EXPANDED COURSE DESCRIPTION
DANCE
School of the Arts, Media, Performance and Design
Dance Department

FA / DANC 1220 3.0 SECTIONS A,B
FUNDAMENTALS OF PHYSICAL PRACTICE
FALL 2017 / WINTER 2018

Last Modified Date: 09/07/2017

COURSE CALENDAR DESCRIPTION

Addresses two complementary components of dance training: fundamentals of movement and improvisation. The fundamentals of movement covers conditioning and injury prevention explored through applications of kinesthetic awareness, imagery, release, alignment, stretch and strength techniques and movement re-education. The improvisation component provides students with an introduction to theory and practice of creative process in dance. Required of all dance majors. Open only to dance majors. Three hours.

INSTRUCTOR(S)

<table>
<thead>
<tr>
<th>Name</th>
<th>Section / Format / Term</th>
<th>Contact Email</th>
<th>Contact Phone</th>
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<tbody>
<tr>
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SPECIAL FEATURES

This is a full-year course (Y). Classes run through the Fall 2017 and Winter 2018 terms. This course will be co-taught by Terrill Maguire and Lisa Sandlos.

Class Time and Location:
Section A: Mondays 10:30am—noon & Fridays 8:45—10:15am         ACE 203
Section B: Mondays 8:45—10:15am & Fridays 10:30am—noon          ACE 203

Terrill Maguire
Contact: terrill@yorku.ca   (416)736-2100 ext 22492
Office hour: Mondays 12-1 pm
Office: 322 ACE

Lisa Sandlos
Contact: lisas@yorku.ca    (416)736-2100 ext 44651
Office hour: Fridays 12-1 pm
Office: 322 ACE

Fundamentals of Physical Practice explores three fundamental elements of physical practice for dance training: somatics, conditioning, and improvisation. It introduces personal "physical practice” strategies geared to dancers that will support the goals of optimal health, wellness, and performance. By providing a foundation for development of knowledge and awareness of safe movement principles (somatics and conditioning components) and the cultivation of individual creativity (improvisation component), the course
is designed to complement and support the rest of the dance curriculum. Students' embodied knowledges will be expanded through studio-based experiential practice, movement assignments, readings, video viewings, written assignments and class discussions. Applied modalities will include elements of yoga, Bartenieff Fundamentals, Pilates, release work, structured improvisation, Laban-based approaches to movement exploration, Contact Improvisation, Feldenkrais, and Alexander Technique.

With full participation in the activities of the course, students can expect to enhance their skills and comprehension in the following areas:

- strength
- flexibility
- constructive alignment
- precision & efficient movement patterns
- endurance
- coordination
- concentration
- focus
- dynamic awareness
- experiential anatomy
- stress reduction & relaxation
- mindfulness
- strategies for injury prevention and management
- self/group expression

Organization of the Course:
This is a studio-based movement course that will range from the energetic and spontaneous to the restorative and reflective. It will involve creative movement, readings, and written projects. There will be times for listening, physical experimentation, discussion and interaction.

Co-requisite: Enrolment in DANC1215/16/17/18 Contemporary/Modern Dance Forms.

TOPICS AND CONCEPTS

Course Text / Readings: There is no required course text. A selection of required readings will be provided to students through the course moodle site. It is anticipated that the frequency will be approximately one reading every two weeks. In addition, students in this course may, if they choose, review any of the following books for more in-depth consideration of course concepts.

Recommended Texts:
- Studd, Karen and Laura Cox. (2013). Everybody is a Body.

Performances: Information about performances both off and -on campus will regularly be announced. As part of an arts education, attendance at performances is encouraged. Discussions about various events will regularly take place during class time, with student in-put expected.
**Materials:** In this course, we will frequently be using a theraband and/or one or two tennis balls. Students are required to purchase these items and bring them to every class. A theraband (medium resistance preferred) can be purchased at sporting stores (including Canadian Tire, SportCheck, Homesense, Walmart, etc.) or at Athlete's Care on campus. Athlete's Care is located at the Track and Field Centre Building at York.

**Fundamentals of Physical Practice is a full-participation, studio class.** As such, all policies, procedures, and requirements of other Dance Department studio classes apply. These will be reviewed at the outset of the term.

**LIST OF LEARNING OUTCOMES AND EXAMPLES OF**

The purpose of this course is to assist students in developing creative and sustainable physical practices that integrate body and mind while respecting the expressive body as an articulate and intelligent instrument.

**Specific Objectives:**

Students will be offered opportunities to:

- Expand their physical capacity in relation to strength, flexibility, and co-ordination;
- Transfer concepts of alignment and body integration from this course to their technical training;
- Commit to a dynamic, embodied, safe and efficient daily body/movement practice;
- Utilize a variety of modalities in their dance somatic/conditioning practice;
- Employ improvisational structures and strategies in dance;
- Demonstrate creativity and imagination in the context of an improvised dance;
- Physically ‘listen’ and respond to others in the context of improvised dance;
- Explore different stimuli as departure points for dance improvisations e.g. visual images, moving images, digital images, objects, music, sound effects, live sounds, literary and non-literary texts;
- Develop their critical analysis skills when viewing, discussing and writing about dance.

The introduction and practice of somatics and conditioning exercises will be undertaken in accordance with the abilities and needs of the students. Interface with technique classes will also affect areas of focus.

The improvisation component of the course will involve exercises and techniques for developing freedom, spontaneity, and originality in movement. Beginning with short solo exercises facilitated by a variety of catalysts, the tasks will evolve over the course of the two terms to encompass deeper personal explorations, partner and group work. Improvisational strategies may include the following:

- “My Name Is….” Introductory improvisation
- Investigating moving body parts; shapes, dimensions, and forms
- Initiation of movement through the eyes
- Spatial investigations: levels, directions, paths & patterns
- Observations in nature and constructed environments
- Rhythmic explorations
- Time, Tempo, & dynamics
- Locomotive, sustained, and percussive movement qualities
- Partnering prospects: non-contact
- Contact partnering
- Varieties of group improvisations
- Principles of “Viewpoints”

**Course Requirements:**

Fundamentals of Physical Practice requires active participation. The greater the involvement, the greater the results. Coming to class with an appetite for movement and creative expression will be an asset to the dancer. Furthermore, it is beneficial for students to come into the course with an open mind, a sense of curiosity, and an eagerness to learn. Students should receive and apply corrections and/or constructive criticism from their instructors and, in some structured exercises, from their peers, as a valuable part of the learning process.
During class, students are encouraged to ask questions that pertain to general knowledge. The class format is collective in nature and discussion should pertain to class material and related concepts, ideas and inspirations. A safe, supportive atmosphere of mutual respect is essential for effective learning, and for creativity to flourish. It is imperative that each member of the class contribute to a positive, cooperative environment.

Open communication with the instructors is highly encouraged. If at any time during the term there is a question about individual progress or any concerns, an appointment should be made with one or both of the Course Directors.

**GRADED ASSESSMENT**

**Students are assessed for this course in the following categories:**

- Participation/Professional Attitude and Engagement - 30%
- Body Use/Skill /Creativity - 30%
- Individual Progress/Development - 30%
- Written Work - 10%

**Participation/ Professional Attitude/Engagement:** Active involvement in all aspects of the course, willingness to explore fully and commit to the range of activities presented, cooperation and generosity toward others. Attendance and punctuality in accordance to Dance Department policy. 30%

**Body Use/Skill/Creativity:** Articulation, endurance, whole body integration, kinaesthetic awareness, focus and concentration. Willingness and ability to respond to designated tasks/assignments, apply new concepts and approaches, creatively listen and respond to others in the context of improvised dance and class discussions, and spontaneously create original movement. 30%

**Individual Progress/Development:** Ability to move beyond limits and zones of familiarity, receptivity to new ideas and concepts and ability to embody them, visible sense of curiosity, appetite for and evidence of improvement. 30%

**Written Work:**

As embodied knowledge is demonstrated through physical execution, all physical practice courses are assessed primarily through studio work, but some written work is assigned and graded in order to assess each student's comprehension of course concepts.

**Writing assignment # 1:** Introduce and explain who you are in an autobiographical essay, not longer than 500 words. Please type and double space. An extra title page is not necessary. Use both sides of the paper if possible. This assignment will not be graded, but is mandatory. Omission will result in a 5% deduction from participation component of grade. Due Monday, September 25th.

**Writing assignment # 2:** This assignment will be 500-750 words and will be based on similarities, differences, and interconnections between the various movement modalities we are learning in the course (e.g. yoga, Bartenieff Fundamentals, Pilates, improvisation, etc.) Detailed assignment guidelines will be handed out in class and posted on the course moodle site. A draft of the essay will be due at the end of the week following the February 2018 Reading Week break. 10%

**Total:** 100%

**NB.** An unofficial midterm grade (15%) will be given to each student in the course two weeks before the official drop date. This grade is not filed with the Registrar but is calculated into your final grade.

**Assignment Submission:**

Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified and are to be submitted in class. No electronic submissions will be accepted.
Lateness Penalty: Assignments received later than the specified due date will be penalized one-half letter grade per day. Exceptions to this lateness penalty for valid reasons such as illness, compassionate grounds, etc. may be entertained by the Course Director but will require supporting documentation (e.g. a doctor’s letter).

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.

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 for 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:
  http://calendars.students.yorku.ca/2017-2018/policies-and-regulations/academic-policies-and-regulations/academic-accommodation
- Religious Accommodation:
  http://calendars.students.yorku.ca/2017-2018/policies-and-regulations/academic-policies-and-regulations/religious-accommodation
- Code of Student Rights and Responsibilities:
- Academic Honesty:
  http://calendars.students.yorku.ca/2017-2018/policies-and-regulations/student-conduct/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