



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS
DNCE 235 Safe Dance Practice and Complementary Training
Winter 2023

<p>Instructor Office Email Office Hours</p>	<p>Sarah J. Kenny PhD KNB 246; CHD 529 kennys@ucalgary.ca By appointment</p>
<p>Days Time Location of class</p>	<p>Wednesdays and Fridays 12:00 – 1:50pm KNA 163 (Dance Studio)</p>
<p>Learning Resources</p>	<p>Required Text (available for purchase at UCalgary 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. (2017). Conditioning for dance (2nd ed). Champaign: Human Kinetics. 3. Koutedakis, Y., & Sharp, N. C. C. (1999). The fit and healthy dancer. Chichester: Wiley. 4. Krasnow, D., & Deveau, J. (2010). Conditioning with imagery for dancers. Toronto: Thompson Educational Publishing. 5. Mastin, Z. (2009). Nutrition for the dancer. Alton: Dance Books. 6. Solomon, R., Solomon, J., & Micheli, L. J. (Eds.) (2017). Prevention of injuries in the young dancer. Cham: Springer. 7. Taylor, J., & Estanol, E. (2015). Dance psychology for artistic and performance excellence (2nd ed). Champaign: Human Kinetics. 8. Wilmerding, M. V., & Krasnow, D. (Eds.) (2017). Dancer wellness. Champaign: Human Kinetics. 9. 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</p> <p>Dancer Health Resource Papers (open-access) Healthy Dance Canada Resource Papers International Association for Dance Medicine & Science Resource Papers International Association for Dance Medicine & Science Bulletins for Teachers</p>

	<p>Dancer Health Blogs International Association for Dance Medicine & Science Blog 4Dancers.org Dance Wellness Blog</p> <p>Dancer Health Podcasts Jasmine Cook hosts SciDance podcast Ellie Kusner and Marissa Schaeffer hosts DanceWell podcast</p>
Learning Technologies and Requirements	There is a D2L site for this course which contains required readings and other relevant class resources and materials (see d2L.ucalgary.ca).
Prerequisites	Admission to the Dance program.
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 and endurance, power, balance, flexibility, rest/recovery) • principles of training (i.e., adaptation, progressive overload, specificity, reversibility) • 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. Classes will involve both mini lectures and studio-based activities. In each class, we will be moving, talking, and/or taking notes.</p> <p>You will be encouraged to evaluate your own personal physiological needs and a series of assessments will provide opportunity to observe physical changes over time. 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. integrate and manage 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 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. Note that our weekly course schedule may be subject to change.
Assessment Components	<p><u>Assignment 1: Participation</u> Description: Owing to the discursive and experiential nature of this course, classes are equivalent to assignments. Specifically, 10% of the participation grade will be attributed to responsible professional behaviour (e.g., arriving to each class on time, notifying the instructor when absent), being prepared to work (e.g., readings completed), and fully engaged for the duration of the class (e.g., consistent involvement in practical dance fitness training, leading sections of fitness classes, note taking, actively participating in discussions during lectures). An additional 5% will be given for providing honest input and self-evaluation of your own participation grade toward the end of term. Marks will be deducted if you miss more than one week of class (i.e., 2 classes) – see Assessment Expectations below. Weight: 15% of final grade</p> <p><u>Assignment 2: Weekly Quizzes</u> Assessment Method: Take home written tests Description: Regular short answer quizzes will test your knowledge of lecture material and required weekly readings. Quizzes will be completed on D2L under the Quizzes tab. The quiz will open on D2L Wednesday at 2:00pm and be due Friday at 12:00pm (you will have approx. 2 days to complete each quiz). Weight: 70% of final grade; seven quizzes worth 10% each (7 x 10% = 70%) Due Dates: At the beginning of class (12:00pm) on the following dates:</p> <ol style="list-style-type: none"> 1. Dance Injury Management – Fri Jan 20 2023 2. Warm up & Cool down – Fri Feb 3 2023 3. Components of Fitness – Fri Feb 10 2023 4. Nutrition and Hydration – Fri Feb 17 2023 5. Principles of Training – Fri Mar 3 2023 6. Psychological Well-being – Fri Mar 17 2023 7. Rest and Recovery – Fri Mar 31 2023 <p>Missed Quizzes: You will only be able to make up a missed quiz due to illness/injury/unforeseen circumstance if you contact Dr. Kenny BEFORE the start (12:00pm) of the missed class via email or in person. This allowance implies a level of trust that you are expected to honour, whereby you will not to discuss quiz material with fellow students.</p> <p><u>Assignment 3: Reflective Report/Training Log</u> Assessment Method: Written report Description: Following pre-fitness testing at the start of term, you will keep a weekly training log of all physical activity (inclusive of dance classes, rehearsals, and performances) that you participate in. 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 at the end of term, you will provide a three-page report summarizing the change experienced in your personal physical fitness across the semester.</p>

	<p>Content will include:</p> <ol style="list-style-type: none"> 1. description of two components of physical fitness, 2. discussion of why your chosen fitness components are important to your dance practice, 3. explanation of how these fitness components were measured, 4. identification of improvement that did/did not occur in each component throughout the semester, 5. discussion of the impact that this fitness change had on your current dance practice, and 6. clear recommendations for continued personal improvement in your dance practice, specific to the two components of fitness. <p>Appendices will comprise:</p> <ol style="list-style-type: none"> 1. your weekly training log, 2. pre/post fitness testing record sheets, 3. SMART goals identified at the start of term. <p>A minimum of 3 references (including research papers and textbooks) will be cited within your report and a reference list following APA formatting will be included.</p> <p>Weight: 15% of final grade Due Date: By 12:00pm on Wed April 5 2022</p> <p>Assessment Criteria: By the completion of this assessment, successful students will be able to:</p> <ul style="list-style-type: none"> • keep a training log of physical activity alongside scheduled dance practice • describe two components of physical fitness, including how they are measured • discuss the importance of two components of fitness to dance practice • explain the change experienced across time, and the impact that change in fitness had on their current dance practice • formulate detailed and relevant recommendations for further improvement in dance practice as it relates to the chosen fitness components • write a clear and coherent three-page report with an introduction, body, and conclusion that is free from grammatical and spelling errors
Assessment expectations	<p><u>Guidelines for Submitting Assignments:</u> All required assignments (i.e., weekly quizzes, reflective report/training log) will be due on D2L by the specified dates and times.</p> <p><u>Guidelines for Formatting Assignments</u> Training Log: You will upload to D2L an organized, easy to read, weekly training log with a clear start and end date of all physical activity between pre- and post-fitness testing, inclusive of Term Break. Your training log will include ALL of the following items:</p> <ol style="list-style-type: none"> 1. day, 2. date, 3. time of day, 4. duration of activity, 5. name of activity, 6. description of activity, 7. perceived intensity (e.g., low, moderate, high), and 8. TOTAL weekly hours of activity.

	<p>Reflective Report: You will put a title, your name, and UCID on a cover sheet. The body of the report will be a maximum three pages, single sided, 1.5 spaced, 12-point font, with default margins. A separate reference page with a minimum of 3 references will follow APA formatting structure. Appendices will consist of the weekly training log, pre/post fitness testing record sheets, and the SMART goals identified at the start of term.</p> <p><u>Missed or Late Assignments:</u> Late assignments will not be accepted beyond the day that they are due. Pending extenuating circumstances, which have been communicated to Dr. Kenny ahead of time, 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>Attendance and Participation Expectations:</u> 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, your final grade will begin to drop by as much as 10% per missed class. If you miss more than two weeks of 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, your case will be submitted to the Dance Division Committee to address your situation.</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>												
Grading scale	<p>Undergraduate: https://www.ucalgary.ca/pubs/calendar/current/f-1-1.html</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. • The number of "D" and "D+" grades acceptable for credit is subject to specific undergraduate faculty promotional policy. <p>For DNCE 235, the following numerical rubric will be applied:</p> <table data-bbox="500 1774 933 1911"> <tr> <td>A+ 96-100</td> <td>A 91-95</td> <td>A- 86-90</td> </tr> <tr> <td>B+ 81-85</td> <td>B 76-80</td> <td>B- 71-75</td> </tr> <tr> <td>C+ 66-70</td> <td>C 61-65</td> <td>C- 56-60</td> </tr> <tr> <td>D+ 51-55</td> <td>D 46-50</td> <td>F 0-45</td> </tr> </table>	A+ 96-100	A 91-95	A- 86-90	B+ 81-85	B 76-80	B- 71-75	C+ 66-70	C 61-65	C- 56-60	D+ 51-55	D 46-50	F 0-45
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Academic Accommodation	<p>It is the student's responsibility to request academic accommodations according to the University policies and procedures listed below. The Student Accommodations policy is available at https://ucalgary.ca/student-services/access/prospective-students/academic-accommodations.</p> <p>Students needing an accommodation based on disability or medical concerns should contact Student Accessibility Services (SAS) in accordance with the Procedure for Accommodations for Students with Disabilities (https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Accommodation-for-Students-with-Disabilities-Procedure.pdf).</p> <p>Students who require an accommodation in relation to their coursework or to fulfill requirements for a graduate degree, based on a Protected Ground other than Disability should communicate this need in writing to their Instructor.</p> <p>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 www.ucalgary.ca/access/.</p>
Academic integrity, plagiarism	<p>Academic Misconduct refers to student behavior which compromises proper assessment of a student's academic activities and includes: cheating; fabrication; falsification; plagiarism; unauthorized assistance; failure to comply with an instructor's expectations regarding conduct required of students completing academic assessments in their courses; and failure to comply with exam regulations applied by the Registrar.</p> <p>For information on the Student Academic Misconduct Policy and Procedure please visit: https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Student-Academic-Misconduct-Policy.pdf and https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Student-Academic-Misconduct-Procedure.pdf. Additional information is available on the Academic Integrity Website at https://ucalgary.ca/student-services/student-success/learning/academic-integrity.</p>
Internet and electronic communication device	<p>The use of laptop and mobile devices is acceptable when used in a manner appropriate to the course and classroom activities. Please refrain from accessing websites and resources that may be distracting to you or for other learners during class time. Students are responsible for being aware of the University's Internet and email use policy, which can be found at https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Acceptable-Use-of-Electronic-Resources-and-Information-Policy.pdf.</p>
Intellectual Property	<p>Course materials created by instructors (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed or copied without the explicit consent of the instructor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.</p>
Copyright	<p>All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright (https://www.ucalgary.ca/legal-services/sites/default/files/teams/1/Policies-Acceptable-Use-of-Material-Protected-by-Copyright-Policy.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 https://www.ucalgary.ca/pubs/calendar/current/k.html.</p>
Freedom of Information and Protection of Privacy	<p>Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary.</p>
Student Support	<p>Please visit this link for important information on UCalgary's student wellness and safety resources: https://www.ucalgary.ca/registrar/registration/course-outlines</p>

Arts Students' Centre Program Advising:	Have a question but not sure where to start? The Arts Students' Centre is your information resource for everything in the Faculty of Arts. Call us at 403-220-3580 or email us at ascarts@ucalgary.ca . You can also visit the Faculty of Arts website at http://arts.ucalgary.ca/undergraduate which has detailed information on common academic concerns.
Faculty of Graduate Studies:	For graduate studies email: graduate@ucalgary.ca or call 403 220 4938. Visit the Faculty of Graduate Studies for more details: https://grad.ucalgary.ca/

DNCE 235: Safe Dance Practice and Complementary Training
Course Schedule Winter 2023

Week	Dates	Wednesday. 12:00 – 1:50pm	Friday. 12:00 – 1:50pm
1	Jan 11 + 13	Practical Dance Fitness Training	Practical Dance Fitness Training
2	Jan 18 + 20	Practical Dance Fitness Training Lecture 1 Dance Injury Management Reading Quin Ch9; Daniels 2014	Practical Dance Fitness Training Take home Quiz 1 Dance Injury Management
3	Jan 25 + 27	Pre-Fitness Testing Dance Aerobic Fitness Test (DAFT) Reading Tiemens 2018	Pre-Fitness Testing Endurance, Strength, Power, Flexibility, Balance Reading Irvine 2011
4	Feb 1 + 3	Practical Dance Fitness Training Lecture 2 Warm up & Cool down Reading Quin Ch3	Practical Dance Fitness Training Take home Quiz 2 Warm up & Cool down
5	Feb 8 + 10	Practical Dance Fitness Training Lecture 3 Components of Fitness Readings Quin Ch4 p75-85, Kozai 2012	Practical Dance Fitness Training Take home Quiz 3 Components of Fitness
6	Feb 15 + 17	Practical Dance Fitness Training Lecture 4 Nutrition and Hydration Reading Quin Ch7, Challis 2019	Student Led 1 Dance Fitness Training Take home Quiz 4 Nutrition and Hydration
7	Feb 22 + 24	TERM BREAK	
8	Mar 1 + 3	Practical Dance Fitness Training Lecture 5 Principles of Training Readings Quin Ch4 p85-91, Angioi 2014	Student Led 2 Dance Fitness Training Take home Quiz 5 Principles of Training
9	Mar 8 + 10	Practical Dance Fitness Training	Practical Dance Fitness Training
10	Mar 15 + 17	Practical Dance Fitness Training Lecture 6 Psychological Wellbeing Readings Quin Ch8, Miulli 2011	Student Led 3 Dance Fitness Training Take home Quiz 6 Psychological Wellbeing
11	Mar 22 + 24	Post-Fitness Testing Dance Aerobic Fitness Test (DAFT)	Post-Fitness Testing Endurance, Strength, Power, Flexibility, Balance
12	Mar 29 + 31	Practical Dance Fitness Training Lecture 7 Rest and Recovery Readings Quin Ch5, Blevins 2021	Student Led 4 Dance Fitness Training Take home Quiz 7 Rest and Recovery
13	Apr 5 + 7	Reflection and Evaluation Due Reflective Report/Training Log	Good Friday
14	Apr 12	No class: Bermuda Shorts Day	