatomy Coloring Book (4th ed.). Harlow: Pearson Education Limited. <p>Dance Science Journals IADMS Resource Papers, Bulletins for Teachers Journal of Dance Medicine and Science Medical Problems of Performing Artists</p>
Prerequisites	DNCE 209 and DNCE 235
Course description	<p>Functional anatomy of the skeletal and muscular systems as they apply to training optimization and injury prevention in dance.</p> <p>Dance Anatomy presents basic anatomy and kinesiology of key joints within the body including the foot, ankle, knee, hip, spine, and shoulder. The bone structure, muscles, and ligaments of these joints are discussed as they relate to biomechanical alignment, movement capacity, and injury risk. Basic knowledge of these joints is combined with movement analysis to help students better understand dancers' dynamic alignment and functional movement. The course will also continue to cultivate knowledge and application of safe dance practice from DNCE 235 Safe Dance Practice.</p> <p>All classes will involve lecture and studio activities. We will be moving, talking, taking notes, and modelling with clay. Observation and hands on work will facilitate the exploration of ideas. Please take care of your own comfort and dress appropriately.</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. identify major bones and muscles of the body by name and location 2. define types of joints in the body and identify their movement possibilities 3. differentiate actions of major muscles of the body 4. describe prime movers (key muscles) for joint movements 5. analyze basic movements, identifying movement planes, key joints, primary forces, type of muscle contractions, and main muscles involved 6. discuss anatomical and biomechanical principles of the body that influence dynamic alignment, functional movement, and injury risk
Course schedule	See below. Weekly outline may be subject to change.
Assessment components	<p><u>Assignment 1: Participation</u> Weight: 5% of final grade Description: 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 experiential work, note taking, engaging in discussions, contributing to forums on D2L, etc.). Marks will be deducted if you miss more than one week of class (i.e. 3 classes) – see Assessment Expectations below.</p> <p><u>Assignment 2: Chapter Tests</u> Weight: 60% of final grade Description: Chapter tests will assess your knowledge of lecture material and required weekly readings. Each test is worth 10% of your final grade and will take place at the beginning of class (800am). Question formatting will include short answers, multiple choice, and diagram labeling. Missed Tests: You will only be able to make up a missed test for documented excused absences. Test Dates:</p> <ol style="list-style-type: none"> 1. Chapter 1, 2 – Tues Sep 24 2019 2. Chapter 3 – Thurs Oct 3 2019 3. Chapter 4 – Fri Oct 11 2019 4. Chapter 5 – Tues Oct 22 2019 5. Chapter 6 – Thurs Oct 31 2019 6. Chapter 7 – Fri Nov 8 2019 <p><u>Assignment 3: Dance Injury Paper</u> Weight: 10% of final grade Due date: Tues Nov 19 2019 at 800am Description: The written paper will address a common dance injury occurring at a specific area of the body covered in class (i.e., foot, ankle, knee, hip, spine, shoulder). You will choose one area of the body and research an associated common dance injury of this area. Content will include an anatomical description of the body area (i.e., bones, joints, muscles), and a thorough explanation of the common injury (i.e., risk factors, mechanisms). To conclude, best rehabilitation practices to return to full dance training from the identified injury will be discussed. Relevant literature will support your paper and a bibliography will be included.</p> <p>Assessment Criteria By the completion of this assessment, successful students will be able to:</p> <ul style="list-style-type: none"> • describe the selected body area using appropriate anatomical terminology • explain the identified dance injury including risk factors and common mechanisms

	<ul style="list-style-type: none"> • discuss specific injury rehabilitation practices for optimal return to dance training • support all discussion points with relevant, current literature • write a clear and coherent three-page paper with an introduction, body, and conclusion that is free from grammatical and spelling errors <p><u>Assignment 4: Movement Analysis Presentation</u> Weight: 20% of final grade Due date: Tues Dec 3 2019 OR Thurs Dec 5 2019 during class time (800 – 915am) Description: The movement analysis presentation will showcase a comprehensive kinesiological analysis of an original dance movement phrase. You will be required to work together in partners to create and demonstrate a dance movement phrase. The presentation will include identification of associated movement planes, key joints, primary forces, type of muscle contractions, and main muscles involved to perform the movement phrase. To conclude, appropriate strength and conditioning exercises will be recommended to ensure optimal execution of the movement phrase.</p> <p>Assessment Criteria By the completion of this assessment, successful students will be able to:</p> <ul style="list-style-type: none"> • demonstrate an original dance movement phrase suitable for analysis • analyze a dance movement phrase using comprehensive kinesiological strategies • formulate detailed and relevant strength and conditioning exercises for optimal performance of a movement phrase • present effectively (i.e., movement demonstration, clear speaking, eye contact, easeful transitions between group members, answer questions and expand ideas as required)
Assessment expectations	<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>Expectations for Attendance and Participation</u> Please refer to the Undergraduate Calendar E.3 Attendance for details.</p> <p>Division of Dance Attendance Policy</p> <ul style="list-style-type: none"> • 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. 3 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. 6 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, <i>you may not obtain this privilege more than once</i> 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.

Guidelines for Formatting Assignments

Dance Injury Paper: You will put a title, your name and UCID on a cover sheet. The body of the paper will be a maximum 3 pages, single sided, 1.5 spaced, 12-point font, with default margins. A separate reference page will complete the paper with a minimum of 3 references that follow APA formatting structure.

Movement Analysis Presentation: Your 10-minute oral presentation will consist of a physical demonstration of a dance movement phrase followed by a comprehensive kinesiological analysis. You will be prepared for 5 minutes of questions.

Guidelines for Submitting Assignments

The Chapter Tests will take place during class time (800 – 915 OR 950am).

The Dance Injury Paper will be handed in at the beginning of class (800am).

The Movement Analysis Presentation will be held during class time (800 – 915am).

Late Assignments

The Dance Injury Paper will not be accepted beyond the day that it is due. If submitted after 800am 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 under the pretenses that up to 2% will be deducted each day beyond the due date. Late submissions beyond 5 days will not be accepted.

Criteria That Must Be Met To Pass

In order to achieve a passing grade in the course, the minimum requirement is D.

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 [2019-2020](#) OR as outlined in the section H.1 Distribution of Grades of the Graduate Calendar for [2019-2020](#):

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

	<table border="1"> <tr> <td>C-</td> <td>1.70</td> <td>Approaching satisfactory performance.</td> </tr> <tr> <td>*D+</td> <td>1.30</td> <td>Marginal pass. Insufficient preparation for subsequent courses in the same subject</td> </tr> <tr> <td>*D</td> <td>1.00</td> <td>Minimal Pass. Insufficient preparation for subsequent courses in the same subject.</td> </tr> <tr> <td>F</td> <td>0.00</td> <td>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.</td> </tr> <tr> <td>**I</td> <td>0.00</td> <td>Incomplete. Sufficient work has not been submitted for evaluation, unable to adequately assess. May also be used when a final exam is not submitted.</td> </tr> <tr> <td>CR</td> <td></td> <td>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: A grade of "C-" or below may not be sufficient for promotion or graduation, see specific faculty regulations. The number of "D" and "D+" grades acceptable for credit is subject to specific undergraduate faculty promotional policy.</p> <p>For DANCE, the following numerical rubric will be applied:</p> <table> <tr> <td>A+</td><td>97.6-100</td> <td>A</td><td>92.6-97.5</td> <td>A-</td><td>90-92.5</td> </tr> <tr> <td>B+</td><td>87.6-89.9</td> <td>B</td><td>82.6-87.5</td> <td>B-</td><td>80-82.5</td> </tr> <tr> <td>C+</td><td>77.6- 79.9</td> <td>C</td><td>72.6-77.5</td> <td>C-</td><td>70-72.5</td> </tr> <tr> <td>D+</td><td>67.6-69.9</td> <td>D</td><td>62.6-67.5</td> <td>F</td><td>0-62.5</td> </tr> </table>	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.	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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Student Support	Please visit this link for a concise list of UCalgary's student support services: https://www.ucalgary.ca/registrar/registration/course-outlines																																										
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-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 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.																																										
Internet and electronic communication device	elearn.ucalgary.ca/category/d2l/ ucalgary.ca/emergencyplan/emergency-instructions/uc-emergency-app 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																																										
Copyright	All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf) and requirements of the copyright act (https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html) to ensure they are aware of the consequences of unauthorised sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.																																										

**DNCE 359: Dance Anatomy
Course Schedule Fall 2019**

Week	Dates	Tuesday. 800 – 915	Thursday. 800 – 915	Friday. 800 – 950
1	Sept 5, 6		Course Introduction; Skeletal System Reading Chapter 1	Skeletal System
2	Sept 10, 12, 13	Muscular System Reading Chapter 2	Muscular System	Muscular System
3	Sept 24, 26, 27	Test Chapter 1, 2	Spine Reading Chapter 3	Spine
4	Oct 1, 3, 4	Spine	Test Chapter 3	Pelvic Girdle and Hip Joint Reading Chapter 4
5	Oct 8, 10, 11	Pelvic Girdle and Hip Joint	Pelvic Girdle and Hip Joint	Test Chapter 4
6	Oct 15, 17, 18	Knee and Patellofemoral Joint Reading Chapter 5	Knee and Patellofemoral Joint	Knee and Patellofemoral Joint
7	Oct 22, 24, 25	Test Chapter 5	Ankle and Foot Reading Chapter 6	Ankle and Foot
8	Oct 29, 31, Nov 1	Ankle and Foot	Test Chapter 6	Upper Extremity Reading Chapter 7
9	Nov 5, 7, 8	Upper Extremity	Upper Extremity	Test Chapter 7
10	Nov 12, 14, 15	TERM BREAK		
11	Nov 19, 21, 22	Movement Analysis Reading Chapter 8 Due Dance Injury Paper	Movement Analysis	Movement Analysis Tutorials; Guided Study Time
12	Nov 26, 28, 29	Movement Analysis Review	Movement Analysis Review	Movement Analysis Tutorials; Guided Study Time
13	Dec 3, 5, 6	Due Movement Analysis Presentations	Due Movement Analysis Presentations	Reflection and Evaluation