

YORK U
YORK UNIVERSITY
FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

Course: PKIN 0500 0.0 Basic Movement

Term: Fall 2022

Prerequisite/Co-requisite: none

Course Instructor: Samara L. Thompson
samara@yorku.ca

Time: Section O Monday, Wednesday 11:30 am

Office Hours: by request

Course Website: eClass

Note: This is a course that depends on remote teaching and learning. There will be no in-class interactions or activities on campus.

This course have synchronous remote learning. Our class will meet through a Zoom meeting with the instructor teaching various steps and dances. Attendance is required. Links to online videos will be available on the course eClass page.

Students may request individual Zoom appointments with the instructor when needed.

Technical Requirements: In order to fully participate in this course, students require a higher-speed, stable internet connection, a computer with a webcam and microphone, and/or a smart device with these features. The equipment, such as a computer or smart device, must be able to video record. Students will be participating through video conferencing, which will be recorded and posted on the course eClass page. Students are asked to show themselves on video during class. It is preferred if students keep their video on for the whole class, so the instructor is able to offer suggestions and encouragement on movement acquisition.

Students must make every effort to arrange adequate internet connection, especially for tests and exams. If a student has any specific concerns about their internet connection, they should seek all available options for completing their exam in a location with a stable internet connection. In the event that a student is not confident they can access a reliable internet connection, they should communicate their concerns to their instructor well in advance of the test/exam.

Additionally, participants need an area where they can move freely, without obstructions. Ideally, the floor should be a hard surface. Rugs are acceptable if they are low pile.

Students shall note the following:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.

Technology requirements and FAQs for eClass can be found here – <https://lthelp.yorku.ca/95440-student-faq>

A way to determine Internet connection and speed: there are online tests, such as Speedtest, <https://www.speedtest.net/> that can be run.

Useful links describing computing information, resources and help for students:

[Student Guide to eClass](#)

[Computing for Students Website](#)

[Student Guide to eLearning at York University](#)

[Learning Skills Services](#)

[Zoom@YorkU User Reference Guide](#)

[Zoom@YorkU Best Practices](#)

EXPANDED COURSE DESCRIPTION

Organization of the Course

Basic Movement delves into a variety of movement practices based on Eastern and Western movement techniques. No previous dance or movement experience is necessary. The course is designed to give students a practical and theoretical understanding of the foundations of dance practice. An emphasis is placed on learning basic dance steps and combination and how they relate to music. By the end of the term, students should be able execute dance combinations in the dance styles covered in the course.

Dance Attire

In order to dance and move freely, appropriate clothing is required. Wear comfortable, form fitting athletic clothing (nothing too loose). Students are to wear bare feet. Hair must be securely fastened away from the face and neck. For your safety and the safety of fellow students, refrain from wearing jewelry and chewing gum. Exceptions to this can be made for religious and medical reasons, as well as on a case by case compassionate basis.

COURSE LEARNING OBJECTIVES

Statement of Purpose and Learning Objectives

The purpose of this course is to teach students basic dance technique. As this course is practical in nature, the majority of class time is spent learning jazz and modern dance technique that is infused with Eastern movement philosophies. For a further breadth of understanding, an overview of dance history is presented. The specific learning objectives of the course are that students will:

- Understand and be able to execute basic dance technique.
- Learn and memorize the warm-up, traveling combinations, and dance routine.
- Be able to integrate music and dance.
- Understand the historical context in which these dances were created.
- Demonstrate knowledge of the terminology involved in dance styles presented.
- Understand how these movement techniques can be used throughout the life span for pleasure and health.
- With an understanding of the history of the dance forms, reflect on how that relates to current global affairs and current issues.
- With an understanding of the history of the dance forms, be able to reflect on socio-cultural aspects of the dances presented.
- Present a breadth and depth of knowledge about the types of dance forms presented in this course.
- Be able to easily navigate eClass, Zoom, and YouTube.
- Reflect on some of the misconceptions of the origins of the dances presented.
- Obtain an understanding on how dance can be part of one's daily physical activities.
- Understand the complexities of learning new motor skills and be able to apply this concept to undertaking new forms of physical activity.
- Develop peer relationships through eClass and the forums for the purposes of mentoring and networking.

COURSE TEXT / READINGS / RESOURCES

Selected Readings From:

TBA

Note: all readings will be available on eClass

EVALUATION

Test **30%**

Students will write a text covering technical and historical aspects of the dance forms presented in this course. The test will be given through eClass.

Practical Exam **45%**

Students are evaluated on their retention and execution of the dances taught in class. The Practical Exam occurs towards the end of the term, where students present all the dances taught in the course.

Participation **25%**

Students are expected to participate fully. This portion of the grade also reflects attitude, effort, progress, attendance, and improvement. As dance training is cumulative in nature, regular attendance and punctuality are necessary for the learning process and as such are expected of the students in this class. Students must attend 80% of the course or a failing grade will result.

IMPORTANT DATES

Test	March 1, 2023
Practical Exam	March 27, 29, April 3, 2023

Please note that course dates are subject to change under extenuating circumstances.

GRADING, ASSIGNMENT SUBMISSION

Attendance

Students are expected to attend synchronous classes. Students are to mark their attendance at the start of every synchronous Zoom session. If students arrive late, they should mark themselves as late.

Students are expected to participate in every class. After one absence, a student's participation mark may be penalized. Early departures are treated as a late and can result in a grade deduction. If a student attends a class for less than 20% of that class, it is considered an absence. Students will not receive a grade deduction for medical reasons and/or University approved reasons for absences (religious accommodations, compassionate grounds, etc.). Students must attend 80% of the course or a failing grade will result.

Grading Scheme

The grading scheme for the course is A, B, C, Pass, and Fail (e.g. A = 80 to 100%, B = 70 to 79%, C = 60 to 69%, F = below 59%). Assignments and tests will bear either a letter grade designation or a corresponding number grade. For a full description of York grading system see the York University Undergraduate Calendar.

<http://calendars.students.yorku.ca>

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the Faculty of Health section of the Undergraduate Calendar.

<https://calendars.students.yorku.ca/2020-2021/programs/HH/kinesiology-and-health-science>

Physical Demands

This course will 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 if this is an issue for you. Be sure to share with the Course Director any changes in your injury or health that may impact your participation. Students are strongly encouraged to work within their own physical limits and to modify exercises so they can perform them without pain or undue strain.

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 for the assignment. All assignments must be handed in through eClass. Google Drive links will not be accepted. Alternate arrangements may be considered on an individual basis and must be agreed upon by the Course Instructor in advance of the due date.

Lateness Penalty

Assignments received later than the due date will be penalized. The penalty is 5% per day that the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's letter).

Missed Tests

Students with a reason for missing a course test, such as illness, compassionate grounds, etc. may request accommodation from the Course Instructor. In such cases, tests may be rescheduled and/or alternate arrangements may be made on an individual basis. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

ACADEMIC INTEGRITY

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's [Academic Integrity module](#) at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities, and can be punishable according to the [Senate Policy on Academic Honesty](#).

eClass AND AUDIO-VISUAL RECORDINGS**eClass**

Our course eClass page will have links to the readings, videos, and resources affiliated with this course. All assignments are to be turned in through eClass. No email submissions will be accepted, nor will Google Drive links. Synchronous classes on Mondays will be held through Zoom, set up on eClass. All links to the meetings will be found on eClass.

Audio-Visual Recordings

As per University policy, all Zoom synchronous classes will be recorded and posted on eClass. The recordings are to be used for educational purposes only and as a means for enhancing

accessibility. Students do not have permission to duplicate, copy and/or distribute the recordings outside of the class (these acts can violate not only copyright laws but also **FIPPA** <https://www.ontario.ca/laws/statute/90f31> and intellectual property rights). All recordings will be destroyed after the end of classes.

The instructor may also view the recordings: a) for grading purposes and b) for review of student responses to course material so can future course delivery can be improved upon.

Instructional videos posted to eClass by the instructor are not to be reproduced or distributed in any way, shape, or form. The videos are the intellectual/creative property of the instructor and are solely to be used by students enrolled in the course to learn course materials. Any violation is considered to be a breach of copyright and York's Policy of Academic Integrity and investigated accordingly.

Students are prohibited from recoding the live Zoom session or from posting them on social media. Like a classroom, Zoom meetings are designed as a space for learning and are meant for only those who are enrolled in the course. Any attempts by students to record the Zoom meetings or post them on the internet are considered to be in breach of copyright and York's Policy of Academic Integrity and investigated accordingly.

These course materials are designed for use as part of this course at York University and are the intellectual property of the instructor unless otherwise stated. Unless a user's right in Canada's Copyright Act covers the particular use, you may not publish, post on an Internet site, sell, or otherwise distribute this work without the instructor's express permission. Failure to abide by these restrictions may constitute grounds for academic misconduct proceedings and/or legal action against you.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -

<http://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012.pdf>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

HEALTH AND SAFETY INFORMATION

COVID-19 Safety

In this course, all university community members must comply with York's health and safety protocols, found on the Better Together website. All are strongly encouraged to:

- wear masks while indoors on campus;
- self-screen using the YU Screen tool prior to coming to campus for any in-person activities;
- NOT attend in-person activities at any of York's campuses/locations if feeling unwell or if you answer yes to any of the screening questions.

All members of the York community share in the responsibility of keeping others safe on campuses and ensuring respectful interactions with one another.

Mental Health

We continue to deal with the impact of COVID-19 and its far-reaching consequences. Please be kind and gentle with yourselves and others. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

- <https://good2talk.ca/>
- <https://counselling.students.yorku.ca/>
- <https://yubettertogether.info.yorku.ca>
- <https://yorkinternational.yorku.ca/>