

I. CATALOG INFORMATION

A. Discipline: DANCE

B. Subject Code and Number: DANC M18

C. Course Title: Dance Somatics/Conditioning for Dance

D. Credit Course units:

Units: 2

Lecture Hours per week: 1

Lab Hours per week : 3

Variable Units : No

E. Student Learning Hours:

Lecture Hours:

Classroom hours: 17.5 - 17.5

Laboratory/Activity Hours:

Laboratory/Activity Hours 52.5 - 52.5

Total Combined Hours in a 17.5 week term: 70 - 70

F. Non-Credit Course hours per week _____

G. May be taken a total of: 1 2 3 4 time(s) for credit

H. Is the course co-designated (same as) another course: No Yes

If YES, designate course Subject Code & Number: _____

I. Course Description:

Presents information pertaining to the anatomy, kinesiology, nutrition, basic injury prevention and self-care practices needed for a dancer's best performance. Includes a survey of supplemental training methods often used by dancers to support their performance. Practices fundamental conditioning and repatterning techniques often used to improve dance performance. Introduces somatic practices which may include yoga, Pilates, Bartenieff fundamentals, resistance training, foam rolling, Franklin Imagery or other current conditioning practices to support a dancer's training and overall health and fitness.

J. Entrance Skills

*Prerequisite: No Yes Course(s)

Student must have completed at least one of the dance technique or performing classes at Moorpark College which includes the following: DANC M10A-D, M11A-D, M12A-D, M16, M17 or M55A.

*Corequisite: No Yes Course(s)

Limitation on Enrollment: No Yes

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Recommended Preparation: No Yes Course(s)

Other: No Yes

K. Other Catalog Information:

Course Credit Limitation:

UC - maximum 4 units when combined with any or all ICA/KIN/PE activity courses.

II. COURSE OBJECTIVES

Upon successful completion of the course, a student will be able to:

		Methods of evaluation will be consistent with, but not limited by, the following types or examples.
1	identify the major components of the musculo-skeletal system as it pertains to movement and dance technique.	Quiz Written Assignment
2	describe characteristics of proper alignment methods for improving balance and control in dance performance.	Quiz Skills Demonstration Presentation/Project
3	assess and address individual needs to improve posture and alignment for greater efficiency of movement and range of motion.	Written Assignment/Worksheet
4	identify basic nutritional needs of the body.	Quiz Nutritional Journal Report or Paper
5	apply basic care techniques for minor injuries including hydrotherapy, restorative practices and rest.	Quiz Skills Demonstration
6	define and identify the function and theory of kinetic chains and patterns of total body connectivity.	Testing Journal Practical Demonstration
7	apply their kinesiological and anatomical understanding of the body to their dance performance.	Skills demonstration
8	perform exercises to supplement, complement or otherwise balance out inequities that may exist in their dance training.	Skills Demonstration Personal Conditioning Report

9	perform core strengthening exercises in the given mode of body conditioning (yoga, Pilates, resistance training, etc).	Skills demonstration
10	stabilize and mobilize their axial joints (hips and shoulders) with awareness and accuracy within their range of motion.	Skills Demonstration Journal or Self-Reflection
11	define and apply basic injury prevention or self-care techniques on an as needed basis for their bodies to stay at performance level.	Self-Care/Personal Conditioning Report Skills Demonstration Journal or Self-Reflection

III. COURSE CONTENT

Estimated %	Topic	Learning Outcomes
Lecture (must total 100%)		
25.00%	Skeletal system	1, 3
25.00%	Muscular system as it relates to the skeleton in action 1. Muscles of the human body 2. Muscular sequencing in kinetic chains 3. Theories of connectivity and function	1, 2, 3, 6
10.00%	Basic nutrition Discussing food as fuel and how different foods break down to aid in the functions of the body	4
15.00%	Injury prevention and care techniques 1. Hydrotherapy (heat and ice) 2. Restorative practices 3. Somatic exercises 4. Rest	3, 5
25.00%	Somatic modalities: a survey of supplemental training methods available for dancers including, but not limited to, the following: 1. Yoga 2. Pilates 3. Gyrokinesis 4. Walking/ Running 5. Cardiovascular training 6. Mind body imagery 7. Bartenieff fundamentals 8. Massage	2, 3, 5, 6
Lab (must total 100%)		
10.00%	Application of injury care and prevention	5, 7, 8, 9, 10, 11
30.00%	Strengthening the core: Alignment of the spine, pelvis, femur, scapula and humerus	7, 8, 9, 10, 11
30.00%	Stretch and flexibility: Creating length in the body	7, 8, 9, 10, 11
20.00%	Stability and strength: Creating balance, control and strength in the body	7, 8, 9, 10, 11

5.00%	Hips: Working with the range of motion, alignment, control, and strength of the hip joints and applying the techniques within various genres of dance	7, 8, 9, 10, 11
5.00%	Shoulders: Working with the range of motion, alignment, control, and strength of the shoulder joints and applying the techniques within various genres of dance	7, 8, 9, 10, 11

IV. TYPICAL ASSIGNMENTS

A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:	
1	keep a nutritional journal.
2	write an essay on a specific joint and common injuries or ailments of that joint.
3	research a body-mind practice to supplement their dance training such as yoga, Pilates, Alexander or Feldenkrais practices.

B. Appropriate outside assignments

Appropriate outside assignments are required. Possible assignments may include, but are not limited to:	
1	attend a master class in a conditioning technique.
2	research available/local resources to aid in their training and conditioning.
3	perform and document a selected series of exercises or practices to supplement their physical conditioning.

C. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:	
1	write an essay on their injury history and a proposed plan of action to supplement their training.
2	create their own personal sequence of training exercises unique to their needs.

V. METHODS OF INSTRUCTION

Methods of instruction may include, but are not limited to:

- Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)

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- Lecture/Discussion
- Laboratory/Activity
- Other (Specify) Palpation of body parts, sculpting or drawing body parts.
- Optional Field Trips
- Required Field Trips

VI. METHODS OF EVALUATION

Methods of evaluation may include, but are not limited to:

- | | | |
|------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------|
| <input checked="" type="checkbox"/> Essay Exam | <input checked="" type="checkbox"/> Classroom Discussion | <input checked="" type="checkbox"/> Skill Demonstration |
| <input type="checkbox"/> Problem Solving Exam | <input checked="" type="checkbox"/> Reports/Papers/Journals | <input checked="" type="checkbox"/> Participation |
| <input type="checkbox"/> Objective Exams | <input checked="" type="checkbox"/> Projects | <input checked="" type="checkbox"/> Other (specify) |

Students will self-assess and design their own supplementary conditioning regimen.

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS

Calais-Germain, Blandine. Anatomy of Movement. Rev. ed. Eastland, 2007.

Kapit, Wynn, and Lawrence Elson. The Anatomy Coloring Book. 4th ed. Pearson, 2013.

Franklin, Eric. Dynamic Alignment through Imagery. 2nd ed. Human Kinetics, 2013.

Hackney, Peggy. Making Connections: Total Body Integration through Bartenieff Fundamentals. Routledge, 2000.

Haas, Jacqui Greene. Dance Anatomy. Human Kinetics, 2010.

VIII. STUDENT MATERIALS FEES

- No Yes

IX. PARALLEL COURSES

<i>College</i>	<i>Course Number</i>	<i>Course Title</i>	<i>Units</i>
Fresno City College	DANCE 9	Dance Conditioning	1
UC Irvine	DANCE 2	Dance Health and Injury Prevention	4
CSU Channel Islands	PADA 151	Conditioning for Dancers	2
CSU Long Beach	KIN 198F	Group Exercise: Dance Conditioning	1-3

X. MINIMUM QUALIFICATIONS

Courses Requiring a Masters Degree:
 Master's degree in dance, physical education with a dance emphasis, or theater with dance

emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent.

XI. ARTICULATION INFORMATION

A. Title V Course Classification:

1. This course is designed to be taken either:

- Pass/No Pass only (no letter grade possible); or
 Letter grade (P/NP possible at student option)

2. Degree status:

Either Associate Degree Applicable; or Non-associate Degree Applicable

B. Moorpark College General Education:

1. Do you recommend this course for inclusion on the Associate Degree General Education list?

Yes: No: If YES, what section(s)?

- A1 - Natural Sciences - Biological Science
- A2 - Natural Sciences - Physical Science
- B1 - Social and Behavioral Sciences - American History/Institutions
- B2 - Social and Behavioral Sciences - Other Social Behavioral Science
- C1 - Humanities - Fine or Performing Arts
- C2 - Humanities - Other Humanities
- D1 - Language and Rationality - English Composition
- D2 - Language and Rationality - Communication and Analytical Thinking
- E1 - Health/Physical Education
- E2 - PE or Dance
- F - Ethnic/Gender Studies

C. California State University(CSU) Articulation:

1. Do you recommend this course for transfer credit to CSU? Yes: No:

2. If YES do you recommend this course for inclusion on the CSU General Education list?

Yes: No: If YES, which area(s)?

- | | | | | | | |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------|-----------------------------|-----------------------------|
| A1 <input type="checkbox"/> | A2 <input type="checkbox"/> | A3 <input type="checkbox"/> | B1 <input type="checkbox"/> | B2 <input type="checkbox"/> | B3 <input type="checkbox"/> | B4 <input type="checkbox"/> |
| C1 <input type="checkbox"/> | C2 <input type="checkbox"/> | D1 <input type="checkbox"/> | D2 <input type="checkbox"/> | D3 <input type="checkbox"/> | D4 <input type="checkbox"/> | D5 <input type="checkbox"/> |
| D6 <input type="checkbox"/> | D7 <input type="checkbox"/> | D8 <input type="checkbox"/> | D9 <input type="checkbox"/> | D10 <input type="checkbox"/> | E <input type="checkbox"/> | |

D. University of California (UC) Articulation:

1. Do you recommend this course for transfer to the UC? Yes: No:

2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes: No:

IGETC Area 1: English Communication

- English Composition
- Critical Thinking-English Composition
- Oral Communication

IGETC Area 2: Mathematical Concepts and Quantitative Reasoning

- Mathematical Concepts

IGETC Area 3: Arts and Humanities

- Arts
- Humanities

IGETC Area 4: Social and Behavioral Sciences

- Anthropology and Archaeology
- Economics
- Ethnic Studies
- Gender Studies
- Geography
- History
- Interdisciplinary, Social & Behavioral Sciences
- Political Science, Government & Legal Institutions
- Psychology
- Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)

- Physical Science Lab or Physical Science Lab only (non-sequence)
- Physical Science Lecture only (non-sequence)
- Biological Science
- Physical Science Courses
- Physical Science Lab or Biological Science Lab Only (non-sequence)
- Biological Science Courses
- Biological Science Lab course
- First Science course in a Special sequence
- Second Science course in a Special Sequence
- Laboratory Activity
- Physical Sciences

IGETC Area 6: Language other than English

- Languages other than English (UC Requirement Only)

U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

XII. REVIEW OF LIBRARY RESOURCES

- A. What planned assignment(s) will require library resources and use?

The following assignments require library resources:

Research a report on a conditioning practice, injury or figure in the history of conditioning practices using the Library's print and online resources.

- B. Are the currently held library resources sufficient to support the course assignment?

YES: NO:

If NO, please list additional library resources needed to support this course.

XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION

Requisite Justification for Student must have completed at least one of the dance technique or performing classes at Moorpark College which includes the following: DANC M10A-D, M11A-D, M12A-D, M16, M17 or M55A.

A. Sequential course within a discipline.

B. Standard Prerequisite or Corequisite required by universities.

C. Corequisite is linked to companion lecture course.

D. Prerequisite or Corequisite is authorized by legal statute or regulation.
Code Section: _____

E. Prerequisite or Corequisite is necessary to protect the students' health and safety.

F. Computation or communication skill is needed.

G. Performance courses: Audition, portfolio, tryouts, etc. needed.

XIV. WORKPLACE PREPARATION

DANC M18: Not Applicable

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM

DANC M18: Not Applicable

XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM

DANC M18: Not Applicable

XVII. STUDENT MATERIALS FEE ADDENDUM

DANC M18: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041

DANC M18: Not Applicable

XIX. CURRICULUM APPROVAL

Course Information:

Discipline: DANCE

Discipline Code and Number: DANC M18

Course Revision Category: Outline Update

Course Proposed By:

Originating Faculty Beth Megill 01/02/2016

Faculty Peer: Dennis Rawles 01/13/2016

Curriculum Rep: _____

Department Chair: Robert Salas 02/28/2016

Division Dean: John Loprieno 01/14/2016

Approved By:

Curriculum Chair: Jerry Mansfield 02/06/2016

Executive Vice President: Lori Bennett 03/01/2016

Articulation Officer: Letrisha Mai 01/21/2016

Librarian: Mary LaBarge 01/20/2016

Implementation Term and Year: Fall 2016

Approval Dates:

Approved by Moorpark College Curriculum Committee: 02/02/2016

Approved by Board of Trustees (if applicable): _____

Approved by State (if applicable): 03/01/2016