

DAN2701 28409,27651 Section DKNU, DKN3  
Dance Kinesiology  
University of Florida School of Theatre and Dance  
Fall 2022

**Instructor:** Melissa Montilla   **email:** [mmontilla@arts.ufl.edu](mailto:mmontilla@arts.ufl.edu)   **phone:**  
352-538-7537

**Class meetings:** 3:00 - 4:55 PM  
3 Credits / Classroom: CON G010 / Tuesdays and Thursdays / Period 8 - 9

**Communication:** You may call, text, or email. I prefer emails via Canvas. Text is the most effective. You are welcome to text me with any questions or concerns 24/7. I will reply ASAP. I am also available before and after class. If that does not work for your schedule, please email, or text me and I will set up an in person, call, or zoom meeting.

**Course Website:** <https://ufl.instructure.com/courses/467723>

ALL technical issues are to be resolved by you directly with the UF Computing Helpdesk which is available to you 24 hours a day, 7 days a week

- (352) 392-HELP (4357) – select option 2
- [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu) (email this address)
- UF Computing Helpdesk Walk-In (HUB, 132) hours: Mon - Thurs: 7:30 am - 10:00 pm; Friday: 7:30 am - 5:00 pm; Weekends: 12:00 pm - 6:00 pm

*All UF syllabi are subject to change. This syllabus represents current plans and objectives. During the semester, those plans may change to clarify the class learning opportunity and you are individually responsible to follow updates provided: your regular attendance ensures you will be up to date.*

### **Dance Kinesiology Class Summary:**

Understanding the body's structures, functions, and subtleties in movement through a holistic lens is a life long endeavor. This is the study of Kinesiology. Generally gross anatomy and physiology would precede a kinesiology course; however, in Dance Kinesiology we will approach the learning collectively with regard for the demands of dance and the dancer's body in multiple contexts and forms. This class approaches the learning process as kinesthetic, tactile and cognitive to support a lasting relationship to the material.

**Objectives for Dance Kinesiology:**

1. To build an anatomical vocabulary that supports ongoing learning in this field.
2. To learn the components of the human body and how they work together.
3. To develop an understanding of biomechanics and apply it to a variety of dance forms and dancers.
4. To become clear on the difference between biomechanics and aesthetic movement.
5. To build an appreciation for Bio tensegrity and interdependence.
6. To synthesize these understandings and explorations into dancer wellness, dance technique and teaching.

**Required Texts, Attire, and Materials:**

- *Anatomy of the Moving Body: A Basic Course in Bones, Muscles, and Joints* by Theodore Dimon, Jr.
- Anatomy Coloring Book (TBD)
- A 3 ring binder for notes and additional pages
- Color pencils (any colors you like)

**Teacher / Student Acknowledgements:**

- Understandings (including accepted research results) of biomechanics and movement are influenced by both personal and contextual bias.
- Questioning both the information and the teacher leads to deeper understanding and expanded discourse.
- Your teacher does not know everything. There is too much to know. She will tell you when she doesn't know.

**Course Policies:**

YOU ARE REQUIRED TO ATTEND EACH FULL CLASS

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

- Do not miss class if you are late. Get in and get going!
- You are responsible for any material that you miss when you are absent.
- Contact me via text at least 45 minutes before class if you are not feeling well and need to attend class virtually. Our health is a priority.

**Silence your cell phones and notifications completely before class begins, and refrain from using them during any class time.**

**NO GUM!!!**

It's a class, so stop and ask a question when you need to. No one in the history of physical exertion has ever been sad for a short pause. We have a thoughtful community full of people interested in learning more, and I am interested in being a better teacher. Interaction is the magic sauce that makes everything better.

Please let me know if you have any injuries or if anything feels uncomfortable or uncertain with your movement. This can be done during class or in confidence at another time. Your safety and wellness is a priority.

Please remember that while UF policy allows students to record classes to support your learning process, you may not post anything publicly without my permission. You may not record, photograph or post any other students without their permission.

**Professionalism / Participation:**

Participation is essential to course success. Showing up is not just a physical act. Students are expected to engage in class discussion, contribute to and support each others learning, complete assignments and listen when others are speaking. The class will be at its best when we all show up for each other.

Week 1	Anatomical Vocabulary & Foundations of Movement
Week 2	Foundations Continued & The Pelvis
Week 3	The Ankle Knee and Hip
Week 4	The Foot & Biomechanics of Gait.
Week 5	Quiz 1 (online, open book) & The Pelvic Floor (online)
Week 6	The Shoulder Girdle & Shoulder Hip Connection
Week 7	The Elbow, Wrist & Hand
Week 8	The Spine: Sacrum & Lumbar
Week 9	The Spine: Thoracic & Cervical. Final Topics Due in Canvas.
Week 10	Quiz 2 (online, open book) / Vascular, Lymph, & Nervous Systems

Week 11	Breath, Viscera and The Interconnected Body
Week 12	The Interconnected Body
Week 13	The Interconnected Body
Week 14	Catching up and preparing Final Practicum
Week 15	Practicum and Research Presentation Due
Week 16	Finals Week

**Evaluation:**

- Attendance and Participation (40 points)
- Quiz 1 - (15 points)
- Quiz 2 - (15 points)
- Practicum - (20 points)
- Research Presentation - (10 points)

**Total=100**

**Grading Scale:**

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

**Important Dates and Deadlines:**

**Drop and Add period ends August 31st, 2022 11:59pm**

- Email [mmontilla@arts.ufl.edu](mailto:mmontilla@arts.ufl.edu) by Noon on the 30th with any questions you might have regarding the syllabus, and any essential information about yourself that you think I should know.

**Quiz 1: September 20th, 2022**

Online open book quiz to engage and synthesize presented information. Teacher assisted Via Zoom.

**Class Meeting Via Zoom: September 22, 2022 / 3:00pm - 4:55pm (EST)**

**Quiz 2: October 25th, 2022**

Online open book quiz to engage and synthesize presented information. Teacher assisted Via Zoom.

**No Classes: Thanksgiving, November 24th**

**Important SOTD Dates Available on Canvas Calendar.**

**The Disability Resource Center:**

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.

**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. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.ua.ufl.edu/students/>. 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 <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.ua.ufl.edu/public-results/>.

**UF Polices:**

UF GRADES AND GRADING POLICY

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

ACADEMIC CONDUCT

UF students are obliged to abide by the university's honesty policy regarding cheating, plagiarism, and overall academic conduct. The Honor Pledge 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." The Honor Code ([sccr.dso.ufl.edu/process/student-conduct-code/](https://sccr.dso.ufl.edu/process/student-conduct-code/)) specifies a number of behaviors that are in violation of this code and the possible sanctions.

GETTING HELP

For help with Canvas, contact the UF Help Desk!

- <http://helpdesk.ufl.edu>
- (352) 392-HELP (4357)
- Walk-in: HUB 132

## HEALTH AND WELLNESS RESOURCES

- U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit [umatter.ufl.edu/](http://umatter.ufl.edu/) to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit [counseling.ufl.edu/](http://counseling.ufl.edu/) 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 [shcc.ufl.edu/](http://shcc.ufl.edu/)
- University Police Department: Visit [police.ufl.edu/](http://police.ufl.edu/) 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; [ufhealth.org/emergency-room-trauma-center](http://ufhealth.org/emergency-room-trauma-center).

## ACADEMIC RESOURCES

- UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).
- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services [career.ufl.edu/](http://career.ufl.edu/).
- Library Support: <https://cms.uflib.ufl.edu/ask> receive assistance on how to best use the libraries and/or find resources.
- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring. [teachingcenter.ufl.edu/](http://teachingcenter.ufl.edu/)
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. [writing.ufl.edu/writing-studio/](http://writing.ufl.edu/writing-studio/)
- Student Honor Code: <https://sccr.dso.ufl.edu/policies/student-honor-%20code-%20student-conduct-code/>
- Dropping and Withdrawal <https://catalog.ufl.edu/ugrad/current/regulations/info/drops.aspx#withdraw>