EXPANDED COURSE DESCRIPTION
DANCE
School of the Arts, Media, Performance and Design
Dance Department
FA / DANC 2320 3.0 SECTION A
DANCE KINESIOLOGY
FALL 2019 / WINTER 2020

Last Modified Date: 08/30/2019

COURSE CALENDAR DESCRIPTION
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.
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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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</thead>
<tbody>
<tr>
<td>Booker, Samantha</td>
<td>Sec. A / LECT / F</td>
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</table>

SPECIAL FEATURES
Course: FA/DANC 2320 A 3.0 DANCE KINESIOLOGY
Course Webpage: Moodle
Term: Fall 2019
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:
Samantha Booker
(416) 736-2100 x.22312
ACE 318
Email: sbooker@yorku.ca
Course consultation hours: By Appointment
Teaching Assistant:
Dr. Jonathan Osborn
ACE 332
Email: jon.m.osborn@gmail.com
Course consultation hours: By Appointment
**Time and Location:**
Lecture: Mondays 2:30-4:30pm  
ACE 003  
Tutorial: Wednesdays 3:00-4:30pm  
Tutorial 1: ACW 204, Samantha Booker; Tutorial 2: ACW 302 Jonathan Osborn  
Tutorials will focus on skill building and practice required for the exams and project. Students will 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**

**SCHEDULE OF LECTURES AND READINGS**
**PLEASE READ ASSIGNED READINGS PRIOR TO LECTURES**

<table>
<thead>
<tr>
<th>Lecture date and topic</th>
<th>Readings</th>
<th>Tutorial Date and Topic</th>
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<tbody>
<tr>
<td><strong>Sept 9</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro, course vocabulary, levers, planes</td>
<td>Grossman pp 13-28</td>
<td>Sept 11 Connective tissue exp,</td>
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<tr>
<td><strong>Sept 16</strong></td>
<td></td>
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<tr>
<td>Connective tissues, joints</td>
<td>Schleip “Fascia as a bodywide tensional network”</td>
<td>Sept 18 Body/joint movement ID, Joint play</td>
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<tr>
<td><strong>Sept 23</strong></td>
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<tr>
<td>Muscles and movement analysis principles</td>
<td>Grossman pp 127-140, Fitt Notes (posted on moodle)</td>
<td>Sept 25 Contraction types practice with principles</td>
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<tr>
<td><strong>Sept 29</strong></td>
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<tr>
<td>Fascial Force Transmission</td>
<td>“Fascial Force Transmission”</td>
<td>Oct 2 EXAM 1</td>
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<td><strong>Oct 7</strong></td>
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<td><strong>Oct 14</strong></td>
<td></td>
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<tr>
<td><strong>READING WEEEEEEK!!</strong></td>
<td></td>
<td>Oct 16 Movement analysis hip</td>
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<tr>
<td><strong>Oct 21</strong></td>
<td></td>
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<tr>
<td>Hips</td>
<td>Grossman pp 63-78, 176-204</td>
<td>Oct 23</td>
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<td><strong>Oct 28</strong></td>
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<tr>
<td>Knees</td>
<td>Grossman pp 50-61, 162-174</td>
<td>Oct 30 EXAM 2</td>
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<tr>
<td><strong>Nov 4</strong></td>
<td></td>
<td></td>
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<tr>
<td>Foot and Ankle</td>
<td>Grossman pp 29-48, 141-161</td>
<td>Nov 6 Movement analysis knee/foot/ankle</td>
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LIST OF LEARNING OUTCOMES AND EXAMPLES OF

(1) Brief statement of the purpose:
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.

(2) 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.

Learning Outcomes:
- Locate, identify and describe bones, muscles and joints of the musculoskeletal system using scientific terminology and apply that knowledge to kinesiological movement analysis as it pertains to western concert dance technique.
- Explain how the body’s structure and form determine human movement potential (differentiating yet determining connection among skeletal, articular, muscular, fascial, and nervous systems)
- Differentiate between safe and unsafe technical practices and adopt/advocate for safe training strategies in personal and pedagogical practice.
- Utilize principles of movement analysis and concept of fascial force transmission to break down complex movement phrases in order to identify muscles active in mobilization and stabilization of movement.
- Evaluate and interpret analysis for the purpose of assessing alignment and movement patterns/habits and translate results into possible conditioning requirements.
- Demonstrate analytical and interpretive skills orally and in writing not only for course purposes, but also to better communicate with future dance colleagues and medical professionals when needed.
- Value the importance of a working knowledge of the dancing body and formulate an approach to the application of dance science to dance practice and pedagogy. Recognize the limits of that understanding regarding conditioning and rehabilitative choices.

Course Text/Readings:
Additional readings may be assigned or recommended during the course.

The following text is required (to be purchased at the York Lanes bookstore):

Recommended readings:


### GRADED ASSESSMENT

**Evaluation:**

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<thead>
<tr>
<th>Component</th>
<th>Weight</th>
<th>Date</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>15%</td>
<td>October 2</td>
</tr>
<tr>
<td>Exam 2</td>
<td>20%</td>
<td>October 30</td>
</tr>
<tr>
<td>Exam 3</td>
<td>15%</td>
<td>December 4</td>
</tr>
<tr>
<td>Project</td>
<td>35%</td>
<td>November 20</td>
</tr>
<tr>
<td>Lab stuff</td>
<td>15%</td>
<td>Weekly (sort of)</td>
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**EXAMS: LOCATIONS TO BE ANNOUNCED**

The exams will cover material from class sessions and readings. Exams will be multiple choice and short answer.

**LAB STUFF:** The tutorials cover skills that are required for the exams, and provide opportunities to practice. There will be some Moodle-based lab quizzes as an opportunity for you to test yourself on material learned in the tutorials. You will have until one half hour before the lecture each week to complete a lab quiz.

Lab assignments/experiences are designed to deepen understanding through various learning styles. 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.

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

Final course grades may be adjusted to conform to Programme or Faculty grades distribution profiles.

**Movement Analysis Project:** This is a chance to dig deep into your own analysis and interpret the results. Students will choose part of a movement phrase they find challenging (TBD whether movement options will
be provided or self-generated). Students will work through an analysis of the movement to determine the ideal mobilizing and stabilizing forces, then work through a personal analysis of the movement to hypothesize the sources of physical challenge. Students will then research conditioning possibilities that may help towards finding ease in the movement. Further details and rubric will be provided.

ADDITIONAL INFORMATION

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

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).

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor’s letter) may request accommodation from the Course Instructor. For exams, time and date of a make-up test will be arranged with the instructor. Further extensions or accommodation will require students to submit a formal petition.

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 3, 2020**
Last date to drop a Fall term (F) course without receiving a grade: **November 8, 2019**
Last date to drop a Winter term (W) course without receiving a grade: **March 13, 2020**

Course Withdrawal Period: (withdraw from a course and receive a grade of “W” on transcript)
- Last date for full year (Y) course: **February 4 to April 5, 2020**
- Last date for Fall term (F) course: **November 9 to December 3, 2019**
- Last date for Winter term (W) course: **March 14 to April 5, 2020**

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. World Dance and 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.

Tight buns are not recommended for Contemporary/Modern as they may impede floorwork.
- 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 in to 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, stairs, elevators, or bathrooms. Bring
  indoor flip-flops or slippers to go from studio to studio.
- 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
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. Programs Assistant Flannery Muise and faculty member Claire Wootten are the department’s certified first-aid reps.

Department of Dance Attendance and Participation Policy:
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.)

For studio classes that meet one (1) time per week:
• Absences or early departures in excess of 1 per term can result in a grade deduction of 4% per occurrence.
• Partial class participation beyond 1 class per term results in a 2% grade penalty.
• Non-participation beyond 1 class per term results in a 4% grade penalty.

For studio classes that meet two (2) or more times per week:
• Absences or early departures in excess of 1 per term can result in a grade deduction of 2% per occurrence.
• 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.

For all classes:
• 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.
• 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 2019/20 Academic Calendars page:
http://calendars.students.yorku.ca/2019-2020/programs/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:

York provides services for students with disabilities (including learning, mental health, physical, sensory, and medical disabilities) needing accommodation related to teaching and evaluation methods/materials. These services are made available to students in all Faculties and programs at York University. Students in need of these services are asked to register with Counseling & Disability Services as early as possible to ensure sufficient advance notice so that appropriate academic accommodation(s) can be provided. You are encouraged to schedule a time early in the term to meet with each professor to discuss your accommodation needs. Please note that registering with disabilities services and discussing your needs with your professors is necessary to avoid any impediment to receiving the necessary academic accommodations to meet your needs. (https://counselling.students.yorku.ca/)


York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special significance to adherents. Should any of the dates specified in this syllabus for an in-class test or examination pose such a conflict for you, contact the Course Director within the first three weeks of class. Similarly, should an assignment to be completed in a lab, practicum placement, workshop, etc., scheduled later in the term pose such a conflict, contact the Course Director immediately. Please note that to arrange an alternative date or time for an examination scheduled in
the formal examination periods (December and April/May), students must complete an Examination
Accommodation Form, which can be obtained from Student Client Services, Student Services Centre or
online at https://w2prod.sis.yorku.ca/Apps/WebObjects/cdm.woa/wa/regobs

- Code of Student Rights and Responsibilities:

- Academic Honesty: http://calendars.students.yorku.ca/2019-2020/policies-and-regulations/student-conduct/academic-honesty

- Academic Integrity Site: http://www.yorku.ca/academicintegrity

- Academic Integrity Tutorial: https://www.yorku.ca/tutorial/academic_integrity/


- Alternate Exams/Tests: http://altexams.students.yorku.ca/

- University Secretariat: http://secretariat.info.yorku.ca/senate/

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

Moodle @ York University