

DAN 2701: Dance Kinesiology

Fall 2023 | Section: 25890 (DKN3) + 26507 (DKNU) | Mon / Wed @ CON G-11 | 3:00p – 4:55p

Instructor of Record: Alex Springer (he/him/his)
Email: aspringer@arts.ufl.edu
Office Location: Room 232, Nadine McGuire Theatre + Dance Pavilion
Office Hours: T/R 3-4p or by appointment.
Office Phone: 352-273-0511

Syllabi can be found here <http://arts.ufl.edu/syllabi/>
Lab Fees can be located at <http://aa.ufl.edu/policies/material-and-supply-fees/>
Canvas (e-learning): <http://elearning.ufl.edu>
Email Policy: Use ONLY your UFL.EDU email account for e-mail correspondence related to class.



Required Reading & Supplies:

- *Anatomy of the Moving Body: A Basic Course in Bones, Muscles, and Joints* by Theodore Dimon, Jr.
- *The Anatomy Coloring Book (4th Edition)* by Wynn Kapit and Lawrence M. Elson
- Colored pencils
- Binder or notebook for class notes and handouts

Other Possible Sources:

- *Anatomy in Action: The Dynamic Muscular Systems That Create and Sustain the Moving Body* by Theodore Dimon, Jr.
- *BodyStories: A guide to Experiential Anatomy* by Andrea Olsen in collaboration with Caryn McHose
- *The Body Moveable* by David Gormon
- *Dance Anatomy and Kinesiology* (2nd edition) by Karen Clippinger
- *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews

DAN 2701: DANCE KINESIOLOGY COURSE CATALOG DESCRIPTION:

Introduces musculoskeletal anatomy through the lens of kinesiology: "the branch of physiology that studies the mechanics and anatomy in relation to human movement," principally dance movement. Credits: 3; Prereq: Dance Major

COURSE DESCRIPTION

Kinesiology, from the Greek root *kinēsis* "movement, motion," or *kinein* "to move", brings the scientific study of human anatomy into action. Dance Kinesiology aims to empower dancers (or any people passionate about movement) with primary knowledge about the body and its systems. Through embodied learning modules, this course will cover bones, bony landmarks, muscles, muscle actions, and other integral anatomical information. Classes will be experiential, enlivening knowledge and questions through movement. Beyond lecture-based classes, we will utilize hands on learning with anatomical models, drawings, and our own bodies in order to deepen our understanding of the concepts.

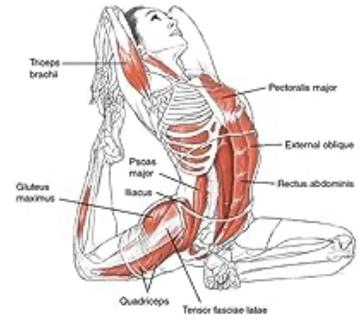
As movement artists our field uses the body as its primary instrument for expression. Connections and practical applications will be made directly to other movement practice classes or choreographic projects students are involved during this semester. This course aims to cultivate a conscious and informed understanding of human anatomy that will inherently develop your skills as a performer, creator, teacher, and person in the world.

A NOTE ABOUT CONSENT + TOUCH:

The nature of our work as dancers involves an intimate relationship with our bodies and sometimes the bodies of dancers around us. We will be working with simple partnering, bodywork, and hands on touch exercises to expand our understanding of anatomy on real live bodies. If you are uncomfortable with anything at any time, please speak with or email me so you and we can come up with a solution together. **Touch and contact will be determined by each individual's level of comfort.** We will work through this together and respect each other's boundaries.

COURSE OBJECTIVES

- Provide students with knowledge about the body that will deepen their experience of dancing and being alive.
- Cultivate curiosity and wonder about about the coordinated active body.
- Equip students with scientific terminology allowing them to identify bones/boney landmarks and muscles/muscle groups.
- Students will gain knowledge about muscle/muscle group function – including a rudimentary understanding of skeletal muscle origin, insertion, and action/function
- Ability to complete a competent joint action analysis in relationship to force of gravity.
- Ability to articulate and integrate a somatic approach to kinesiological analysis.
- Experience, embody, and understand anatomical knowledge beyond memorization and regurgitation.



STUDIO PROCEDURES

Proper Attire: You should come dressed ready for class and able to move freely and comfortably. Although this is not a formal movement practice-based course, we will still engage our bodies in the studio laboratory. Be prepared to move through on simple physical tasks and embody the anatomical knowledge we are learning.

Water + Food: Please do not eat while in class or chew gum. You are welcome to bring a water bottle to class.

Device Usage: The studio is a place for focus and engagement, a precious time to be device-free. Please leave your cell phones, Apple Watches, etc. in your bags and on silent unless we are using them for classwork. If you need to be reachable by phone for any reason, let me know in advance of class.

Lateness and leaving early are also detriments to your progress. If you are late or leave early, it is your responsibility to communicate with the professor accordingly before/after class. Chronic tardiness or early departure will require an individual meeting with the instructor to discuss strategies moving forward. See attendance policy below.

RESPECTFUL LEARNING ENVIRONMENT:

In order for us all to have a transformative, expansive, and generous experience, we will agree to *participate* in creating a respectful environment. We do so by:

- Showing up for yourself and others.
- Listening fully to each other at all times.
- Taking time to reflect before responding or reacting.
- Demonstrating personal motivation and lifting up those around us. Offer positive feedback to each other.
- Asking questions and contributing to class discussion.
- Collaborating equitably.
- Showing gratitude for community.
- **Communicate.** Please email me with *any and all* concerns, questions, and needs as they arise.
- **+ YOUR SUGGESTIONS!** We will create, discuss, and compile community agreements specific to our group. We enter this space with various experiences and perspectives, together seek to create the safest space possible to learn, thrive, and grow.



Anatomy of a Hug by Luna Lu

CULTURE OF CARE:

I propose we adopt a **culture of care** in all our endeavors. Care affects how we interact with ourselves, one another, and the space we share. Care invites more patience and generosity. Care can ensure our personal and collective safety, well-being, and development. I invite us to practice radical empathy and hospitality to cultivate an atmosphere where we can all feel welcome to enter and participate.

"Not causing harm requires staying awake. Part of being awake is slowing down enough to notice what we say and do."
-Pema Chödrön

COURSE EXPECTATIONS

Attendance to ALL classes is highly encouraged. You are responsible for all material covered in class. Physical presence will bring you closer to the material and enliven your questions!

Dance Area Attendance Policy: For classes that meet 2x/week, students can take 2 unexcused absences with no penalty; no documentation is required for the first 2 absences as they are automatically excused. If the third absence is unexcused, it will result in 5% deduction from the final grade. Excused or unexcused, on the third absence, a meeting is required with the instructor and/or area faculty to assess the student's continued participation in the course. If the fourth absence and all subsequent absences are unexcused, each will result in an additional 5% deduction from the final grade. Opportunities to make up missed material for unexcused absences is up to the instructor's discretion and will be made available through virtual classes or online assignments.

Any absence from class for the following reasons must be supported by official acceptable documentation:

- Illness—doctor's note must be on official letterhead with address and phone number, noting the date and time of visit and diagnosis verifying that an absence from class is warranted, doctor name and signature
- Serious family emergencies
- Special curricular requirements (e.g., judging trips, field trips, professional conferences)
- Military obligation
- Severe weather conditions
- Participation in official university activities such as music performances, athletic competition or debate
- Court-imposed legal obligations (e.g., jury duty or subpoena)

To help organize accommodations, students should inform the instructor by the end of the second week of classes of religious observances of their faith that will conflict with class attendance this semester.

GRADING

(1) HOMEWORK – anatomy coloring book, Bodystory, other reading + responding (350 points)

- **Anatomy Coloring Book (100 points):** you are expected to color the plates prior to class as outlined in the course schedule below. Coloring books will be collected 2 times for a grade of credit / no credit.
- **Bodystory (50 points):** Adopted from Andrea Olsen's *Bodystory* assignment, you will collect as many memories as possible from your (birth – present). In this paper you will detail as much as possible about your birth, childhood, training, environments, family, injury, and anything else that interests you. 4 pages minimum.
- **Readings + Responses (50 points each / 200 total):** you are responsible for completing the readings prior to class outlined in the syllabus. There will be 4 discussion boards/short responses required throughout the semester via Canvas.

(2) QUIZES + MIDTERM EXAM (350 points)

- **Quizzes (50 points each /100 total):** two short fill in the blank, multiple choice, and labeling quizzes to be taken in-class.
- **Midterm Exam (200 points):** A culminating midterm exam, taken in-class, will include material covered thus far in the semester. A study guide will be provided.

(3) PRACTICUM (100 points) – during the second half of the semester you will create a regular physical practice for yourself and track progress over the course of 4 weeks. You will chose a topic for your research and program for its application.

- **Proposal (10 points):** a brief statement outlining your plan for somatic practice and body region of focus.
- **Practicum (140 points):** A final artifact (journal, vlog, paper, etc) that offers a view and summary of the changes in bodily awareness, mapping, and understanding that occurred through your ongoing practice.

(4) FINAL ANALYSIS PROJECT + PRESENTATION (200 points)

- **Presentation (100 points)**
- **Paper (100 points)**

EXTENSIONS FOR ASSIGNMENTS:

Please do your best to submit work on time. I understand that there will be extenuating circumstances and ask that you contact me at least 24 hours in advance of the due date to arrange for an extension. I respect you and your time and know that sometimes flexibility is needed to do your best work. Please respect me by honoring these timeframes which will allow me adequate time to review your work and give thorough individual feedback.

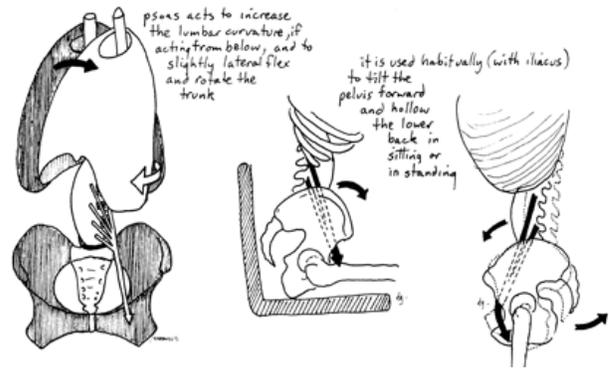


Image from *The Body Moveable* by David Gorman

PERCENTAGES

Homework	35%
Quizzes and Midterm Exam	35%
Practicum	10%
Final Analysis Project + Presentation	20%
TOTAL	100%

LETTER GRADES

A	95-100
A-	90-94
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
F	Below 63

[Link to the university grades and grading policies](#)

COURSE SCHEDULE

NOTE:

Dimon = *Anatomy of the Moving Body* by Theodore Dimon, Jr.

Olsen = *Bodystories* by Andrea Olsen

ACB = Anatomy Coloring Book ***all plate numbers based on the 4th Edition

WEEK	MONDAY	WEDNESDAY
1		Aug 23 Introduction to the course + Anatomical Terminology In-class: Draw "your skeleton"
		Dimon: Introduction + Chapter 1 ACB: 1, 2, 21 Read "What is somatics?" + post on discussion board - due 8/27
2	Aug 28 Body systems Bones + joints overview	Aug 30 Axial / Appendicular Skeleton Bones: skull + regions of spine
	Dimon: Chapter 2 ACB: 3, 4, 17, 20	Dimon: Chapter 3 + Olsen: Day 11 ACB: 19, 22, 23, 24, 25 Write your Bodystory - due 9/4
3	Sept 4 — No Class LABOR DAY	Sept 6 Bones: spine / vertebral column
		Dimon: Chapter 12 + 13 ACB: 26, 27

4	Sept 11 Bones: ribs / In-class group project	Sept 13 Bones: pelvis + hip
	Olsen: Day 12 ACB: 28 Submit drawing of vertebrae and ribs before class 9/11	Olsen: Day 18 ACB: 35, 36, 37 Dimon: 26 (optional)
5	Sept 18 Bones: thigh + leg	Sept 20 Bones: ankle + foot / Review
	Olsen: 20 ACB: 38, 39	Dimon: Chapter 29 ACB: 40
6	Sept 25 Bones: shoulder girdle QUIZ 1	Sept 27 Bones: elbow, forearm, wrist + hand
	Study for Quiz 1 Olsen: Day 14 ACB: 29, 30	Olsen: Day 15 + 16 ACB: 31, 32, 33 Submit Anatomy Coloring book #1
7	Oct 2 Muscles overview Muscles: head + neck	Oct 4 Muscles: torso + breathing
	Dimon: Chapters 14, 15, 16 ACB: 11, 12, 42, 43, 45, 46	Dimon: Chapters 17, 18, 19, 20 ACB: 47, 48, 49 Discussion board on breathing – due 10/6
8	Oct 9 Muscles: pelvis In-class group project	Oct 11 Muscles: gluteal region + thigh
	Dimon: Chapter 27 ACB: 50	Dimon: Chapter 28 ACB: 59, 60, 61, 62
9	Oct 16 Muscles: lower leg + foot	Oct 18 Review
	Dimon: Chapters 30, 31 ACB: 63, 64, 65	Study for Midterm Exam
10	Oct 23 Midterm Exam	Oct 25 Muscles: Shoulder girdle + elbow
	Study for Midterm Exam Brainstorm ideas for practicum	Dimon: Chapters 21, 22 ACB: 52, 53, 54, 55
11	Oct 30 Muscles: wrist + hand	Nov 1 Review Brain + nervous system
	Dimon: 23, 24, 25 ACB: 56, 57 Practicum Proposals due	Olsen: Day 25 ACB: 13, 68, 69 Begin work on practicum
12	Nov 6 Brain + nervous system continued QUIZ 2	Nov 8 Fluid systems
	ACB: 70, 71 Continued work on practicum	ACB: 82, 103, 107, 120 Continued work on practicum Discussion board

13	Nov 13 The Integrated Body	Nov 15 The Integrated Body
	TBD: <i>Anatomy Trains</i> Continued work on practicum + begin final analysis project	Continued work on practicum + final analysis project Submit Anatomy Coloring book #2
14	Nov 20 Review + catch up	Nov 22 THANKSGIVING
	Continued work on practicum + final analysis project	
15	Nov 27 Review Work on final analysis project	Nov 29 Share final analysis project presentations – Day 1
	Continued work on practicum + final analysis project	Continued work on practicum
16	Dec 4 — No Class <i>Agbedidi Dark Day</i>	Dec 6 Share final analysis project presentations – Day 2
		Practicum report due by 11:59p on 12/11 via Canvas

IMPORTANT DATES FOR FALL 2023

Please check your emails daily for Dance Area Headquarters Canvas site updates!

August

- 23 – 6:30-8p Welcome Meeting in G-6
- 24 – 4-5p SoTD Convocation
- 28 – 6:30-8:30p BFA Showcase Choreographer audition

September

- 4 – Labor Day NO CLASS
- 14 – 12:50-2:20p Chad Gaspard Lecture/Dance class (Ric Rose Alumni Award)
- 15 – 10:40a-12:25p Chad Gaspard Master class (Ric Rose Alumni Award)

October

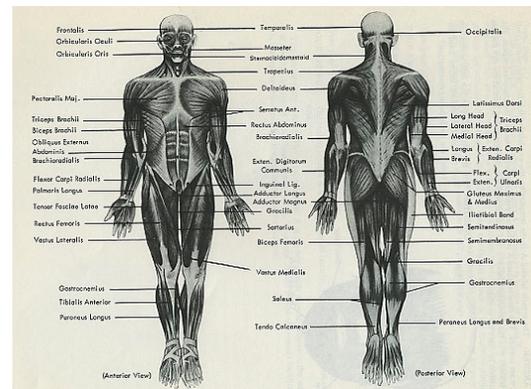
- 6 – Homecoming NO CLASS
- 15 – 7:30p Nobuntu @UFPA
- 23 – 6:30-8:30p UnShowing #1 (tentative)
- 26 – 8p Limón Dance Company @ Santa Fe Fine Arts Hall
- 27 – 9a-4p Young Dancer Workshop class @ UF & 7:30p Showcase A at Santa Fe College
7:30p DANB *Swan Lake* @ UFPA
- 28 – 9a-4p Young Dancer Workshop class @ UF & 7:30p Showcase B at Santa Fe College
- 30 – 6:30-8:30p UnShowing #2 (tentative)

November

- 1 – 7:30p Ndlovu Youth Choir @ UFPA
- 10 – Veterans Day (no classes)
- 13-17 – CRAs 1st years, 3rd years + 1st Semester transfers (tentative)
- 22-26 – Thanksgiving Break

December

- 1-2 – 7:30p *Agbedidi* Concert, G-6
- 3 – 2p *Agbedidi* Concert, G-6
- 6 – Classes end
- 11 – CRAs Graduating Seniors



COURSE EVALUATIONS:

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. [Click here for guidance on how to give feedback in a professional and respectful manner.](#) Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via ufl.bluera.com/ufl/. [Summaries of course evaluation results are available to students here.](#)

UNIVERSITY POLICY ON ACADEMIC MISCONDUCT:

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions. [Click here to read the Honor Code.](#) Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES:

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center. [Click here to get started with the Disability Resource Center.](#) It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

IN-CLASS RECORDING:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

ACADEMIC RESOURCES

- *E-learning technical support:* Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- [Career Connections Center:](#) Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- [Library Support:](#) Various ways to receive assistance with respect to using the libraries or finding resources.
- [Teaching Center:](#) Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- [Writing Studio:](#) 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- *Student Complaints On-Campus:* [Visit the Student Honor Code and Student Conduct Code webpage for more information.](#)
- *On-Line Students Complaints:* [View the Distance Learning Student Complaint Process.](#)

HEALTH + WELLNESS RESOURCES

- *U Matter, We Care*: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- *Counseling and Wellness Center*: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- *Student Health Care Center*: Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).
- *University Police Department*: [Visit UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- *UF Health Shands Emergency Room / Trauma Center*: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).
- *GatorWell Health Promotion Services*: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

THIS SYLLABUS IS SUBJECT TO CHANGE

Students will be notified in advance of important changes that could affect grading, assignments, etc.

