

DAN 3775 DANCE IN MEDICINE

Fall 2016 Per. 8-9 (3:00-4:55pm)

Mondays and/or Wednesdays, as scheduled: CON G-11

Instructor: Jill Sonke

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Description: This course explores the links between creativity and health, focusing on the many ways that dance and movement can be used to support health and wellness in healthcare and community settings. It includes studio workshops in movement, lecture/discussion, video viewing, readings/literature research, group project work, and site-based exposure to dance programs designed to support health and wellness in clinical or community settings. This course is appropriate for students of the arts and/or of health related fields who are interested in and comfortable with movement. Instructor approval is required for registration.

Objectives:

- To become acquainted with the ways in which dance has been used historically to enhance health and healing as a context for the contemporary theory and practice of dance in healthcare. *Students will have access to this information through assigned reading, class lecture and discussion, group research, and consulting listed resources.*
- To identify the basic knowledge and skills necessary to function as an artist in a healthcare or community setting, including gaining/strengthening/maintaining personal creative process; discovering ways to engage participants in their own creative processes; movement facilitation knowledge and skills, etc. *Students will participate in class movement experiences, homework assignments, and observe clinical or community site work.*
- To become familiar with dance programs and practices designed to enhance health through direct observation and research. *Students will view films, read assigned literature, and will participate in class sessions and on-site observations.*

Course Format

The course will involve class meetings, homework, individual and group research, and on-site observation in a clinical or community setting. Class meetings will be on Mondays and/or Wednesdays (please see course calendar). On-site observations will be individually scheduled. Class sessions will consist of lectures, presentations, information sharing, movement, video viewing, and sharing of on-site observations. Each session will include work on the major topic of the day as well as time for questions and for sharing individual experiences with the class content and/or with on-site work. Some classes will include exercises focusing attention inward

for accessing creative awareness. The course is designed to prepare you to work creatively with healthcare and community populations. This purpose is best served when the class develops into a respectful community where creative and personal expression are valued. Therefore, full and consistent participation from all students is expected in an atmosphere of mutual respect exhibited by open non-judgmental participation, attention and confidentiality.

On-site observation requires your compliance with the following structures:

- Scheduling of on-site observation: You may schedule your observations at any time that an available activity fits your schedule. You must sign in and out of every on-site experience using a sign-in log as provided on E-Learning. Have a supervisor or staff member at the site sign after each session
- Completion of orientation procedures, if required by the site at which you will observe
- If you are invited by the site supervisor, you may participate in the activity

A course E-learning site will be used for communications, materials, one quiz, and submission of assignments. Access the course site in Canvas at www.lss.at.ufl.edu

Assignments and Evaluation:

Total Points: 200

Practice and Methodologies Project – 60 points (30% of grade)

Group Project – 50 points (25% of grade)

Dance Program Observations – 30 points (15% of grade)

Creative Exercise – 30 points (15% of grade)

Creative Process Journal – 30 points (15% of grade)

Major Assignments:

1. **Practice and Methodologies Project** (60 total points as broken down below): Beginning immediately, research a contemporary practice or program of your choice related to dance and health. Examples of appropriate programs include the Mark Morris Dance Group's *Dance for PD* program, Anna Halprin's *Tamalpa Institute*, *Dance Out Diabetes*, or Michelle Obama's *Let's Move* program (dance components). Once you have selected a program, conduct a literature review to help you articulate the theoretical and practical rationale for the program and its intended outcomes. You will give two presentations to the class to share your findings.
 - a. *Program or Practice Presentation*: 35 pts. Prepare and present a 15-minute oral and visual presentation and turn in your 4-page literature review and bibliography (must have a minimum of 6 citations from peer-reviewed academic or scientific publications). If appropriate, you may include a brief participatory component in your presentation. **Your literature review and bibliography must be submitted on E-**

Learning by noon on the date you present. Due September 12-14, as assigned (see course calendar).

- b. *Research Methodology Presentation*: 25 pts. You will choose a research or formal evaluation methodology from one of the research articles in your literature review and present the methodology to the class. Your 10-minute presentation should include a summary of the study, the methodology used, what interested you in the methodology and how you might apply it in your future work. Due October 3-5, as assigned (see course calendar).
 - c. See *Practice and Methodologies Project Assignment* on E-Learning for detailed requirements.
2. **Group Program Planning Project** (50 pts): In a group of up to four students, you will develop a written plan for an “ideal” dance program that addresses health or well-being in a specific population or setting. Your work will include researching best practices, writing the program plan, and presenting it in a creative format of your choice. You will present your plan to the class, and submit your plan on Canvas **by noon on that day**. See Program Plan Project Assignment on E-Learning for detailed requirements. Due November 28-30, as assigned (see course calendar).
 3. **Dance in Medicine Program Observation** (30 points): You will observe or participate in **three** “dance in medicine” programs at UF Health Shands Hospital or in the community. You will discuss your observations in class. Your observations must be documented with a signature from the program leader on the log provided on E-Learning. Your signed log is due November 21.
 4. **Creative exercise** (30 pts): You will devise a movement experience suitable for a group workshop and lead the class through it. The experience should demonstrate your skills as a facilitator and include a set of objectives and anticipated outcomes. You will have 15-20 minutes to facilitate your exercise(s) and will submit your objectives and anticipated outcomes as a written document by noon on that day on Canvas. Following your exercise, the class will engage in a discussion of the experience, including feedback and suggestions. Due November 7-9, as assigned (see course calendar).
 5. **Creative Process Journal** (30 points, due monthly): Throughout the semester, you will journal with a focus on your creative process. Your journal should include entries describing your exploration of your creative process within your daily dancing, reflections on your on-site observations related to creativity and facilitating creative process, and in-class exercises, including impetus or motivation for movement, environmental conditions, and other reflections. See the Creative Process Journal Assignment on E-Learning for detailed requirements. See course calendar for due dates.

Other Assignments and Homework

1. **Syllabus Quiz** (3 points extra credit, due August 29)

2. **Daily dancing** (no points, but serves as an essential base for other assignments): You are expected to dance on your own for a minimum of 10 minutes per day. This assignment provides the material for the Creative Process Journal described below. See the Guide to Daily Dancing.

Course Grading Scale:

A	94-100%	C	74-77%
A-	91-93%	C-	71-73%
B+	88-90%	D+	68-70%
B	84-87%	D	64-67%
B-	81-83%	D-	61-63%
C+	78-80%		

UF Grading Scale												
Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E, I, NG, S-U, WF
Grade Points	4.0	3.67	3.33	3.00	2.67	2.33	2.00	1.67	1.33	1.00	.67	0.00

Required Texts:

Brandman, Rusti and Sonke, Jill. *Dance in Medicine Handbook* (located on the E-Learning site)

Tharp, Twyla. *The Creative Habit*.

Recommended Texts:

Barron, Frank, Montuori, Alfonso, Barron, Anthea. *Creators on Creating: Awakening and Cultivating the Imaginative Mind*.

Goodill, S. (2005). *An Introduction to Medical Dance/Movement Therapy: Health Care In Motion*. Philadelphia: Jessica Kinsley Publishers.

Course and University Policies and Resources:

Attire: Dress appropriately for the specific activity.

Movement sessions: regular dance attire or loose, comfortable clothing that will not inhibit your movement in any way (no skirts). Long hair should be secured away from the face.

On-site work: Dress according to site policies, always erring on the side of more conservative.

Attendance: *Attendance is mandatory.* This is a highly experiential course, and the only way you can acquire the information and gain the practical experience is to be present at the class or on-site session. There will be no way to make up work missed in class. Excused absences are consistent with university policies in the undergraduate catalog (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>) and require appropriate documentation.

Communication: It is the student's responsibility to contact an instructor promptly concerning any missed work, etc. Please do not let any questions or concerns you have go unattended.

Spontaneity: Due to the experiential nature of this course, the instructor retains the right to alter this syllabus as needed to accommodate class pace, interests, and/or special opportunities that may arise.

Respect: In order for all to have a positive experience in this (or any) course we must all demonstrate respect for each other in our department. This includes common courtesy, contemporary courtesy (cell phones and other personal technologies are only allowed in class when specified), observation of site protocols, and respect for patient and community member confidentiality.

Due Dates and Submission of Late Work: Late work will only be accepted in the event of an excused absence or with prior permission from the instructor, and only within five days of the deadline. Requests for make-up tests, assignment presentations, or acceptance of late written assignments must be accompanied by documentation of extenuating circumstances.

Students with Disabilities: Students requesting accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students may also contact the UF Disability Resource Center at 352-392-8565 directly.

Academic Honesty: All students sign the following statement upon registration at the University of Florida: "I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in

disciplinary action up to and including expulsion from the University.” As instructor for this course, I fully support the intent of the above statement and will not tolerate academic dishonesty. The university’s policies regarding academic honesty, the honor code, and student conduct related to the honor code will be strictly enforced. Full information regarding these policies is available at the following link:

<https://catalog.ufl.edu/ugrad/current/advising/info/student-honor-code.aspx>.

University Counseling Services

Contact information:

Counseling Center, 3190 Radio Rd., P.O. Box 112662, University of Florida, Gainesville, FL 32611

Phone: 352-392-1575

Web: www.counsel.ufl.edu

General Course Questions: There are two ways in which you can ask general questions of the instructors. If you have a general question related to an assignment, reading or other course material that may be relevant to other class members, you may post it under Course Questions on the Discussion Board. If your question is specific to your own work, progress, circumstances, grade, or is personal in nature, please email the instructors privately using the Mail function in Sakai.

Course Complaints: Should you have any complaints with your experience in this course, please visit <http://www.distance.ufl.edu/student-complaints> to submit a complaint.

Course Evaluation: Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>. A link to GatorRater is available on E-Learning.

Technical Assistance: If you have difficulty accessing online course reading or materials, please reference the citation or document name and author in a Google Search to locate the document before contacting the instructor or the Help Desk.

If you have computer difficulties submitting assignments or navigating E-Learning, notify UF Computer Help Desk at helpdesk@ufl.edu, 352-392-4357 – select option 2, and/or <https://lss.at.ufl.edu/help.shtml>. Please include the case number provided to you by the UF Help Desk documenting your request for assistance.

Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number

will document the time and date of the problem. You MUST e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

Other resources are available at <http://www.distance.ufl.edu/getting-help> for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Netiquette: Communication Courtesy

Written communication and electronic interaction are central to courses involving online learning and communication. All members of the class are expected to follow rules of common courtesy in all email messages, online discussions and chats. See the assignment guide for further guidelines on communication courtesy for online coursework.