

DAN 3775 DANCE IN MEDICINE

Fall 2017 Periods 8-9 (3:00-4:55pm)

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

Instructors: Jill Sonke and Elizabeth (Lizzy) Snow

Office – Fine Arts Building D (FAD), first floor; phone: 352.273.1488

E-mail - jsonke@ufl.edu; esnow@arts.ufl.edu

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. The course will differentiate dance practice in arts in health and dance/movement therapy. 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 Presentation and Literature Review – 40 points (20% of grade)

Group Project – 40 points (20% of grade)

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

Creative Exercise – 40 points (20% of grade)

Creative Exercise Database – 20 points (10% of grade)

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

Major Assignments:

1. **Practice Presentation and Literature Review** (40 points): You will research a contemporary practice or program of your choice related to dance and health. Your research will result in a class presentation and a written literature review. Please note that your literature review and rubric must be submitted on E-Learning by noon on the date you present. Due September 11-13, as assigned (see course calendar).
2. **Group Project** (40 pts): In a group of up to four students, you will develop a 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 a program plan outline, and presenting it to the class 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. Due November 29-December 4, 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 20.
4. **Creative Exercise Facilitation** (40 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 1-15, as assigned (see course calendar).
5. **Creative Exercise Database** (20 points): You will gather ideas for 5 creative movement exercises appropriate for a group setting and organize them into a spreadsheet that outlines the following for each exercise: a) Brief description of the exercise; b) Space, resource, and material requirements; c) Suggested appropriate population (i.e. age, cognitive capacity, mobility); and d) Objective(s) of the exercise (i.e. ice breaker, balance, etc.). Each student’s database will be distributed to the class, creating one sizable grab bag of movement ideas. Due November 20.
6. **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 28)
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.
3. **Observation schedule** (no points): You must select three dates/times for your observations and submit this schedule on E-Learning by September 6. Changes can only be made to this schedule in keeping with UF and course attendance policies.

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 observations: 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 instructors retain the right to alter the 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 course, we must all demonstrate respect for each other and the people involved in site observations. Cell phones and other personal devices are only allowed in class when specified. Please observe all site protocols, and respect 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 with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Academic Honesty: 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 (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. 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.

University Counseling Services

Contact information:

Counseling Center

Address:

3190 Radio Rd.

P.O. Box 112662, University of Florida

Gainesville, FL 32611-2662

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.