

GREEN SHEET/ Fall 2023

Meets TTh 9:30am-10:45am PE11U

Dance 22/ **Body Awareness & Conditioning for Dance**, CRN\_27642 *Danc-D022-01*

Instructor: Janet Shaw, Dance/Theatre Dept., De Anza College

**PURPOSE OF COURSE:** Student Learning Objectives:

Principles of dance and conditioning through floor work derived from ballet, contemporary dance, and other psycho-physical disciplines. Topics may include but are not limited to: body mechanics, muscle groups critical to dance, flexibility, alignment, self-assessment, dance injury prevention, and strengthening the mind-body connection.

**PROJECTS:** Full participation in class. Reading + 4 easy, in class assignments (*10 points each*).

**PARTICIPATION:** Participation in “in class” activities and training is a major portion of your grade (50 points). Your second absence will lower your grade 2.4 points, as will each additional absence thereafter, unless made up. Instructor will not automatically drop students. Drop proceedings must be conducted by the student.

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**MAKE-UPS:** All classes can be made up. Approved Concerts below and Options in Module must be TYPED & submitted in Canvas (1 page reflection of YOUR thoughts about the experience). Participation in videos in the Practice Room needs a few sentences emailed to me, reflecting on that online class experience. Details are in the Modules. Makeups due the last day of instruction. One per absence, except as noted in the Modules. In general, each make up = 2.4 points.

Acceptable Make-ups. Attendance at these Professional dance concerts can count as two makeups (Must submit 1 page TYPED & photo as described in Module):

**October 6 & 7** **sjDanceCo** presents **Ablaze** (*Modern Dance*)  
Th, Fri 8:00pm California Theatre, 345 S 1st St, San Jose, CA 95113. Student tickets \$25.  
San Jose, CA 95113 Students Tickets: \$25 Visit [sjdanco.org](http://sjdanco.org) for tickets

**Oct. 13** 7:30pm **San Jose Dance Theatre** (*Ballet*) presents Dracula  
**Oct. 14** 1pm & 6pm Hammer Theatre Center, 101 Paseo De San Antonio,  
**Oct. 15** 1pm San Jose, CA 95113 Tickets: \$40-60 (408) 924-8501 Visit [sjdanco.org](http://sjdanco.org) for tickets

**Nov. 24** 6pm **Pacific Ballet** (*ballet*) presents 32<sup>nd</sup> Annual Nutcracker Ballet  
**Nov. 25** 1pm & 6pm Mountain View Center for the Arts, 500 Castro St., MV Tickets \$30  
Visit <https://tickets.mvcpa.com/default.asp?searchdate=11/24/2023>

**TEXTS:** *Required: Body Awareness Syllabus* by Shaw (*purchase from campus Bookstore; \$26.50*) & *Recommended: Anatomy of Movement* by Blandine Calis-Germain.

**FINAL** (*10 points*): **Tues. March 28th, 9:30am-11:15am.** Floor barre & discuss 3 question assignment.

**GRADING POLICY:** Factors used in determining your grade:

1. Successful completion of 3 assignments & 1 quiz. (10 points each; total 40 points)
2. Ability to execute floor barre (pointed feet, proper muscles, etc.)
3. Participation. (Only one absence allowed, others can be made up) 2 & 3 part of participation (50 points)
4. Full participation in Final Exam discussion & assignment. (10 points)

Successful participation and completion of the above = 100 points, an A grade in this class.

**OFFICE HOURS:** 15 minutes before and after class in PE 11U and by appointment.

**TO CONTACT INSTRUCTOR:** [shawjanet@fhda.edu](mailto:shawjanet@fhda.edu)

**MUSIC:** by Gabrielle Roth and the Mirrors, and Cirque Du Soleil's *Mystere*.

Day #	DAILY TOPICS:	<u>Reading Assignments/ Due Dates:</u>	
1.	Introduction to class & begin warm up sequence	No reading assignments for these topics.	
2.			
3.			
4.	Structure (bones, joints, etc.)	Skeletal System ____, <b>Skeleton Handout for quiz:</b>	10/5
5.			
6.	Objectives, myths, & body types	Body types ____. Myths/Table 19.3 (pg. ____).	10/12
7.	Eating Disorders; their anatomical effect	Weight management ____, Eating Disorders pgs. ____, Fitness Myths pg. ____	10/17 10/17
8.	<b>Self Assessment</b> ( <i>Chart to complete, handed out in class</i> ):		10/19
9.	foot structure	Morton Short Toe ____	10/25
	spine alignment	Spine pg. ____, Pelvis pg. ____	
	leg length		
	leg extension In second		
10.	outward rotation	Hip range of motion pg. ____	10/26
11.	inward rotation	pg. ____	10/31
	hip flexion (parallel to front)	pg. ____	
	muscle balance of quadriceps	pg. ____	
	" " " hamstrings	pg. ____	
	" " " quadriceps to hamstrings		
12.	Important muscles for movement:		11/2
	Transversus & rectus abdominus	Figure 10.1 (pg. ____)	
	Shoulder blades and port de bras	(Overhead Projector)	
		<b>Outward Rotators Handout</b> ( <i>color &amp; submit</i> )	
13,14	Muscles of the hip, wall posters, plies	pg. ____, ____, ____ & pg. ____	11/7
15.	Neck & Torso alignment (sagittal plane)	Fig. 4.12 (pg. ____)	11/14
	Calf muscles	Pg. ____	
16.	What happens after the bones and muscles?	<b>Knee Handout</b> ( <i>color &amp; submit</i> )	11/16
17.	Inside the knee	pgs. ____	11/21
18.	How Muscles Work	Table 7.1 (pg. ____), Overview ____ (This is tough	11/28
19.		vocabulary. Just read for concepts.)	
		Strength pg. ____, Conditioning ____	11/30
20.	Stretch	Stretch/Flexibility ____	12/5
21.	What causes injury?	Exercise Without Injury ____	12/7
	What happens to body parts when injured?	Relief & Exercise Injuries, part II ____	
	What are possible treatments?		
	How do the body parts respond to treatment?		
22.	<i>(Types of doctors (therapists, chiropractors, etc.) and why you would go to them.; If time allows)</i>		
	Review, Final day for floor barre, Discussion of Questions.		
	Assignment for <b>FINAL</b> : Turn in <b>3 Discussion Questions</b> that you want to know the answer to.		
	<i>(1 on each INDEX CARD handed out on 12/7)</i>		12/12

\* NOTE: Above page numbers refer to PURCHASED: *Body Awareness Syllabus by Shaw*