

CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS

COURSE MODIFICATION PROPOSAL

Courses must be submitted by November 5, 2007, to make the next catalog production

DATE (CHANGE DATE IF REVISED): 4/29/2008 REV 9.8.08

PROGRAM AREA(S): PERFORMING ARTS

Directions: All of sections of this form must be completed for course modifications.

1. Catalog Description of the Course.

[Follow accepted catalog format.] (If Cross-listed please submit prefixes for each discipline being modified)

OLD

Prefix PADA Course# 151 Title Conditioning for Dancers
Units (3)
6 hours activity per week
hours blank per week

☐ Prerequisites:

☐ Corequisites:

Description (Do not use any symbols): 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

Graded

☐ CR/NC

☐ Repeatable for
up to

☒ A - F

☐

Optional

(Student's
choice)

☐ Multiple
Enrollment in
same semester

☐ American Institutions, Title V Section 40404: ☐ Government ☐ US Constitution ☐ US History (Refer to EO 405, for more information at: <http://senate.csuci.edu/comm/curriculum/resources.htm>)

☐ Service Learning Course

NEW

Prefix PADA Course# 151 Title Conditioning for Dancers
Units (2)
4 hours activity per week
hours blank per week

☐ Prerequisites:

☐ Corequisites:

Description: 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. Partially fulfills GE: E

☒ Gen Ed
Categories E

☐ Lab Fee Required

Graded

☐ CR/NC

☒ Repeatable for
up to

☒ A - F

☐

Optional

(Student's
choice)

8 units

☐ Multiple

Enrollment in same
semester

2. Mode of instruction (Hours per Unit are defaulted for you)

Hegis Code(s) _____

(Provided by the Dean)

Existing

Proposed

	Units	Hours Per Unit	Benchmark Enrollment	Graded		Units	Hours Per Unit	Benchmark Enrollment	Graded	CS# Units (filled out by Dean)
Lecture	_____	<u>1</u>	_____	<input type="checkbox"/>	Lecture	_____	<u>1</u>	_____	<input type="checkbox"/>	_____
Seminar	_____	<u>1</u>	_____	<input type="checkbox"/>	Seminar	_____	<u>1</u>	_____	<input type="checkbox"/>	_____
Lab	_____	<u>3</u>	_____	<input type="checkbox"/>	Lab	_____	<u>3</u>	_____	<input type="checkbox"/>	_____
Activity	<u>3</u>	<u>2</u>	<u>30</u>	<input checked="" type="checkbox"/>	Activity	<u>2</u>	<u>2</u>	<u>30</u>	<input checked="" type="checkbox"/>	_____
Field Studies	_____		_____	<input type="checkbox"/>	Field Studies	_____		_____	<input type="checkbox"/>	_____
Indep Study	_____		_____	<input type="checkbox"/>	Indep Study	_____		_____	<input type="checkbox"/>	_____
Other blank	_____		_____	<input type="checkbox"/>	Other blank	_____		_____	<input type="checkbox"/>	_____

3. Course Content in Outline Form if Being Changed. [Be as brief as possible, but use as much space as necessary]

OLD

- dynamic alignment through imagery: improve posture,

NEW

(No change.)

- 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

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

4. 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]*

OLD

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.

NEW

Justification: This is a elective course for PA majors. 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. •

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

OLD

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. Arnheim, 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

NEW No change

6. **Indicate Changes and Justification for Each.** *[Check all that apply and follow with justification. Be as brief as possible but, use as much space as necessary.]*

- ☐ Course title
- ☐ Prefix/suffix
- ☐ Course number
- ☒ Units
- ☐ Staffing formula and enrollment limits
- ☐ Prerequisites/corequisites
- ☒ Catalog description
- ☐ Course content
- ☐ References
- ☒ GE
- ☒ Other Justification

Justification: For pedagogical and safety reasons, the hours per week should be four, not six, so we have lowered the units. Also, as part of a program modification, we have made this course an elective that partially fulfills GE category E, rather than a requirement for Dance emphasis majors. Although we realize category E can only include 1 unit of activity, we feel that the pedagogical and safety concerns trump efficiency of GE fulfillment; in fact, we want to encourage our PA students to take GE courses outside the major.

7. ☒ **General Education Categories:** All courses with GE categories notations (including deletions) must be processed at the GE website: <http://summit.csuci.edu/geapproval>. Upon completion, the GE Committee will forward your documents to the Curriculum Committee for further processing.

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

☐

8. 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

9. Will this course modification alter any degree, credential, certificate, or minor in your program? YES ☒ NO ☐

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

10. Effective Date (Semester and Year – all modifications submitted prior to November 5th will be effective in the Fall 2008 catalog): Spring 2009

Catherine Scott Burriss

4/29/08

Proposer of Course Modification

Date

Request for PADA 151: Conditioning for Dancers to be added to GE Category E: Human Physiological and Psychological Perspectives.

Committee Response:

Approved by committee on 04-21-2008

Criteria and Justifications Submitted:

- *Focus on some aspect of human physiology, psychology, health, or physical activity*
The course description states: 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.
- *Promote an understanding the humans, as physiological and psychological beings, exist and live in a social and physical environment*
This course teaches vital physiological as well as kinesthetic awareness of self and others, and introduces students to the goals and methods of a variety of techniques and principles. Students leave the course able to interact physically with the world and their fellow humans, whether performing or going through daily life, in a more safe and open manner.

Approval Sheet

Program/Course:

If your course has a General Education Component or involves Center affiliation, the Center will also sign off during the approval process.

Multiple Chair fields are available for cross-listed courses.

Program Chair		
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Signature

Date

Program Chair		
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Signature

Date

Program Chair		
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Signature

Date

General Education Chair		
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Signature

Date

Center for Intl Affairs Director		
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Signature

Date

Center for Integrative Studies Director		
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Signature

Date

Center for Multicultural Learning and Engagement Director		
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Signature

Date

Center for Civic Engagement and Service Learning Director		
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Signature

Date

Curriculum Chair		
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Signature

Date

Dean of Faculty		
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Signature

Date