



UNIVERSITY OF CALGARY
FACULTY OF ARTS
SCHOOL OF CREATIVE AND PERFORMING ARTS
DNCE 375: Complementary Dance Training Practices I
Winter 2021

Instructor Email Office Hours	Andrea Downie (Tuesdays) and Shelly Anderson (Thursdays) andrea.downie@ucalgary.ca By appointment
Day(s),time(s) and location of Class	Tuesday & Thursdays 8:00 – 9:50 AM Synchronous meetings on Zoom
Learning resources: required readings, textbooks and materials	Required readings will be posted on D2L
Learning Technologies and Requirements	<p>There is a D2L site for this course which contains required readings and other relevant class resources and materials (see d2l.ucalgary.ca).</p> <p>In order to successfully engage in their learning experiences at the University of Calgary, students taking online, remote and blended courses are required to have reliable access to the following technology:</p> <ul style="list-style-type: none"> • A computer with a supported operating system, as well as the latest security, and malware updates; • A current and updated web browser; • Webcam (built-in or external); • Microphone and speaker (built-in or external); • Current antivirus and/or firewall software enabled; • Broadband internet connection. <p>Most current laptops will have a built-in webcam, speaker and microphone.</p> <p>This course includes online, synchronous practical/movement components. Please ensure that you have an appropriate and safe space from which to participate. For safety reasons and to allow the instructor to visually assessment movement, students will be required to have their cameras on during the classes. Students will need a yoga mat, thick towel or blanket for some components.</p>
Prerequisites	DNCE 235 (or with the permission from the course instructor)
Course description	Study of complementary training practices for improving dance performance. This experiential course will introduce students to a variety of complementary training concepts, principles and practices.
Course learning outcomes	<p>By the completion of this course, successful students will:</p> <ol style="list-style-type: none"> 1. appreciate the benefits of a variety of complementary training practices; 2. comprehend the different conditioning needs of different dance forms; 3. be able to distinguish between cross-training, dance-specific conditioning, and somatic practices; 4. be able to describe the components of physical and skill-related fitness for dance and asses what areas are in need of further individual development; 5. understand the principles of training; 6. be able to apply principles of training to enhance health and wellbeing; reduce injuries and improve dance performance;

	7. have the tools to create a personal practice that will contribute to their self-care, personal health and wellbeing, and longevity in dance.
Course schedule	Posted on D2L
Assessment components	<p><u>Attendance, Participation and Progress</u> Weight: 50% of final grade Due Date: On-going Type: Assessed classes Description: This is a participation-oriented course. Students are expected to arrive on time and attend all classes fully prepared to participate to the best of their abilities. Students will be assessed on an ongoing basis. Attendance, commitment and participation in all aspects of the course, including in-class discussions, are fundamental to progress and will be assessed during each class.</p> <p><i>Separate handouts with detailed instructions and grading rubric for each assignment below will be posted on D2L.</i></p> <p><u>Assignment 1: Journal and Self-Evaluation</u> Weight: 20% final grade Due Date: February 12 & April 2 Type: Written or oral reflection Description: Students will keep a written or video journal in which they record their observations, document exercises, respond to required readings, and monitor their personal challenges, development and progress with the class material. The journal will be submitted to D2L twice during the course.</p> <p><u>Assignment 2: Mid-term Research Paper</u> Weight: 15% final grade Due Date: February 28 Type: Written report Description: Students will research an aspect of complementary training and write a 1000-1500 word paper on the topic. A list of concepts and questions will be provided. Papers will be submitted to D2L.</p> <p><u>Assignment 3: Final Research Project</u> Weight: 15% of final grade Due Date: April 15 Type: Creative project Description: Students will research a specific complementary training practice/system in which they are interested, including its origins/originator and history, the underlying principles, equipment, and practice conventions/approach. The project may take any number of forms (e.g. a Prezi or PowerPoint presentation, an informational poster or brochure, a written report, etc.). Projects will be submitted to D2L.</p>
Assessment expectations	<p><u>Assessment of Graded Practical Components:</u> 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 TWO 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.</p>

	<p>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. 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 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> <p><u>Guidelines for Submitting Assignments:</u> Written and video-taped oral and movement assignments must be uploaded to the designated drop box on D2L for assessment.</p> <p><u>Missed or Late Assignments:</u> Assignments must to be uploaded by 11:59 PM MST on the due date. Late assignments will have 10% deducted from the grade per day. Late submissions beyond five days will not be accepted.</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>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 Calendar: https://www.ucalgary.ca/pubs/calendar/current/f-1.html.</p> <p>FOR DANCE COURSES: The following numerical rubric will be applied:</p> <table data-bbox="597 1213 1117 1339"> <tr> <td>A+ 97.6-100</td> <td>A 92.6-97.5</td> <td>A- 90-92.5</td> </tr> <tr> <td>B+ 87.6-89.9</td> <td>B 82.6-87.5</td> <td>B- 80-82.5</td> </tr> <tr> <td>C+ 77.6- 79.9</td> <td>C 72.6-77.5</td> <td>C- 70-72.5</td> </tr> <tr> <td>D+ 67.6-69.9</td> <td>D 62.6-67.5</td> <td>F 0-62.5</td> </tr> </table> <ul data-bbox="505 1381 1409 1507" 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. 	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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Guidelines for Zoom Sessions	<p>Zoom is a video conferencing program that will allow us to meet at specific times for a "live" video conference, so that we can have the opportunity to meet each other virtually and discuss relevant course topics as a learning community.</p> <p>To help ensure Zoom sessions are private, do not share the Zoom link or password with others, or on any social media platforms. Zoom links and passwords are only intended for students registered in the course. Zoom recordings and materials presented in Zoom, including any teaching materials, must not be shared, distributed or published without the instructor's permission.</p> <p>The use of video conferencing programs relies on participants to act ethically, honestly and with integrity; and in accordance with the principles of fairness, good faith, and respect (as per the Code of Conduct). When entering Zoom or other video conferencing sessions (such as MS Teams), you play a role in helping create an effective, safe and respectful learning</p>												

	<p>environment. Please be mindful of how your behaviour in these sessions may affect others. Participants are required to use names officially associated with their UCID (legal or preferred names listed in the Student Centre) when engaging in these activities. Instructors/moderators can remove those whose names do not appear on class rosters. Non-compliance may be investigated under relevant University of Calgary conduct policies (e.g. Student Non-Academic Misconduct Policy). If participants have difficulties complying with this requirement, they should email the instructor of the class explaining why, so the instructor may consider whether to grant an exception, and on what terms. For more information on how to get the most out of your zoom sessions visit: https://elearn.ucalgary.ca/guidelines-for-zoom/.</p> <p>If you are unable to attend a Zoom session, please contact your instructor to arrange an alternative activity for the missed session (e.g., to review a recorded session). Please be prepared, as best as you are able, to join class in a quiet space that will allow you to be fully present and engaged in Zoom sessions. Students will be advised by their instructor when they are expected to turn on their webcam (for group work, presentations, etc.).</p> <p>The instructor may record online Zoom class sessions for the purposes of supporting student learning in this class – such as making the recording available for review of the session or for students who miss a session. Students will be advised before the instructor initiates a recording of a Zoom session. These recordings will be used to support student learning only and will not be shared or used for any other purpose.</p>
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/policies/files/policies/procedure-for-accommodations-for-students-with-disabilities.pdf). 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>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://ucalgary.ca/policies/files/policies/student-academic-misconduct-policy.pdf and https://ucalgary.ca/policies/files/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/policies/files/policies/electronic-communications-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</p>

	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.
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 https://www.ucalgary.ca/pubs/calendar/current/k.html .
Freedom of Information and Protection of Privacy	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.
Student Support	Please visit this link for important information on UCalgary's student wellness and safety resources: https://www.ucalgary.ca/registrar/registration/course-outlines