



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS
DNCE 309: Dance Anatomy
Fall 2016

Instructor Office Email Office Hours	Hailey McLeod, M.Sc. Sessional Instructors office: CHD 525 hmcleod@ucalgary.ca By appointment
Day(s),time(s) and location of Class	Tuesdays and Thursdays, 8:00 – 9:15am CHE 012 & CHE 011
Out of class activities	NA
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	Consent of the Division Chair, Dance
Supplementary fees	None.
Course description	Functional anatomy of the skeletal and muscular systems as they apply to training optimization and injury prevention in dance.
Course Overview	<p>This class presents the basic anatomy and kinesiology of the key body joints of the spine, shoulder, hip, knee, ankle, and foot. The fundamental bony structure, muscles, and ligaments of these joints are discussed as they relate to movement capacity, mechanics, and injury risk. This basic knowledge of these joints is combined with movement analysis to help students better understand alignment and selected dance vocabulary. The course will also develop knowledge and application of safe dance practice including injury risk identification.</p> <p>All classes will involve lecture and studio activities. In each class, we will be moving, talking, and taking notes. 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 by name and location the major bones and muscles of the body. 2. describe the major types of joints in the body and identify their respective movement possibilities. 3. describe the actions of major muscles of the body. 4. identify prime movers for joint movements at major body joints. 5. describe primary biomechanical principles at key joints that influence injury risk and correct movement technique. 6. analyze basic movements and identify the key joints used, the primary motive forces, the type of muscle contraction, as well as the key muscles acting as prime movers and stabilizers.
Course schedule	See below. Weekly outline may be subject to change.
Assessment components	<p><u>Assignment 1: Participation</u> Value: 5% of final grade Description: A participation grade will be assessed based on 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.).</p> <p><u>Assignment 2: Chapter Tests</u> Value: 75% of final grade Due Date: See Test Dates Below Description: Chapter tests will assess your knowledge of lecture material and required weekly readings. Each test is worth 25% of your final grade and will take place at the beginning of class (8:00 am). Question formatting will include short answers, multiple choice, and diagram labeling.</p> <p>Missed Tests: You will only be able to make up a missed test by providing documentation that excuses your absence e.g. a medical practitioner’s note</p> <p>Test Dates:</p> <ol style="list-style-type: none"> 1. Chapter 1,2 & 3 – Oct 4, 2016 2. Chapter 4 &5 – Oct 27, 2016 3. Chapter 6 &7 – Nov 24, 2016 <p><u>Assignment 3: Written Paper</u> Value: 10% of final grade Due Date: Tuesday, Nov 29 2016 at 8:00am 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). Students 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), a thorough explanation of the common injury. To conclude, the impact of this injury on dance training and technique will be discussed. Relevant literature will support your paper and a bibliography will be included.</p> <p>Assessment Criteria By the completion of this assignment, successful students will be able to:</p> <ul style="list-style-type: none"> • describe selected body area using appropriate anatomical terminology • explain selected dance injury using appropriate anatomical and biomechanical terminology

	<ul style="list-style-type: none"> • discuss the impact of this dance injury on dance training • support all discussion points with relevant, current literature • write a clear and coherent 3-page paper (double-space, 12pt. font) with an introduction, body, and conclusion that is free from grammatical and spelling errors <p><u>Assignment 4: Final Test</u> Value: 10% of final grade Date: Thursday, Dec 8 2016 during class time (8:00am – 9:15am) Length: 1 hour Description: Short-answer questions, multiple choice, and diagram labeling will assess your knowledge of material covered in class and weekly readings from weeks 1 – 13, including Chapter 8.</p>
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>Guidelines for Formatting Assignments</u> Written 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, typed, single sided, double 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.</p> <p><u>Expectations for Attendance and Participation</u> Please refer to the Undergraduate Calendar E.3 Attendance for details.</p> <p><u>Late Assignments</u> Written assignments will be deducted 10% for each day late post submission deadline.</p> <p><u>Criteria That Must Be Met To Pass</u> In order to achieve a passing grade in the course, the minimum requirement is D.</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 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, <i>you may not obtain this privilege more than once</i> and you will receive half an absence.

	<ul style="list-style-type: none"> • 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. <p><u>Guidelines for Submitting Assignments</u> The Chapter Tests will take place during class time (8:00 – 9:15am). The Written Paper will be handed in at the beginning of class (8:00am). The Final Exam will be held during class time (8:00 – 9:15am).</p>																																																																	
Grading scale	<p>For the course as a whole, letter grades should be understood as follows, as outlined in the section F.2 Undergraduate Grading System of the Undergraduate Calendar for 2016-2017:</p> <table border="1" data-bbox="454 724 1339 1354"> <thead> <tr> <th>Grade</th> <th>GPA</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>A+</td> <td>4.00</td> <td>Outstanding.</td> </tr> <tr> <td>A</td> <td>4.00</td> <td>Excellent – superior performance, showing comprehensive understanding of subject matter.</td> </tr> <tr> <td>A-</td> <td>3.70</td> <td></td> </tr> <tr> <td>B+</td> <td>3.30</td> <td></td> </tr> <tr> <td>B</td> <td>3.00</td> <td>Good – clearly above average performance with knowledge of subject matter generally complete.</td> </tr> <tr> <td>B-</td> <td>2.70</td> <td></td> </tr> <tr> <td>C+</td> <td>2.30</td> <td></td> </tr> <tr> <td>C</td> <td>2.00</td> <td>Satisfactory – basic understanding of the subject matter.</td> </tr> <tr> <td>C-</td> <td>1.70</td> <td>Receipt of a grade point average of 1.70 may not be sufficient for promotion or graduation. (See individual undergraduate faculty regulations.)</td> </tr> <tr> <td>D+</td> <td>1.30</td> <td></td> </tr> <tr> <td>D</td> <td>1.00</td> <td>Minimal pass - marginal performance; generally insufficient preparation for subsequent courses in the same subject.</td> </tr> <tr> <td>F</td> <td>0</td> <td>Fail - unsatisfactory performance or failure to meet course requirements.</td> </tr> </tbody> </table> <table border="1" data-bbox="454 1354 1494 1837"> <thead> <tr> <th colspan="2">Dance Division Grade Rubric: 2016/17</th> </tr> </thead> <tbody> <tr> <td>A+</td> <td>96 and above</td> </tr> <tr> <td>A</td> <td>91-95</td> </tr> <tr> <td>A-</td> <td>86-90</td> </tr> <tr> <td>B+</td> <td>81-85</td> </tr> <tr> <td>B</td> <td>76-80</td> </tr> <tr> <td>B-</td> <td>71-75</td> </tr> <tr> <td>C+</td> <td>66-70</td> </tr> <tr> <td>C</td> <td>61-65</td> </tr> <tr> <td>C-</td> <td>56-60</td> </tr> <tr> <td>D+</td> <td>51-55</td> </tr> <tr> <td>D</td> <td>46-50</td> </tr> <tr> <td>F</td> <td>0-45</td> </tr> </tbody> </table>	Grade	GPA	Description	A+	4.00	Outstanding.	A	4.00	Excellent – superior performance, showing comprehensive understanding of subject matter.	A-	3.70		B+	3.30		B	3.00	Good – clearly above average performance with knowledge of subject matter generally complete.	B-	2.70		C+	2.30		C	2.00	Satisfactory – basic understanding of the subject matter.	C-	1.70	Receipt of a grade point average of 1.70 may not be sufficient for promotion or graduation. (See individual undergraduate faculty regulations.)	D+	1.30		D	1.00	Minimal pass - marginal performance; generally insufficient preparation for subsequent courses in the same subject.	F	0	Fail - unsatisfactory performance or failure to meet course requirements.	Dance Division Grade Rubric: 2016/17		A+	96 and above	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	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																																																																	

	<p>accommodations for students with disabilities, visit ucalgary.ca/access/. 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_0.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-2.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.</p>
Student misconduct	ucalgary.ca/pubs/calendar/current/k.html
FOIP	ucalgary.ca/secretariat/privacy
Emergency evacuation	<p>Assembly points for emergencies have been identified across campus. THE PRIMARY ASSEMBLY POINT FOR CRAIGIE HALL IS THE PROFESSIONAL FACULTIES FOOD COURT. For more information, see the University of Calgary’s Emergency Management website: ucalgary.ca/emergencyplan/assemblypoints</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.</p>
Safewalk	220-5333 anytime. ucalgary.ca/security/safewalk
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>
Midterm and final examination scheduling	<p>Final examinations may be scheduled at any time during the examination period (12-22 December for Fall 2016 term; 15-26 April for Winter 2017 term); 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>
SCPA Claim Your Seat Program: Student Guidelines	<p>1. The Claim Your Seat (CYS) program, funded by the Students’ Union Quality Money, allows all University of Calgary students to attend on-campus School of Creative and Performing Arts (Dance, Drama and Music) events free of charge.</p>

	<p>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.</p> <p>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.</p> <p>4. Process for students: On the date of the performance, from 45 minutes prior to 15 minutes prior to the performance start time, they arrive to the CYS table next to the Box Office and show their Unicard. If students arrive after 15 minutes prior to the performance start time, they can 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.</p> <p>5. 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 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>6. 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>
Academic standing	ucalgary.ca/pubs/calendar/current/f.html
Campus security	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.
Copyright	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).
Faculty of Arts program advising and student information resources	<p>For academic advising, visit the Arts Students' Centre (ASC) for answers about course registration, graduation checks, and the 'big picture' on programs and majors. Drop in at SS102, email at ascarts@ucalgary.ca or call at 403-220-3580. You can also visit the Faculty of Arts website at arts.ucalgary.ca/undergraduate which has detailed information on common academic concerns.</p> <p>For academic success support, such as writing support, peer support, success seminars, and learning support, visit the Student Success Centre on the third floor of the Taylor Family Digital Library (TFDL), email them at success@ucalgary.ca or visit their website at ucalgary.ca/ssc/ for more information or to book an appointment.</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], by email at futurestudents@ucalgary.ca or visit them at the MacKimmie Block 117.</p>
Course outlines for transfer credit	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.
Letter of permission	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.
Undergraduate associations	<p>DUS: Drama Undergraduate Society, CHC 005 uofcdus@gmail.com</p> <p>MUS: Music Undergraduate Society, CHF 219 undmusic@ucalgary.ca</p>

DNCE 309: Dance Anatomy
Course Schedule

Week	Dates	Tuesday. 800 – 915	Thursday. 800 – 915
1	Sept 13 + 15	Course Introduction; Skeletal System Overview Reading: Chapter 1	Skeletal System/Muscular System Reading: Chapter 1 & 2
2	Sept 20 +22	Muscular System & Review &Activity Reading: Chapter 2	Spine Reading: Chapter 3
3	Sept 27 + 29	Spine Reading: Chapter 3	Spine Review & Activity: Chapter 3
4	Oct 4 + 6	Test 1: Chapter 1-3	Pelvic Girdle and Hip Joint Reading: Chapter 4
5	Oct 11 + 13	Pelvic Girdle and Hip Joint Reading: Chapter 4	Pelvic Girdle and Hip Joint Review & Activity: Chapter 4
6	Oct 18 + 20	Knee and Patellofemoral Joint Reading: Chapter 5	Knee and Patellofemoral Joint Reading: Chapter 5
7	Oct 25 + 27	Knee and Patellofemoral Joint Review & Activity: Chapter 5	Test 2: Chapter 4 & 5
8	Nov 1 + 3	Ankle and Foot Reading: Chapter 6	Ankle and Foot Reading: Chapter 6
9	Nov 8 + 10	Ankle and Foot Review & Activity: Chapter 6	Upper Extremity Reading: Chapter 7
10	Nov 15 + 17	Upper Extremity Reading: Chapter 7	Mid Term Break NO CLASSES
11	Nov 22 + 24	Upper Extremity Review & Activity: Chapter 7	Test 3: Chapter 6 & 7 (Dance Montage Opens)
12	Nov 29 + Dec 1	Movement Analysis Reading: Chapter 8 DUE: Written Paper	Movement Analysis Reading: Chapter 8
13	Dec 6 + 8	REVIEW	FINAL TEST (Chapters 1-8)