Introduces the field of dance kinesiology, and the analysis of movement from a scientific perspective. Correct and efficient movement patterns for dance technique are discussed through the examination of the muscular/skeletal system and its functions. Study includes identification of common muscle imbalances that impede good alignment, and the optimal execution of dance technique. Required of all dance majors seeking the BFA degree. Prerequisite or corequisite: One of SC/NATS 1610 6.00, SC/NATS 1620 6.00, SC/NATS 1650 6.00, HH/KINE 2031 3.00. Open to non-majors.

**INSTRUCTOR(S)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Section / Format / Term</th>
<th>Contact Email</th>
<th>Contact Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martin, Blake C</td>
<td>Sec. M / LECT / F</td>
<td><a href="mailto:blakemar@yorku.ca">blakemar@yorku.ca</a></td>
<td>York Ext. 22458</td>
</tr>
</tbody>
</table>

**SPECIAL FEATURES**

**Course Webpage:** Moodle

**Prerequisite / Co-requisite:** Human Anatomy: One of SC/NATS 1610 6.00, SC/NATS 1620 6.00, SC/NATS 1650 6.00, AS/SC/KINE 2031 3.00. Open to non-majors.

**Course Instructor:**
Dr. Blake Martin  
(416) 736-5137, Extension 22458  
ACE 312  
Email: blakemar@yorku.ca  
Course consultation hours: By appointment

**Teaching Assistant:**
Janet Williams  
ACE 332  
Email: janetlemonwilliams@gmail.com  
Course consultation hours: TBA

**Lecture:** Mondays, 2:30 - 4:30 p.m. ACE 002
Tutorial: Wednesday, 3:00 – 4:30 p.m.
Tutorial 1: ACW 008, Blake Martin; Tutorial 2: ACW 003, Janet Williams

Tutorials will focus on skills required for the exams and weekly assignments. Students will also have opportunities to ask questions about the material.

This course will introduce dance majors to the study of kinesiology as it pertains to dance practice. The muscular and skeletal systems will be examined with a specific focus on scientific movement analysis and efficient function for the dancer. Students will learn how to observe and analyze movements common to the classical ballet and modern dance vocabularies, and how to identify muscle imbalances for corrective purposes. Current theories about body alignment and movement re-patterning will be explored, with a focus on optimal execution of dance technique. Specific applications of the material to practice in dance technique classes will be examined. Learning methods will include lecture, readings, and practical labs.

TOPICS AND CONCEPTS

Course Text / Readings

Additional readings may be assigned or recommended during the course.


Recommended readings:


LIST OF LEARNING OUTCOMES AND EXAMPLES OF

The purpose of this course is to assist students in developing critical skills involved in the study of anatomy from the perspective of movement function. Students will be able to analyze dance movement, and understand applications of kinesiology to dance practice and teaching. Students will be able to assess and alter common muscle imbalances that impede correct execution of dance technique.

The specific learning objectives of the course are that students will be able to:
• Understand and analyze movement from a scientific perspective
• Apply dance science to technical development in the dance studio
• Develop their abilities to discuss and theorize about movement practices
• Apply kinesiology to a wide range of potential fields of study, including medical, athletic, and pedagogical careers.

GRADED ASSESSMENT

EXAM LOCATION TO BE ANNOUNCED.

Exam 1  October 04  20%
Exam 2  October 25  20%
Exam 3  November 15  25%
Exam 4  December 04  15%
Labs  weekly  20%

The exams will cover material from class sessions and readings. There will be four exams, one scheduled approximately every three weeks (see schedule). The third exam, covering the hip and knee will be worth more points and will be longer, due to the complexity of these areas for dance studies. It will therefore be worth 25% of the final mark. The fourth exam will be shorter and worth only 15% of the final mark.

The tutorials cover skills that are required for the exams, and provide opportunities to practice. Moodle-based lab quizzes will be an opportunity for you to test yourself on material learned in the tutorials. This information is important and will help you to prepare for the exams. Although the value of each lab is low, the cumulative mark is significant, and furthermore, the practice will make a difference on your exam mark. You will have until one half hour before the lecture each week to complete the lab quiz.

It is to the student’s advantage to form small study groups that meet each week, review material, and work on practical movement analysis problems. The course will be far more rewarding and understandable if the study groups work on a regular basis.

PLEASE READ THE ASSIGNED READINGS PRIOR TO THE LECTURES. NOTE EXAM DATES.

Lecture Date & Topic: September 11 - Course introduction, Movement principles, lever theory
Reading: Fitt, S. S. (1996). Dance kinesiology. Ch. 1, pp. 5-13; Ch. 2, pp. 17-26; Ch. 18, pp. 368-387.
Tutorial Date & Topic: Joint Movements and Levers

Lecture Date & Topic: September 18 - The body and its tissues, Joints: types and stability, Muscle functions
Reading: Fitt, S. S. (1996). Dance kinesiology. Ch. 17, pp. 303-367; Ch. 21, 22, pp. 453-462; Ch. 7, pp. 101-120.
Tutorial Date & Topic: September 20 - Muscle functions and contraction types

Lecture Date & Topic: September 25 - Movement Analysis Principles
Reading: N/A
Tutorial Date & Topic: September 27 - Movement Analysis

Lecture Date & Topic: October 2 - Principles of warm-up, Injuries and First Aid
Reading: N/A
Tutorial Date & Topic: October 4 - Exam 1 - Tissues, warm-up, movement analysis

Lecture Date & Topic: October 9 - THANKSGIVING - NO CLASS
Reading: Fitt, S. S. (1996). Dance kinesiology. Ch. 5,6, pp. 79-98; Ch. 11,12, pp. 192-226.
Tutorial Date & Topic: October 11 - Upper Extremity Movement Lab

Lecture Date & Topic: October 16 - Upper Extremity 1
Reading: N/A
Tutorial Date & Topic: October 18 - Upper Extremity Movement Analysis

Lecture Date & Topic: October 23 - Hip and Knee
Reading: Fitt, S. S. (1996). Dance kinesiology. Ch. 4, pp. 53-64; Ch. 9, pp. 143-165
Tutorial Date & Topic: October 25 - Exam 2 - Upper Extremity

Lecture Date & Topic: October 30 - Hip and Knee
Tutorial Date & Topic: November 1 - Hip Joint Movement Lab & Analysis

Lecture Date & Topic: November 6 - Knee Joint
Reading: N/A
Tutorial Date & Topic: November 8 - Knee Joint Movement Lab & Analysis

Lecture Date & Topic: November 13 - Foot and Ankle
Tutorial Date & Topic: November 15 - Exam 3 - Hip and Knee

Lecture Date & Topic: November 20 - Spine 1
Tutorial Date & Topic: November 22 - Foot and Ankle Movement Lab & Analysis

Lecture Date & Topic: November 27 - Spine 2, Imagery and Mind Body Connections
Tutorial Date & Topic: November 29 - Spine Movement Lab & analysis Imagery

December 4 - Exam 4 - Remaining Material

ADDITIONAL INFORMATION

Important University Sessional Dates (classes start/end dates, reading/co-curricular week, add/drop deadlines, holidays, etc.): https://registrar.yorku.ca/enrol/dates/fw17

York University Grading System:
Grading, Assignment Submission, Lateness Penalties, and Missed Tests:

The grading scheme for courses conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ - 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.) An average piece of work in university is about a C+ or B. Grades go up or down from there depending on the attention and effort applied as well as evidence of tangible change.

The Senate Grading Scheme and Feedback Policy stipulates that (a) the grading scheme (i.e. kinds and weights of assignments, essays, exams, etc.) be announced, and be available in writing, within the first two weeks of class, and that, (b) under normal circumstances, graded feedback worth at least 15% of the final grade for Fall, Winter, or Summer Term, and 30% for full year courses offered in the Fall/Winter Term be received by students in all courses prior to the final withdrawal date from a course without receiving a grade.

Assignment Submission/Lateness Penalty:

Proper academic performance depends on students doing their work not only well, but on time. Assignments must be received on the due date specified and are to be handed in at the beginning of class. No electronic submissions will be accepted. Assignments received later than the specified due date will be penalized one-half letter grade per day. There are exceptions to this lateness penalty for valid reasons such as illness, compassionate grounds, etc. but require supporting documentation (e.g. a doctor’s letter).

N.B. Final course grades may be adjusted to conform to Program or School grades distribution profiles. Once final grades have been posted, the full breakdown will be available and can be discussed in an appointment with the Course Director or Chair of the department.

"20% Rule":

No examinations or tests collectively worth more than 20% of the final grade in a course will be given during the final 14 calendar days of classes in a term. The exceptions to the rule are classes which regularly meet Friday evenings or on Saturday and/or Sunday at any time, and courses offered in the compressed summer terms.

Last date to drop a full year (Y) course without receiving a grade: **February 9, 2018**
Last date to drop a Fall term (F) course without receiving a grade: **November 10, 2017**
Last date to drop a Winter term (W) course without receiving a grade: **March 9, 2018**

Course Withdrawal Period: (withdraw from a course and receive a grade of “W” on transcript)

Last date for full year (Y) course: **February 10 to April 6, 2018**
Last date for Fall term (F) course: **November 11 to December 4, 2017**
Last date for Winter term (W) course: **March 10 to April 6, 2018**

Please note that financial deadline dates differ from add/drop deadlines.

Department of Dance Studio Dress Requirements:

In order to give students the best possible guidance in Contemporary Ballet and Modern studio dance classes, teachers must be able to see the entire body. Postural alignment and joint and muscle use cannot be corrected in these classes if loose or bulky clothing hide the body. Other dance forms we teach may require specific footwear, props, and/or other clothing options. Please make sure to check your outlines for each of your studio dance classes for the specific dress requirements and the details each teacher will require.
The general requirements are:
- Form-fitting clothing that covers torso and legs should be worn. Bring close-fitting warmer clothing and socks for cold days. (No loose-fitting or ragged clothing unless specified).
- Hair must be worn off the neck and face for Ballet, and back and off the face for Modern.
- Students can wear leotard and tights (any solid colour), and ballet slippers for Ballet and bare feet for Modern.
- Please be considerate of your fellow dancers; avoid long fingernails and jewellery (including piercings, watches, earrings, necklaces, bracelets, and large rings). Ensure hair-wear is secure.

**Department of Dance Studio Use Regulations:**
- There is absolutely no food or drink (other than water) permitted in the studios.
- Leave street shoes and boots in the cubbies outside the studio or preferably, in your locker. If you must bring street shoes and boots into the studio, please place them inside a bag. Grit and dirt brought into the space pose a safety hazard for dancers (particularly those working barefoot) in addition to damaging the floor surfaces. NO BARE FEET in the Dance Department hallways or bathrooms.
- Do not prop the studio doors open by using the deadbolt, the mirror curtain, or anything that blocks the studio entrance.
- Please return studio furniture to its rightful place according to the floor plan posted by the door in each space.

**Department of Dance Video Guidelines:**
The Department of Dance has developed these guidelines in order to raise awareness of expected behaviour regarding recording/videotaping curricular work, and to foster a culture of respect for intellectual and creative property, as well as for individual privacy.
While the Department recognizes the democratizing effect of the internet, the Department requests that students do not post curricular work publicly to the internet, unless by express permission of the Chair of the Department, and waivers signed by all concerned. Work is to be shared only via private file-sharing access. This applies to documentation made by the Department and/or by individual students for their own archives.

**Department of Dance Guidelines For Scented Products:**
York University endeavours to provide an indoor environment that supports the University community at work and study. Some people experience severe health problems from exposure to chemicals contained in scented products including aftershave lotions, hair spray, deodorants and fragrances. In consideration of those who are affected by such chemicals, use unscented products only.

**Department of Dance Guidelines For Physical Demands of the Program:**
Courses in the Department of Dance may include elements that are physically demanding. Prior injuries can be aggravated by strenuous exercise so check with your physician and inform the Course Director before beginning the course. Be sure to share with the Course Director any changes in your injury or health that may affect your participation.

Courses in the Department of Dance may also include the possibility/likelihood of human contact (i.e., correction of alignment or technical execution as well as the possibility of collision with colleagues). Students uncomfortable with the use of touch are requested to relay feelings to the Course Director as soon as possible.

**Department of Dance Guidelines For Safety and Wellbeing:**
Should an accident occur in studio, there is a very clear protocol for reporting. This information is posted in every studio. Faculty members and staff are well versed in the protocol. For the various minor issues that
come up in your day-to-day life as a dancer, it is recommended that you carry a well-stocked personal first aid kit in your dance bag.

**Department of Dance Attendance and Participation Policy for Studio Classes:**

Students are expected to participate in every dance class, both studio and lecture courses. Under exceptional circumstances they may miss, without penalty, half the number of classes per term as the class meets in the week. (i.e., If your class meets two times a week, you may miss ONE class over the entire course without penalty.)

Details are as follows for studio classes that meet two (2) times per week:
- Absences or early departures in excess of 1 per term can result in a grade deduction of 2% per occurrence.
- In the event of an absence or limited participation, all missed material is to be learned prior to returning to class.
- In the event of an injury or illness preventing full participation for more than 1 class in a term, it is the student’s immediate responsibility, in consultation with the Course Director, to devise a plan for make-up work. The sooner this is done, the less stress you will experience from the uncertainty of the situation. If you are injured or ill, obtain and submit a hard copy doctor’s note. The doctor’s note will allow you to arrange for appropriate make-up work. **Grade penalties can still apply**, but the documentation assists in gauging the amount of penalty and make-up work needed.
- Partial class participation beyond 1 class per term results in a 1% grade penalty.
- Non-participation beyond 1 class per term results in a 2% grade penalty.
- As detailed in the Injury Guidelines in the Department of Dance, students must complete a minimum of 60% of the studio work to receive course credit.
- Finally, in consideration of all participants, if you are ill, stay home and/or see your healthcare provider. You will recover faster and, should your illness be contagious, you will have shown others consideration by limiting their exposure. Do NOT come to class if you are ill!

**Department of Dance Technical Evaluation Policy:**

It is the Department’s responsibility to ensure that every dance major experiences optimal training and educational conditions. This is especially important in physical practice where safety is a pedagogical imperative. To that end, all students enrolled in dance technique courses (i.e. Contemporary Modern and/or Contemporary Ballet) participate in technical level evaluation at the beginning of the Fall term. Dance faculty conduct evaluations in a traditional group class setting. Students who have successfully completed the pre-requisite courses, have maintained an appropriate level of fitness, and have continued with technical training over the spring and summer months normally proceed to the next level.

It must be noted that a satisfactory grade in the pre-requisite course does not guarantee placement in the next level of technique. Some students may be required to remain at the previous level to safely develop additional technical skill. Extended illness, injury, or insufficient technical skill are some of the factors that lead to such a decision.

The study of dance as a physical and artistic practice requires a commitment to **year-round** technical training, body conditioning, and cross training. Students are, therefore, expected to independently seek out and maintain an appropriate training regimen all 12 months of the year.

**York University Academic Senate Policies and Information:**

All students are expected to familiarize themselves with the Policies and Regulations information which can be found on the 2017/18 Academic Calendars page:

http://calendars.students.yorku.ca/2017-2018/dance
We recommend carefully reviewing all three sections: About, Degree Requirements, and Faculty Rules. Important information is explained here including the Policy on Academic Honesty, Academic Responsibility and Student Responsibility, and Academic Standing. Further details are available on the Secretariat Policies website, http://secretariat-policies.info.yorku.ca/, which covers the following topics:

- Academic Accommodation for Students with Disabilities
- Religious Accommodation
- Code of Student Rights and Responsibilities
- Academic Honesty

Many courses utilize Moodle, York University’s course website system. If your course is using Moodle, click here to access it.

Moodle @ York University