

# Pilates Technique for the Dancer

Course Syllabus \* DAA 4755 \* Section 1D63 \* Fall 2017 \* Tuesday/Thursday 6-11 10:40-12:10

Professor Isa Garcia-Rose \* Office: T211 \* (352) 273-0500

Office Hours: By Appointment only \* e-mail: [isa@ufl.edu](mailto:isa@ufl.edu)

Catalogue Description: Systematic achievement of strength, tone, flexibility and posture for optimal physical performance in dance. May be repeated with a change of content up to six credits. Prereq or Coreq: junior or senior level dance major or instructor permission.

## COURSE OBJECTIVES

- ◆ Learn through practice the basic principles supporting the Pilates method and apply them to Pilates mat work.
- ◆ Work to resolve individual alignment issues through those applications and be able to help each other find these issues.
- ◆ Learn basic anatomical terms and their functions that will also relate to dance technique and quality of life.

## ATTIRE

☞ *Form fitting dance attire. You may wear sports bras. Please wear hair to accommodate mat work (Pebbles' pony tails work best).*

## EQUIPMENT

**Mat required, pads and blocks. Always bring a pen and notebook for notes.**

**Class Attendance** is mandatory - this means you are ready to begin class on time, (awake), alert & attentive throughout the class period. It would be wise to be slightly early to prepare. Perfect attendance has its own rewards 😊.

## Attendance:

### Dance Technique Class Attendance Guide:

- Mindful participation in each class meeting is the only way to meet the objectives of this course.
- Attendance, which is mandatory, means that when you enter the classroom, you are present, alert, and contributing to the progress of the class every second.
- If you are not present when attendance is taken or class begins you are marked absent. If late, go have coffee.
- In the case of extended health issues, refer to the Injury and Illness Policy in the SoTD 2015-16 Handbook (SoTD website) and included in this syllabus.

### Dance Technique Class Absence Policy

- Five (5) or more absences (excused or unexcused) result in automatic failure.
- All undocumented absences are unexcused: each unexcused absence = 5 point deduction. Excused absences may include those related to illness/injury which are documented by a medical professional. Events related to family emergencies or professional obligations should be discussed with your instructor. (See *Make-up Policy* for more information on excused absences.)
- For your safety and the focus of the class, you may not join class if it has already started. You are late and counted absent; with instructor permission, you may observe.
- If you should leave class early, 3 points are deducted from your grade.
- If unable to participate but still attend, with instructor permission, you may 'actively' observe for full

class credit, one time. You will complete an assignment as assigned by the instructor due at the end of class.

- UF approved religious days are excused and do not need to be made-up. (Travel time not included.) You are responsible for material covered during your absence.
- A MEDICAL WITHDRAWAL will not be supported without approved documentation. An Incomplete is only considered by UF Dance in extreme cases and is not available in technique classes.

### **Make-up Policy:**

#### **Dance Technique Class – Makeup Policy**

- You are responsible for all material covered during any absence
- There are no makeup options for unexcused absences
- Absences from Written Exams, Quizzes, Mid-Terms, and/or Finals may only be made up with approved documentation

Please consult the following sites for UF's physical and mental health resources:

<http://shcc.ufl.edu/> (Student Health Care Center)

<http://shcc.ufl.edu/forms-records/excuse-notes/> (excuse note policy)

<http://dso.ufl.edu/> (Dean of Students)

### **EVALUATION**

50 points Attire/Attendance/Class progress

10 points Alignment evaluation (turn in your in class evaluation) August 24<sup>th</sup>

10 points Teach your partner a warm-up (turn in a written warm-up plan) September 14<sup>th</sup>

10 points Teach a half hour mat class to your partner (turn in your written class plan) October 3<sup>rd</sup>

20 points Plan a 50 minute mat class and teach it to your buddy (turn in your written class plan) November 30<sup>th</sup>  
December 5<sup>th</sup>

**100 points Total points possible**

A 93-100 points

A- 90-92

B+ 86-89

B 83-85 points

B- 80-82

C+ 77-79

C 73-76 points

C- 70-72

D+ 67-69

D 63-66 points

D- 60-62

E 59 and below

### **General Notes and Policies**

- ♣ The McGuire Theatre and Dance Pavilion is equipped with locker rooms and showers. If you bring personal items into the studio, please leave them immediately inside of the door. Do not place objects by the barres, piano or in front of the mirror, also leave the sound equipment and white board area clear.
- ♣ Please respect others who might be sensitive or allergic to perfumes or scented creams or sprays.
- ♣ No body or hair products that will leave a residue on the dance floor.
- ♣ Please turn cell phones off, as their use during class time is taboo and the ringing annoys the heck out the instructor.
- ♣ Please use instructor's e-mail address for university business only.
- ♣ There is not a final exam during exam week for this class

### **UF Policies:**

**University Policy on Accommodating Students with Disabilities:** Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when

requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

**University Policy on Academic Misconduct:** Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>.

**Netiquette: Communication Courtesy:** All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats. [<http://teach.ufl.edu/docs/NetiquetteGuideforOnlineCourses.pdf>]

Dance Studio Policy is posted in each studio.  
Thank you for keeping the studio clean!

Feel free to ask questions any time. There is no such thing as a silly question. I am also available before or after class. We will be dividing up to learn some reformer work once we've mastered the mat. I would like for you to understand Pilates in your own bodies as well as you can so you may also be able to teach it to others. I hope you love it as much as I do. Now let's shake ourselves slim!