

NEW COURSE PROPOSAL

DATE: NOVEMBER 21, 2005
 PROGRAM AREA PERFORMING ARTS

1. **Catalog Description of the Course.** *[Follow accepted catalog format.]*

Prefix PADA Course# 151 Title CONDITIONING FOR DANCERS Units (3)

6 hours Activity per week

- Prerequisites
- Corequisites

Description This course utilizes techniques (stretching, yoga, pilates) and principles of conditioning (strength, flexibility, and endurance) to prevent injuries stemming from muscular imbalances, structural problems, postural deviations, improper mechanics or movements. Students will develop individualized conditioning programs to prevent injuries. GE: E

- Gen Ed Categories
- Lab Fee Required
- CR/NC
- A - F
- Optional (Student's choice)
- Repeatable for up to _____ units
- Total Completions Allowed**
- Multiple Enrollment in same semester

2. **Mode of Instruction.**

	Units	Hours per Unit	Benchmark Enrollment	Graded Component	CS # (filled in by Dean)
Lecture	_____	_____	_____	<input type="checkbox"/>	_____
Seminar	_____	_____	_____	<input type="checkbox"/>	_____
Laboratory	_____	_____	_____	<input type="checkbox"/>	_____
Activity	3	2	30	<input checked="" type="checkbox"/>	_____

3. **Justification and Learning Objectives for the Course.** (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) *[Use as much space as necessary]*

Justification: This is a required course for the emphasis in dance and an elective course for PA majors with emphasis in music or theatre. This course will give students a good understanding of the conditioning needs and methodologies necessary for safe, effective dance.

Learning Objectives:

Upon completion of this course students will be able to:
(Press enter for the next bulleted item)

- engage in physical and internal dialogue with their own bodies, so they can pay attention to the movements and impulses in their daily lives and in dance class.
- use gravity in dance in an efficient way by monitoring the connection between the sitz bone and heel and placement of the tail and pubic bone in relation to sternum, shoulders and head.
- illustrate using weight to both propel and anchor movements while allowing the floor/earth to support this weight.
- perform movement combinations that build flexibility, strength, endurance, coordination, fluidity while still moving/dancing in a full and articulate way.
- describe and demonstrate "flow" or how movement is put together so that one movement can "pour" into the next, giving it momentum and stability.
- articulate that the ability to move, knowing your own body's placement, is integral to the process of dancing, creating movement phrases and choreography while not placing the body in perilous positions.
- compare and contrast the objectives and goals of yoga, Pilates and various exercises for strength, flexibility and endurance as related to the dancer and dancing.
- list and describe all components involved in physical fitness and health as related to the dancer and dancing.
- create, write and perform a daily regimen of movement exercises designed to keep individual body supple, flexible, balanced, strong, and based on skeletal-muscular knowledge.

- list the optimal nutrition for the different activities of the dancer.

4. Is this a General Education Course YES NO
 If Yes, indicate GE category and attach GE Criteria Form:

- A (English Language, Communication, Critical Thinking)**
- A-1 Oral Communication
- A-2 English Writing
- A-3 Critical Thinking
- B (Mathematics, Sciences & Technology)**
- B-1 Physical Sciences
- B-2 Life Sciences – Biology
- B-3 Mathematics – Mathematics and Applications
- B-4 Computers and Information Technology
- C (Fine Arts, Literature, Languages & Cultures)**
- C-1 Art
- C-2 Literature Courses
- C-3a Language
- C-3b Multicultural
- D (Social Perspectives)**
- E (Human Psychological and Physiological Perspectives)**
- UD Interdisciplinary**

5. **Course Content in Outline Form.** *[Be as brief as possible, but use as much space as necessary]*
(Press enter for the next bulleted item)

- dynamic alignment through imagery: improve posture, alignment and release excess tension.
- anatomical and biomechanical principles of the complexities of imagery
- holistic exercises to sculpt and improve alignment in various positions: standing, supine, sitting.
- yoga positions and correct breathing to increase awareness and control over pelvic girdle, legs, spine, neck, shoulders and head
- Pilates exercises to strengthen muscles from the body core, or abdominal area, out to extremities
- Pilates work with bands and mat to improve balance, increase flexibility and strength.
- dance exercises to find optimal use of gravity, momentum and fluidity or "flow" in motion, as well as building strength and endurance through repetitions
- building individual conditioning routines based on unique body structure, alignment and posture
- principles of good nutrition

Does this course overlap a course offered in your academic program? YES NO

If YES, what course(s) and provide a justification of the overlap?

Does this course overlap a course offered in another academic area? YES NO

If YES, what course(s) and provide a justification of the overlap?

Signature of Academic Chair of the other academic area is required on the consultation sheet below.

6. **Cross-listed Courses (Please fill out separate form for each PREFIX)**

List Cross-listed Courses

Signature of Academic Chair(s) of the other academic area(s) is required on the consultation sheet below

Department responsible for staffing: PA

7. **References.** *[Provide 3 - 5 references on which this course is based and/or support it.]*

(Press enter for the next number)

1. Franklin, E. Conditioning for Dance. Human Kinetics Publishers, 2003. ISBN 0736041567
2. Baechle, T. Essentials of Strength Training and Conditioning. Human Kinetics Publishers, 2000. ISBN 0736000895
3. Franklin, T. Dynamic Alignment Through Imagery. Human Kinetics Publishers, 1996. ISBN 0873224752
4. Arnhem, D. Dance Injuries: Their Prevention and Care. 3rd Ed. CV Mosby Company, 1991 ISBN 087127146X
5. Everett, J. Pilates and Yoga. Carlton Books, 2004. ISBN 1844427307
6. Bailey, C. The Ultimate Fit or Fat. Houghton Mifflin, 2000. ISBN 0618002049

8. List Faculty Qualified to Teach This Course.

Performing Arts Faculty

9. Frequency.

a. Projected semesters to be offered: Fall Spring Summer

10. New Resources Required. YES NO

If YES, list the resources needed and obtain signatures from the appropriate programs/units on the consultation sheet below.

- a. Computer (data processing), audio visual, broadcasting needs, other equipment)
- b. Library needs
- c. Facility/space needs

11. Will this new course alter any degree, credential, certificate, or minor in your program? YES NO

If, YES attach a program modification form for all programs affected.

Jacquelyn Kilpatrick
Proposer of Course

9/27/2005
Date

