



UNIVERSITY OF CALGARY
FACULTY OF ARTS
School of Creative and Performing Arts

DANCE

Undergraduate Student Handbook 2023-2024



This handbook is designed to help you navigate the School of Creative Performing Arts and your Dance degree. Please take the time to read the practical advice contained in these pages. We hope the advice contained in these pages will help you enjoy your time at the University of Calgary.

scpa.ucalgary.ca

Welcome to the School of Creative and Performing Arts

The faculty and staff of the **School of Creative and Performing Arts (SCPA)** would like to welcome you to another wonderful year at the University of Calgary! As you immerse yourself in scholarly and artistic pursuits, we encourage you to take some time to explore the [SCPA website](https://scpa.ucalgary.ca) and review the key information for your program. We also encourage you to attend as many concerts, plays, and dance presentations as you can throughout the year in order to fully explore your own artistic development through the inter-arts enrichment that the SCPA offers.

scpa.ucalgary.ca

The SCPA website is your primary link to program information, to upcoming events, to important forms, to contact information, and to connect you with resources.



SCPA Administrative Office

The SCPA administrative office is located in Craigie Hall D (CHD) 100. Please note that most of your student inquiries can and should be answered by the Arts Students' Centre. As some staff members may work remotely, the best way to get in contact with someone is through email.

Key Administrative Contacts

Melanie Kloetzel
Division Lead, Dance
danceDivisionLead@ucalgary.ca

Division of Dance
scpa@ucalgary.ca

Alèn Martel
Dance Venue –
Production and Equipment Support
alen.martel@ucalgary.ca

Bruce Barton
Director, SCPA
scpaDirector@ucalgary.ca

Alexandra Lyons
Room Bookings
scpa@ucalgary.ca

Student Centre Contact Information

The University of Calgary, which includes professors, instructors, and staff, communicates with students primarily through electronic communications. This includes email and Student Centre notifications. University of Calgary students are provided with a UCalgary email address. Official notifications and communications from the University of Calgary will only be sent to your UCalgary email address. You **must** register for your UCalgary email account and ensure that the contact information in your Student Centre is current. Students are responsible for the accuracy and validity of their contact information. **Your ucalgary.ca account is your primary account, so check it often.**

Announcements and Events

Important information is regularly posted on the Online Bulletin Board, located on the [SCPA website](#). Here you will find details about upcoming events, auditions, important forms, deadlines and announcements. Our social media page links below may also be of interest to you:

[SCPA Facebook](#)

[Dance Facebook](#)

[Dance Alumni Facebook](#)

Aesthete Dancer Undergraduate Organization (Undergraduate Student Society)

Aesthete Dance Undergraduate Organization aims to provide the opportunity for dance undergraduate students and all other members passionate about dance to connect with each other at the University of Calgary. Through various social events, academic support, and partnerships with local organizations, they aim to enhance their members' undergraduate experience. Follow their Instagram at [@aesthete_duo](#) for the latest updates!

Have a question about your Dance program?

Student advising:

For student advising, please contact the [Arts Students' Centre \(ASC\)](#).

[>> E-mail](#)

[>> Make an appointment](#)

Prerequisite waiver:

If you are interested in taking a course, but do not have the required prerequisite courses, you can obtain a request form through ASC.

[>> Request for a Prerequisite Waiver](#)

Directed/Independent Study Course:

All independent study courses require an official proposal form to be completed in consultation with your faculty supervisor. Complete and submit [Directed and Independent Study Proposal Form](#) to scpa@ucalgary.ca for approval (see page 8 of this handbook for more information).

Overload request:

If you require a course to graduate that is currently filled, you can request permission to be overloaded into the class. To begin this process, contact the Arts Students' Centre (ASC): ascarts@ucalgary.ca

Learning Support:

For assistance with learning support, success seminars, writing support, peer support and broad academic planning advice, connect with the **Student Success Centre (SSC)**, located in the Taylor Family Digital Library (TFDL), 3rd Floor.

success@ucalgary.ca

[Visit website](#)

Student Wellness:

For information on all student wellness services on campus: counselling, health care, health promotion and peer support, please connect with the Wellness Services.

[Visit website](#)

Other inquiries:

For all other questions, please visit [ASC website](#). You can also contact scpa@ucalgary.ca and we will direct your inquiry.

Academic Requirements and Calendar

Academic Requirements (AR) is a tool for academic program planning, accessed through your MyUofC quick links. Students should also check with Arts Students' Centre (ASC) advisors to make sure you are receiving the most accurate and complete information about your degree progression. Advising contact information can be found [online](#). We suggest that you use both AR and the Arts Students' Centre (ASC) advisors during your degree. We also strongly encourage all students to inform themselves on the specific degree and program requirements, which are available in the [University Calendar](#). Information on degrees offered by the School of Creative Performing Arts, including required courses, can be found [here](#). Students wishing to pursue the concurrent BA (Dance)/BEd degree program should also consult with an advisor at the [Werklund School of Education](#).

Registration Tips

Find useful information regarding common registration concerns below. If you have questions about any of these processes, connect with the [Arts Students' Centre \(ASC\)](#) for advice, answers, and referrals.

Audit forms: You may request to [audit](#) a course, which means that you participate in classroom activities, except for lab or tutorial components, and do not complete any exam or course assignments nor receive a grade for the course(s). These forms are available [online](#). Students are responsible for collecting all instructor signatures and submitting the form to the Arts Students' Centre for the Faculty permission.

Course-specific questions: Please contact the instructor directly. Current and archived course outlines are available [online](#).

Course auditions: Please be aware that there are course auditions for some classes, including advanced-acting classes, dance technique classes, and music ensembles. Make sure to check the [online bulletin board](#) for announcements.

Can't find a course in your class search? When you search for classes, make sure that you **UNCHECK** the box that says, 'show open classes only' (on the first screen where you select the term, subject) so that you can see all the courses that are being offered during a term regardless of whether they are at full capacity or not.

Rotating courses: Certain courses are not offered every year but in alternating years. Please plan your degree progress accordingly.

Transfer Students and Transfer Credit

Courses completed at other post-secondary institutions may be accepted for credit towards a degree program at the University of Calgary; students must normally complete a minimum of two full years of study at the University of Calgary in order to qualify for a degree. Copies of course outlines are required in order to obtain transfer credit (particularly if the post-secondary institution is outside of Alberta); these course outlines must include a detailed list of topics covered, textbooks used, grading practices, weeks of attendance, and number of lecture/tutorial/lab hours. Connect with the [Arts Students' Centre \(ASC\)](#) for more info.

Minor/Change of Program

Students declare a Change of Program/Minor by requesting a [Change of Program](#) through the Student Centre. Students in the Dance Division have many options available to them, and it is not uncommon for students to request a change of program in their first or second years (between the BA, BFA, BA/BKin, and BA/Bed); these changes of program are requested by a student and then discussed by the Dance Faculty as a whole who determines whether a change of program will work for the individual student. Students may also declare up to two Minors. The completion of a Minor is recorded on the transcript. To earn a Minor, students must complete at least 30 units and no more than 36 units from the minor Field of Study, including the requirements specified for the particular Minor under [program details](#). The application deadline is February 1 for the following Fall admission.

Graduating

Applications for graduating are available online. Before you apply to graduate, schedule an appointment with the advisors in the Arts Students' Centre (ASC) to complete an official grad check. Visit the [registrar website](#) for more details and a graduation checklist.

Directed/Independent Studies

Senior-level students may undertake a directed/independent studies course (DNCE 571) to delve more deeply into a topic not covered by other courses, with the approval of the Dance Division Lead. You must have a faculty

member who will supervise you. You will also be required to complete a [directed/independent study form](#), including a course outline. Once you and instructor have signed and submitted the application, the Dance Division Lead reviews the proposal and makes the decision whether to approve the directed/independent studies course. Completed forms must be submitted to scpa@ucalgary.ca.

Performance practicum

Practicum courses (DNCE 295, 395, 397, 495) provide students with course credit for major artistic projects and teaching – such as performing in Mainstage and performing in student works for Dance@Noon and Dance@Night. For course prerequisites, see the [University Calendar](#). [Forms must be submitted online](#).

Dance Injury Prevention at UCalgary

Together with your onsite healthcare provider, the Sport Medicine Centre (SMC), the Dance Science research team has put together a pre-season dancer screening program for first year dance majors that is designed to support your health and reduce your chances of getting injured as you progress through your dance training at UCalgary.

Background

- In order to master their artform, dancers participate in rigorous training that incorporates both physical and artistic requirements.
- Research suggests that this training increases a dancer's susceptibility to musculoskeletal injuries and renders dance a high-risk activity.
- For example, in the past, up to 78% of UCalgary dancers reported experiencing at least one injury that impacted their dancing during the academic year.
- The key to developing strategies that reduce these injuries, and inform onsite medical professionals of dancers' needs, involves identifying what puts dancers at risk.

Purpose

The goal of our pre-season dancer screening program is to identify potential risk factors for injury among first year dance majors before they may happen.

Participation

Your participation includes spending approximately 1 hour with us at the beginning of the academic year to assess your injury history, coping skills, joint range of motion, muscle strength, and balance ability (all evidence-informed measures often associated with increased dance injury risk). You will receive feedback from the physiotherapists and dance science research team that will enable you to set goals for effective dance training, minimizing possible risk of future injury.

Healthy Dance Practice Certificate

The Division of Dance is the only Canadian institutional Registered Provider of the Health Dance Practice certificates produced by Safe in Dance International (SiDI), an organization that provides international recognition of a dance teacher's understanding and practical application of healthy dance practice through a dance teaching certificate.

Over the course of your degree, you have the option to register for this certificate, whose curriculum is embedded alongside three university dance courses.

The Healthy Dance Practice Certificate is —

- designed for those teaching or leading dancers in any setting and in any style
- focused on educating dance teachers/leaders about best practices to optimize performance, minimize injury, and enhance dancing
- evidence for parents, students, and employers that a teacher has all the knowledge they need to support their dance students in the studio and in their ongoing dance development
- helping put teachers at the forefront of current healthy dance knowledge and practical application, giving them the tools and understanding to stay there

As a candidate of this teaching certificate, you will learn about essential principles that uphold healthy dance practice, including —

1. Health and safety in the dance environment
2. Injury prevention and management
3. Nutrition and hydration
4. Psychological aspects of dance practice
5. Anatomical and biomechanical principles of alignment
6. Individual anomalies and adaptations
7. Group specific needs and risk factors (age and ability/disability)
8. Warm-up and cool down
9. Integrated and supplementary physical conditioning
10. Safe progression, sequencing, and structure of dance activities

Completing the full certificate involves answering a series of short questions, writing a few short essays on specific topics, providing and reflecting on a recording of yourself leading a dance session, and demonstrating your understanding of the essential principles. Please note that participating in the pre-season dancer screening program and registering for the Healthy Dance Practice Certificate require additional fees.

<http://www.safeindance.com/>

Facilities and Resources

University Theatre Services (UTS): This is a support service unit within the SCPA whose primary function is to support the academic programs of the SCPA. UTS also provides a wide variety of production, publicity, box-office

and management support services to all users of the University Theatre, the Reeve Theatre, and the Rozsa Centre, including the Eckhardt-Gramatté Hall, and the Boris Roubakine Recital Hall, for both on-campus and off-campus customers. UTS offices are in Craigie Hall D Block.

Taylor Family Digital Library (TFDL): The University of Calgary [Libraries and Cultural Resources](#) supports the Dance programs with extensive collections and services, including research advice and accessing materials (audio/visual, books, periodicals, online databases). These collections and services are a valuable resource for students and faculty so please make good use of them. If you have specific questions, connect with the music librarian [Laura Reid](#).

Integrated Arts Media Labs - The [Integrated Arts Media Labs \(IAML\)](#) are dedicated digital arts education and production environments located on the 6th floor of the Art Building (AB), created specifically for students in Art, Dance, Drama, and Music. The IAML consists of the Main Lab (AB 659, 22 stations) and the Small Lab (AB 605, 10 stations). Each station is equipped with a Mac computer, MIDI keyboard, and a colour-calibrated display(s). It offers a full range of creative software, including video editing, 2D graphics and animation, 3D modeling and animation, CAD, music/audio sequencing, music notation, and interaction design and authoring. Equipment for short-term loan (e.g., audio recorder, DSLR) and printing services are also available for Art and SCPA students. For more information, contact the Head Technician [Anthony Reimer](#) or [visit the IAML web site](#).

Art, Dance, Drama, and Music Majors can gain access to the Main Lab seven days a week from 7 a.m. until 11 p.m. by simply tapping their UNICARD on the proximity pad outside the door. (Note that the Art Building is locked at 10 p.m. daily.) If your card does not open the front door or if you are pursuing a minor in Art, Dance, Drama, or Music, contact the Head Technician during staff hours to obtain access (Monday to Friday, 8:30 a.m. to 12 p.m., 1 p.m. to 4:30 p.m.).

OTHER IMPORTANT RESOURCES

Lockers

Locker rentals are handled by the Students' Union in Mac Hall. Visit the [website](#) for more information or connect by [email](#).

Office of Equity, Diversity, and Inclusion (OEDI)

The [Office of Equity, Diversity and Inclusion \(OEDI\)](#) is committed to establishing an equitable, diverse, and inclusive campus that is accessible to all and free from harassment, bullying, and discrimination. We strive to remove barriers that have been, and continue to be, encountered by equity deserving groups, including women, Indigenous peoples, visible/racialized minorities, persons with disabilities, and LGBTQ2S+.

The SCPA Equity, Diversity, Inclusion and Decolonization (EDID) Committee was formed in the spring of 2020 and became a formal Standing Committee of the School in March 2021. The committee's mandate is to advance and promote equity, diversity, inclusion and decolonization in all of the SCPA's policies and practices. It is also intended to directly address issues of discrimination in terms of hiring priorities, recruitment, curricula, programming, student feedback and in other aspects of the workplace and learning environment.

- For Students, please view these [instructions](#) to report an instance of discrimination and/or harassment.

SCPA Peer Support Program

The [SCPA Peer Support Program](#) is designed to provide students with the opportunity to share their questions, issues, and situations of need regarding equity, diversity and inclusion with carefully selected, qualified and trained peers. The program is an all-inclusive safe space which welcomes lesbian, gay, bisexual, transgender, transsexual, and queer individuals, as well as anyone else in need of assistance.

Finding your way around

Visit ucalgary.ca/map for a campus map or to use the interactive room finder. Rooms on campus use the first two or three letters to designate the building and the number to designate the room. A room with a number in the 100s is on the main floor, in the 200s is on the second floor and a room such as 004 or 012 is in the basement. For example: the main office for the SCPA is CHD 100. It's located on the main floor of Craigie Hall, Block D.

Studios: Rehearsal studios for Dance, Drama, and Music are in Craigie Hall in blocks C, D, E and F, as well as in Kinesiology A, and in the Education Classroom Block. These studios vary in size from small practice rooms to large studios.

Classrooms: Most classes in the SCPA are taught in Craigie Hall in blocks D, E and F with a few lecture classes booked in campus lecture halls and large dance classes hosted in Kinesiology.

Performance spaces: The SCPA has several performance spaces that support our work. These spaces are all close or connected to Craigie Hall and can be found in the creative block, which includes the Rozsa Centre, F.R. Matthews (CHF101), Joyce and Quentin Doolittle (CHF206), Reeve, and University Theatres as well as several other, smaller performance spaces.

STUDIO LEARNING

Placement for technique classes

Continuing students are placed in different levels of technique based both on their previous performance in technique classes and their performance in the first week of classes. It is not unusual for students to need to repeat a level of technique; dancers do not necessarily progress at the same rate and the Dance Division strongly believes that it is best for students to take the time to work at a suitable level of technique rather than risking physical and/or psychological injury in an unsuitable one. Recommendations will be given to continuing students for work over the summer break in particular areas, including conditioning, Pilates, yoga, etc., as well as in various dance forms.

While it is expected that most students will proceed to the next level of technique each September, official placement classes for technique will be held during the first week of the term. Placement classes are mandatory for all entering and returning students and take place during the first week of term.

Etiquette

The in-studio dance classes are a crucial component of your dance education. Since students come to the studio with varying levels of technique and expertise, it is expected that individuals will, to some degree, progress at different rates. There are, however, some practices that are key for creating a healthy, vibrant, and cohesive work environment in the studio: put away phones; do not consume food or drinks other than water; and keep all shoes and bags on the mats at the back of the room. Students are expected to maintain a disciplined and professional approach to their work, their fellow classmates, their course instructors, and accompanists always with the knowledge that professionalism comes from a respectful attitude as well as pride in what you are accomplishing both individually and as a group.

Booking Studio Space

The School of Creative and Performing Arts (SCPA) Administrative Assistant manages room bookings and key sign-outs/keypad codes for the SCPA and the Divisions of Dance, Drama, and Music. Approval for all room bookings requests and in-person bookings, including all key sign-out must comply with the SCPA and Division room bookings and key policies and procedures.

- Room booking requests must be made, when possible, at least two working days in advance
- Room bookings are to be made using the Astra room booking system. Click [here](#) to book online. Bookings are confirmed during office hours Monday to Friday from 8:30 am – 12: 00pm and from 1 pm – 4:30 pm.
- If students can't book online, they can book rooms by emailing the Administrative Assistant at scpa@ucalgary.ca
 - *Exception: Kinesiology dance rooms are administered by the Faculty of Kinesiology*
- To book a room, students must provide their: full name, UCID number, email address and course number
- If students are booking space for work that includes more than just themselves, they must include the first and last name of all students that are also in attendance
- Rooms can be booked by academic staff and students, and sessional instructors if it is for course work only, with no room booking fee
- Students can book rooms that are allocated to their division only
- No bookings can exceed the time limit provided by each division
- Do not use the rooms for any purpose other than practice and/or rehearsal. Do not study, congregate, meet, or otherwise socialize in the rooms.
- Always follow all University of Calgary safety protocol inside the rooms

Room Bookings

- Only faculty and sessional instructors can block book rooms
- Only single instance bookings will be bookable directly by students; recurring bookings by students must have the approval of their course instructor

- Undergraduate students can book rooms for a maximum of 2 hours per day and 6 hours per week per student
- All bookings are subject to approval by the Division Chair
- All Dance facilities must be vacated by 11:00PM

Booking Priority

- Academic Schedule
- Faculty and Sessional Instructors
- Students registered in DNCE 333 and DNCE 531A
 - DNCE 531/433 – book for entire semester
 - DNCE 431 2nd priority (temporary access to full term bookings)
 - DNCE 333 – weekly bookings 3rd priority over other students

Bookable Rooms with Capacity Caps for Rehearsals:

- CHC 002 - capacity 35
- CHE 011 - capacity 22
- CHD 520 - capacity 14
- EDU 067 - capacity 22

We strive to ensure that these spaces are kept in good working order for you and have a collective responsibility to do so. So, if you notice that a piece of equipment in a studio space is no longer working, is missing, or if there is any other attention required in the studio for its usability, safety, or cleanliness, then please contact [Alèn Martel](#) (Dance Venue - Production and Equipment Support).

How to dress for class

To offer students the best possible guidance and feedback in studio classes, teachers must be able to see the entire body. Postural alignment and joint and muscle use cannot be corrected if the body is hidden by too loose or too bulky clothing.

For all classes, we ask that you be considerate of your fellow dancers. Avoid long fingernails and jewelry (including watches, earrings, necklaces, bracelets, and large rings); a loose or sharp piece of jewelry can be extremely dangerous to yourself and to other students.

Please pull long hair away from the face and neck to avoid entangling it in any partnering situations.

Please communicate with your individual instructors regarding other specifics. For example, in ballet courses, instructors may request leotards, tights and/or ballet shoes, while for jazz classes, all students are expected to have jazz shoes. Students taking contemporary will need to have bare feet or socks depending on the instructor.

Before class

Preparation for a positive studio experience begins before the instructor enters the room. Students are expected to arrive at their studio classes at least 10 minutes before start time to begin both mental and physical warm-up. At the university level, students are expected to review course material between classes. It is recommended that this review occurs well in advance of the beginning of class. When the course instructor or visiting artists enter the room, students should indicate a readiness to begin.

Concentration

Since dance classes have many participants, the course instructor often requests exercises to be performed in groups. Dancers waiting for their turn should honour their colleagues' concentration by watching silently at the side and learning through observation. Being attentive to and supportive of your fellow classmates helps create a positive and constructive workplace.

Feedback

Dance instructors will provide feedback on performance throughout the term. Feedback is provided through instructors' demonstrations and approaches to the material, through comments and insights shared during class, and through the way instructors move the class through the material: i.e., altering timing or movement complexity, slowing or accelerating phrasing, as well as increasing or decreasing the technical difficulty. Instructors might also elect to provide feedback in small group discussion, offer a brief written assessment, utilize a model of peer or self-assessment, and/or provide opportunities for self-reflection through video. Individual meetings might be scheduled when necessary. Whether provided as individual or group notes, in class or in meetings, take every note as direct, individual feedback. Explore it, apply it. If you think you have it, take it further! If you have questions about your performance, try to be specific with your questions and email to request an appointment for longer discussions that cannot be accommodated at the close of class.

Leaving the studio

A student who must leave before class is over should let the course instructor know before the class commences. Students should acknowledge the course instructor and accompanist when leaving. Do everything within your power to avoid leaving the studio before class has ended. At the end of class, you have the opportunity to show your appreciation to the instructor and the musician. A demonstration of thanks may take the form of a formal reverence (as in a ballet class) and/or applause. If that moment is not provided, take the time to say thank you. It is very likely that there is another class scheduled in the studio immediately after yours. Gather your personal belongings quickly and move to another place to reflect, stretch, practice and/or cool down.

Attendance

Attendance is a crucial component of one's overall professionalism; therefore, regular attendance and participation are required in all studio and theory courses. Poor attendance adversely affects a student's ability to make physical progress, to demonstrate understanding, and to participate in class discussions. For these reasons, missed classes will be reflected in your grade. As the occasional absence may be unavoidable, the following guidelines are in place for studio technique courses:

Absenteeism

You are permitted to miss the same number of classes per term as are scheduled for that course in a week. For example, if you take three contemporary classes per week in a particular course, you may miss up to three classes of that course in a term without penalty; however, you are responsible for material covered during the absences. Missed classes beyond the excused absences per term will have an adverse effect on your final grade. It is the responsibility (and to the advantage) of the student that absences are recorded.

Punctuality

Punctuality is highly valued in all dance classes. Due to the differences in individual technique classes, studio course instructors set their own punctuality policies. However, for all technique classes, if a student is tardy, they must ask permission to join the class. This is due to the fact that technique classes progress via gradual warm-up scenarios meaning that a student may be injured if joining too late in the class. As such, some instructors prefer that latecomers observe and take notes. Others request that latecomers not enter at all. Be sure you know each course instructor's policy at the beginning of the term.

Observing class

Course instructors set their own policies for students with regards to observing classes. If you request to sit out and observe class due to an injury, you may be asked to take notes or to assist with the class in some other way. Such a request can typically be made only once or twice per term and may be counted as a partial absence.

Do not come to class if you are ill. Speed your recovery (and avoid spreading possible contagion) by getting the rest your body needs.

A note about performing

Performances are an important part of your education and require a significant commitment of time and energy. Careful planning is essential. Be sure to arrive early, allowing time for warming up and practicing material before

rehearsal, and for cooling down and stretching after rehearsals. Bring water, healthy snacks, layers of warm clothes and a notebook for the choreographer's notes. Remember, don't over-commit yourself. It is great to dance in a lot of works, but running from rehearsal to rehearsal, frazzled and too tired to give one hundred percent is not good for you, your fellow dancers, the choreographer, or the final performance; it can also lead to injury or other serious problems.

Be responsible when making your commitments. Acceptance of casting is a verbal contract. If you are not sure what this means, ask the choreographer what is expected of you, what the time commitment will be, performance dates, theatre rehearsal schedules, and the potential for extra rehearsals. Be sure to consider and let the choreographer know what your limitations might be. It is not acceptable to miss or arrive late to rehearsals due to other obligations if these have not been cleared with the choreographer before the casting was accepted. Once you move into the theatre, be sure to be respectful of all the creative team, including costume and lighting designers, technical crew and costume assistants. Without their professionalism, the magic of the theatre could not occur. Be on time for your call and your fittings, be quiet backstage, do not leave your belongings and/or trash in the theatre, and thank the technical crew at the end of rehearsal or performance - we could not do it without them.

A word on academic standards

You have embarked on an exciting journey. The road you travel is full of adventure, unexpected challenges, and intense demands. We expect you to become clear thinkers in both the studio and the classroom so that you emerge from this program with the ability to dance well and to be articulate about dance in general. You will be required to dig deep within yourself, and the rewards will be great. If you can learn, among other things, to manage your energy and to take care of yourself, you will profit enormously from your time here. In practical terms, this means being careful to eat properly to get enough nourishment, as well as taking care that you do not over commit to extra-curricular activities, no matter how tempting. It is not at all unusual to feel stressed out or overwhelmed even by the basic workload demand. Should you feel at a loss or simply need to talk, the faculty in the Dance Division can provide guidance. There is also extensive support through the [Wellness Centre](#) and the [Student Success Centre](#).

Opportunities

Dance students are encouraged to get involved in the multitude of art activities available to them at the University and in the community. Attendance at theatre and music performances as well as visual art events, is strongly recommended. There is a wealth of activity around you - enjoy it. Feed your artistic spirit. There are a few Dance social gatherings during the year; usually at the beginning of the academic year, and often at the end. Please come to meet and greet new students and say goodbye to departing graduates. In addition, there are group Dance meetings during the year in which you have the opportunity for some dialogue with the group of Majors as well as the faculty. Get to know your student society representatives and communicate to them your ideas, your excitement, and your concerns.

As for advice for new students to the program, be open to whatever opportunities arise. Ask questions, get to know your classmates, and audition for performances as much as you can in order to meet new people and be

recognized. Overall, students should take advantage of what the University has to offer and enjoy the learning experience.

Attending performances is expected of Dance Majors. Attendance at community dance performances is expected and, in some courses, it is required, so put them in your calendar early. This is an important and exciting part of your education.

Front of House ushers and Student Technicians

At the beginning of the fall, University Theatre Services (UTS) will advertise front-of-house usher and technician opportunities. Please keep an eye out for these announcements in your email!

Decidedly Jazz Danceworks Professional Training Program

The Division of Dance entered a partnership with Decidedly Jazz Danceworks (DJJ) in 2014. Students entering their fourth year will be able to audition for and (if successful) take the DJJ Professional Training Program to receive up to 6 half-courses of credit (18 units) towards open options in their BA Dance degree. Students will be required to declare their interest by the end of second year.

Arts Co-Curricular Enhancement (ACE) Credit

The UCalgary ACE Experience encourages (and rewards) students to pursue five different arts experiences as part of their undergraduate education. Collect all five cards listed below to receive your ACE Credit on your Co-Curricular Record:

- Ace of Hearts: Attend a performance as an audience member
- Ace of Spades: Participate in arts creation as an artist
- Ace of Diamonds: Attend or participate in an event with cultural/historical significance
- Ace of Clubs: Join and participate in an arts-based club
- Joker (Wild Card): Another experience that relates to any of the above

If you are interested in participating, visit the [website](#) for more information.

Division injury guidelines

Students who have been injured and have physically completed less than 90% of their technique course(s) may find it necessary to withdraw the course. The course instructor(s), in consultation with the Dance Division Lead, will determine whether the recommendation to withdraw is necessary.

Injuries

Injuries are an ever-present health worry for dance students. It is almost inevitable that at some point in your dance training you will have an injury. This can be a traumatic break or sprain caused by a bad landing or fall, or it can be a chronic injury such as tendonitis which develops over time because of faulty technique or hard floors. Whatever the cause of your injury, students are encouraged to ice the injury immediately! Ice is available at Kinesiology Client Services (KNA 104) and Barron's Court (KNA 102).

Accident reporting procedures

In case of an accident, injury, illness, or other similar situation:

- Students should notify a University Representative (UR). It is important that your instructor is notified, if they cannot be immediately informed, please seek an employee, or another student—as soon as possible.
- The UR should ensure that the accident victim is safe, comfortable, and secure. Ice is available at Kinesiology Client Services (KNA 104) and Barron's Court (KNA 102).
- The UR should contact Campus Security at 403.220.5333 (indicate location and type of injury).
- The UR should notify the Division Lead for Dance, and the Faculty of Arts Associate Dean of the incident as soon as possible.
- The UR should complete an [Accident Report Form](#).

The UR should print a copy of the accident report and file it with the Associate Dean of Undergraduate Programs and Student Affairs for the Faculty of Arts.

Supporting Dance students' health

Sports Medicine Centre

The UCalgary Sports Medicine Centre (SMC) is pleased to assist all Dance students with their pain and injuries. Services include physiotherapy, nutrition, massage therapy, athletic therapy and sports medicine.

[Visit website](#)

What does SMC do?

Their physiotherapy staff has many years of experience and can assist in expediting your access and recovery. The focus of their treatment and rehabilitation services of all sports and dance-related injuries include:

- Acupuncture
- Core muscle evaluation
- Intra-Muscular Stimulation (IMS)
- Shockwave Therapy - excellent for chronic tendinopathy/tendonitis

- Spinal pain
- Concussion treatment SMC also provides expertise in:
- Sport injury prevention / pre-season evaluation screening for sport and dance
- Manual therapy and spinal manipulation
- Non-invasive Rehabilitative Ultrasound Guided Imaging - to assess the 3 essential lumbopelvic stabilizers (i.e. pelvic floor, transverse abdominus, multifidus).

Their focus is on exercise prescription, manual therapy, and preventative programs, but they also have all the modalities necessary to expedite acute injuries:

- Laser Therapy
- Ultrasound Guided Imaging
- Interferential Current Muscle Therapy

How to book?

Whenever possible, SMC will get UCalgary Dance students in to see a practitioner within 24-48 hours of your injury.

Call 403.220.8232 and declare you are a UCalgary Dance major.

UCalgary Student Wellness Services

With a student-centered approach, the [UCalgary Student Wellness Services](#) offer comprehensive, holistic and accessible programs and services to foster all dimensions of wellness. Services include medical services, mental health services, and chiropractic, massage and walk-in clinic.

How to book?

Call 403.210.9355 to book an appointment. The SU Wellness Centre is located in Room 370 of the MacEwan Student Centre and is open from 9 a.m. to 4:30 p.m. from Monday to Friday.

Counselling Services

Counselling and mental health support services are offered through Student Wellness Services. Single Session Counselling appointments are available on a bookable basis. Book an appointment [online](#) or call 403-210-9355.

For access to mental health support, email sar@ucalgary.ca. If you are a student in immediate distress, please contact the after-hours partners:

The Distress Centre:

- Call 403-266-4357, available 24/7.

- Visit the [Distress Centre website](#) to access online chat from 3–10 p.m. on weekdays and 12–10 p.m. on weekends.

For additional crisis support from [Wood's Homes Community Support Team](#):

- Call 403-299-9699 between 8 a.m. - 11 p.m. - 7 days a week
- Text 587-315-5000 between 9 a.m. and 10 p.m. - 7 days a week

Health Coverage - Students' Union Health and Dental Plan

The Students' Union offers competitively priced health and dental plans for all full-time students. Visit the [Students' Union website](#) for detailed information.

NEW! TAKE THIS QUIZ TO WIN A PRIZE

Please take [this short quiz](#) after reading this handbook. The first 5 students who complete the quiz will each win a prize from the bookstore! If you are one of the winners, you will be notified through your UCalgary email.