

Sculptural Anatomy Lab

DAN 3725

Sculptural Anatomy Lab Course Outline & Syllabus

New World School of Arts (NWSA) - Dance Department

Instructor: David R. Gonzalez, MS, PTA, LMT, CSCS

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Office Hours: By appointment

Class: Tuesday 1:30 pm to 3:30 pm

Room #5702

3 credits

I. Content and Description

This class will apply the key kinesiological concepts, learned in DAN 3714, like base of support, center of mass, line of gravity, and muscle function to common exercises performed in sports and dance. The ultimate goal is to provide the students a framework for developing and recognizing safe and effective exercises.

II. Required Text

The dance anatomy coloring book—a visual guide to form, function, and movement by Tricia Zweier

A. Recommended Text

Dance Anatomy and Kinesiology, Second Edition, by Karen Clippinger

III. Objectives and goals

The course objectives are as follows:

- Identify the base of support of common exercises and describe the implications for developing and recognizing safe and effective exercises
- Identify the center of mass of common exercises and describe the implications for developing and recognizing safe and effective exercises
- Identify the line of gravity of common exercises and describe the implications for developing and recognizing safe and effective exercises
- Describe the primary muscles that are active/inactive/stretched etc. in common exercises and describe the implications for developing and recognizing safe and effective exercises

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- Describe how the body adapts (specifically how the muscles, bones, and balance system) to different exercises

IV. Procedures

A. Class Attendance

Regular class attendance is expected and is essential for success in this class. You are allowed 3 absences for any reason. One additional absence may be allowed only due to illness, injury, or another university-established excused absence, and only when written documentation and appropriate notification are provided.

Any absence after the maximum allowed (described in first paragraph under class attendance) will lower the final course grade by half a letter. You are encouraged to save absences for unanticipated situations or circumstances out of your control. In cases of illness or injury that necessitate exceeding the permitted absences, the instructor, you, and the Dance Department Dean will discuss options for continuing or withdrawing from the course. This policy is specific to the Dance Department. Please inform instructor of your absence.

If you have an excused absence on an exam day or oral presentation day, you will have the opportunity to make up those points.

B. Tardiness and Class participation

Please be on time and ready to learn and interact with the class material. Participation is essential to course success. Students are expected to engage in class discussions, contribute to discussions, and support each other's learning.

C. Grading (subject to change depending on class progression)

Grades are based on the following:

Daily Participation _____ 60 points each

3 Presentations _____ 60 points each

Total points for class: 120

Make-up presentations will be allowed only for documented excused absences.

Extra credit points: to be discussed further in class

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Determination of Course Grade

Grading Scale:

93 - 100 percent = A
90 - 92 percent = A-
86 - 89 percent = B+
83 - 85 percent = B
80 - 82 percent = B-
77 - 79 percent = C+
73 - 76 percent = C
70 - 72 percent = C-
67 - 69 percent = D+
63 - 66 percent = D
60 - 62 percent = D-
59 percent and below = F

V. Preliminary Course Outline and Topics (subject to change)

Lecture Topic and Presentations (subject to change depending on class progression)

Readings/outlines will be given week by week depending on class progression

Week 1	Spinal exercises
Week 2	Lower and upper extremity exercises
Week 3	Range of motion (ROM) exercises
Week 4	Presentation #1
Week 5	Spinal exercises
Week 6	Lower and upper extremity exercises
Week 7	ROM exercises
Week 8	Presentation #2
Week 9	Spinal exercises
Week 10	Lower and upper extremity exercises
Week 11	Flexibility and ROM exercises
Week 12	Presentation #3
Week 13	Beighton hypermobility scale
Week 14	Balance exercises
Week 15	Balance exercises
Week 16	Final day review

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VII. Additional Policy Information*

A. Office Hours

Office hours are by appointment or according to my door schedule. If you have any questions, please send an e-mail with your available times and I will do my best to accommodate.

B. Communications

i. E-Mail

Please use e-mail communications for all absences or expected missed classes. You can submit questions regarding class material for a response or to set up a meeting to further discuss. I will respond to you as quickly as possible.

C. Absences

The attendance policy is provided earlier in this syllabus. You are encouraged to save your absences for uncontrollable circumstances. Furthermore, informing the instructor that you are going to be absent does not make it excused. You are responsible for keeping track of your absences.

D. Make-Up Policy

Make-up of class testing will be allowed only in the case of an excused absence. In the case of an excused absence, upon provision of appropriate documentation, you should make make-up arrangements with the instructor. Assignments not turned in at the beginning of class on the date listed in the syllabus will be considered late and graded in accordance with the late policy described for that assignment. In the case of an excused absence, appropriate documentation must be provided to allow an assignment to be turned in late without penalty.

E. Add and Drop

It is your responsibility to notify the instructor and complete the necessary paperwork for adding or dropping a class in accordance with university policy. Withdrawal after the second week of classes and prior to the final three weeks of the regular semester is permissible only for serious and compelling reasons, and signatures by the instructor and chair of the department are required. For more information, see http://www.csulb.edu/divisions/aa/catalog/current/academic_regulations/part_one_definitions.html

F. Accommodations and Health issues

It is your responsibility to notify the instructor as soon as possible of the need for accommodation of a university-verified disability. Also, please let me know, as soon as possible, if you have any injuries or anything else that could limit your class participation particularly during movement demonstrations. Your safety and wellness is a priority.

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G. Method of Instruction

Tactile cues are commonly used to point out individual muscles or bones during the activity portion of this class. Tactile cues are used to identify bony landmarks or muscles accurately, in order foster correct movement for class demonstrations and educational purposes. It is your responsibility to notify the instructor if you are not comfortable with this routine method of instruction. Alternative cueing methods will gladly be substituted if the instructor is informed.

H. Cheating and Plagiarism

Cheating and plagiarism are serious academic offenses. In accordance with university policy, the consequence for cheating or plagiarism is a decision of the faculty member. In this course the consequence is receiving a failing final grade for the entire course.