

## **UF School of Theater and Dance**

### **DAA 2711 Somatics 2**

Sections 1711 & 171U

#### **I. COURSE NUMBER AND TITLE: DAA 2711/1711 & 171U Somatics 2 (Pilates)**

Semester & Year: Spring/2024

Meeting Days and Times: M/W 8:45am-10:15am

Building and Room: G-11

#### **II. INSTRUCTOR:**

Name: Isa Garcia-Rose

Email: [isa@ufl.edu](mailto:isa@ufl.edu)

Phone: 352-294-0457

Office Hours: Tues/Thurs 10:30-12:00pm & by appointment request

Zoom Link: <https://ufl.zoom.us/j/3724118694>

Office: Nadine McGuire Theatre & Dance Pavilion T-211

#### **III. COURSE DESCRIPTION:**

Systematic achievement of strength, tone, flexibility, and posture for optimal physical performance in dance.

#### **IV. LEARNING OUTCOMES:**

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

#### **V. REQUIRED TEXTS AND MATERIALS:**

\*Readings will be used as an element of contextualization of the physical experiences generated through class.

Reading 1: <https://www.pilatesfoundation.com/pilates/the-history-of-pilates/>

Reading 2: <http://www.everybodypilates.info/blog/understanding-different-pilates-styles/>

## **VI. COURSE REQUIREMENTS AND POLICIES: Expectations:**

Student will

- Attend classes regularly, be on time and ready to work for the entire class period.
- Maintain a professional working attitude.
- Participate in all in class activities, engaging fully both mentally and physically.
- Strive to improve individual progress by demonstrating increased strength, flexibility and an increased awareness of body alignment, timing and spatial pathways.
- Observe dance class etiquette (cell phone use, dress code, lateness policy etc...)
- Strive to apply given corrections and concepts to dance movement.

**Assignments:** Listed on Weekly Schedule

**Performance Assignments:** N/A

**Exams:** Listed on Weekly Schedule

**Presentations:** N/A

**Attendance:** Mandatory unless excused and made up through written assignments

### **For Studio Courses**

*For classes that meet two times a week:*

Students can take 2 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.

*For classes that meet three times a week:*

Students can take 3 absences with no penalty; no documentation is required for the first 3 absences as they are automatically excused. If the fourth absence is unexcused, it will result in 5% deduction from the final grade. Excused or unexcused, on the fourth 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 to avoid a grade penalty: 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.

**Tardy Policy: You are late after role has been taken/class has begun.**

- Points will be deducted for being late or leaving early for any reason.
- There will be a 5-minute grace period to join the class if you arrive late.
- 3 tardies for regular class meetings equal 1 unexcused absence.

**Make-up Policy**

- Excused absences (those that can be documented) may be made-up in the following manner:
  - Approved Performance Event/Written Assignment (Due 2 weeks after excused absence)
  - <http://www.shcc.ufl.edu/excuse.shtml> (Infirmery)
  - <http://dso.ufl.edu/> (Dean of Students)
  - If unable to dance, you may 'actively' observe one time for full credit.
  - You will complete an observation paper due at the end of class.

Requirements / opportunities to make up missed material for unexcused absences is up to the instructor's discretion

**Injuries are special cases.** If an injury occurs see/contact me immediately regarding absences, make-ups or possible withdrawal from the class.

**Late assignments:** Unless otherwise indicated, all homework assignments are due in class on the date listed on the syllabus. An essay received after the due date is late.

**Studio Rules of Conduct:**

In effort to keep our dance space a peaceful, safe and clean environment for our students we ask that you observe the following:

- No gum- this is also for safety reasons since we don't want dancers choking.
- No talking, food or quick pick-me-ups during class. However, you may keep water bottles inside the studio for hydration provided they have caps to prevent spills.

- Turn off all cell phones before entering the studio. Please make this a habit. All phone calls must take place outside of the studio and NEVER during class time. If you have an emergency situation you should inform the instructor prior to the start of class. Ringing cell phones, texting etc. are disruptive to classroom activity. Please be considerate.

Note: 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. Any absence from class for the following reasons must be supported by official acceptable documentation to avoid a grade penalty: 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 and when the return to class activity is expected, 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).

## VII. COURSE SCHEDULE AND TOPIC OUTLINE:

Class schedule is subject to modification, but not without prior notification. Please note class material is sequential and comprehensive. Please take time to review movement sequences before and after class.

Week One	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Basic Principles of Pilates</li> </ul>
Week Two	<ul style="list-style-type: none"> <li>• Postural Analysis</li> </ul>
Week Three	<ul style="list-style-type: none"> <li>• Postural Analysis Continued</li> </ul>
Week Four	<ul style="list-style-type: none"> <li>• Pilates Essential Mat work</li> </ul>
Week Five	<ul style="list-style-type: none"> <li>• Pilates Warm Up Assignment</li> </ul>
Week Six	Pilates Mat with Props (Theraband)
Week Seven	Pilates Mat with Props (Theraband)

Week Eight	<ul style="list-style-type: none"><li>• Pilates 30 Minute Mat Assignment</li></ul>
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Week Nine	<ul style="list-style-type: none"><li>• Intermediate Pilates Mat with Fascia Release</li></ul>
Week Ten	<ul style="list-style-type: none"><li>• Daylight Savings! Spring Break!</li></ul>
Week Eleven	<ul style="list-style-type: none"><li>• Mini Ball Pilates</li></ul>
Week Twelve	<ul style="list-style-type: none"><li>• Mini Ball Pilates</li></ul>
Week Thirteen	<ul style="list-style-type: none"><li>• Mini Ball Pilates</li></ul>
Week Fourteen	<ul style="list-style-type: none"><li>• Athletic Pilates Workout</li></ul>
Week Fifteen	<ul style="list-style-type: none"><li>• Athletic Pilates Workout</li></ul>

Week Sixteen	Pilates 50 Minute Final Assignment  <b>Finals Week</b> <b>No regular class.</b>
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### VIII. GRADING CRITERIA:

#### Final Course Grade:

Your final grade is determined by your performance on a number of different tasks:

Alignment evaluation (students will be assessed on their understanding of their own alignments) (Jan 22 & 24)	10%
Teach your partner a warm-up (students will be assessed on their knowledge of class material = specific Pilates exercises learned in class) (Feb 7)	10%
Teach a half hour mat class (students will be assessed on their knowledge of class material = specific Pilates exercises learned in class) (Feb 28)	15%
Plan a 50-minute mat class (students will be assessed on their knowledge of class material = specific Pilates exercises learned in class) (April 22 & 24)	15%
Participation = active engagement in learning class material, active engagement in class discussions, active physical engagement with the class material	50%
<b>TOTAL</b>	<b>100%</b>

**Letter grades translate to percentages as follows:**

#### Grades

93 – 100	A
90 – 92	A-
87 – 89	B+
84 – 86	B
80 – 83	B-
77 – 79	C+
74 – 76	C
70 – 73	C-
65 – 69	D+
60 – 64	D

**Dress Policy:**

- Women: Close fitting dancewear or workout wear.
- Hair must be secured and worn out of the face.
- Men: Close fitting shirts and close-fitting leggings such as bike shorts and yoga pants are fine. Tights are not required.
- No oversized clothing (only when cold).
- No large jewelry, necklaces & watches.

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

**UF Absence Policy**

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies, as follows:

**Source:** <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

- Students are responsible for satisfying all academic objectives as defined by the instructor. Absences count from the first-class meeting.
- In general, acceptable reasons for absence from or failure to participate in class include illness, serious family emergencies, special curricular requirements (e.g., judging trips, field trips, professional conferences), military obligation, severe weather conditions, religious holidays and participation in official university activities such as music performances, athletic competition or debate. Absences from class for court-imposed legal obligations (e.g., jury duty or subpoena) must be excused. Other reasons also may be approved.
- You cannot participate in classes unless you are registered officially or approved to audit with evidence of having paid audit fees. The Office of the University Registrar provides official class rolls to instructors.
- If you do not participate in at least one of the first two class meetings of a course or laboratory in which you are registered, and you have not contacted the department to indicate your intent, you can be dropped from the course. You must not assume that you will be dropped, however.
- The university recognizes the right of the individual professor to make attendance mandatory. After due warning, professors can prohibit further attendance and subsequently assign a failing grade for excessive absences.

**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
- To earn credit (amount of credit determined by the instructor) for an excused absence you must do two things:

1) Immediately after your return to class, turn in approved/legal documentation to instructor. If you need the original documentation, the instructor will accept copies. You can email these to your instructor.

2) Make-up the class with an approved assignment submitted on the required date. If the assignment is to attend another class as a make-up, the student must request permission of that instructor.

**If the student cannot attend class due to illness, the student may read approved assignment and complete a two-page double spaced reaction paper. These may be turned in through canvas as soon as the student is well or two weeks after the absence.**

#### Student on-line evaluation process

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 [gatorevals.aa.ufl.edu/students/](http://gatorevals.aa.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 [ufl.bluera.com/ufl/](http://ufl.bluera.com/ufl/). Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

#### UF Policies:

##### University Policy on Accommodating Students with Disabilities:

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://disability.ufl.edu/>) 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.

##### 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 (<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. 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.

##### COUNSELING AND WELLNESS CENTER CONTACT INFORMATION:

<http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

##### NETIQUETTE: COMMUNICATION COURTESY:

All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats.



### Getting Help:

If applicable: For issues with technical difficulties for E-learning in Canvas, please contact the UF Help Desk at: (352) 392-HELP (352-392-4357) - select option 2, <http://helpdesk.ufl.edu/>  
Please take advantage of these services:

#### Campus Resources:

- Health and Wellness 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 <https://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 <https://shcc.ufl.edu/>
- University Police Department: Visit <https://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, FL 32608; <http://ufhealth.org/emergency-room-trauma-center>

#### Academic Resources

- E-learning technical support: Contact the 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 <https://career.ufl.edu/>
- Library Support: <https://cms.uflib.ufl.edu/> ask 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. <https://teachingcenter.ufl.edu/>
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. <https://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/>
- On-Line Students Complaints: <https://distance.ufl.edu/student-complaint-process/>

#### General Information

##### Student Injury and Illness Policy:

The Dance Area of SoTD believes that dance student's physical and mental well-being is paramount to success in all arenas of their dance training, from class to the stage. In the case of injury, fostering a productive and holistic response insures a speedy and effective recovery.

If the dance student becomes ill or injured to the degree that they cannot attend and participate in dance classes, SoTD sponsored rehearsals, or performances, the 5 steps of the dance student injury and illness policy are to be followed:

1. The student is required to see a health care professional immediately.
2. If the illness or injury prevents the student from participation in dance class, rehearsal, or performance, the student is to request documentation from the health care professional that explicitly projects the duration of the injury, and/or the amount and type of activity recommended for the welfare of the student.

3. Following the appointment with the health care professional, the student is required to bring medical recommendations and related documentation to the attention of his or her instructor(s), choreographer(s), or director(s) as the basis for discussion.
4. Unless otherwise medically advised, the student is prohibited from active participation in all related UF dance activities, classes, events, performances, etc. The student may not personally select one activity as having a higher priority over another. The student is not to dance in any events, activities, performances or rehearsals if the student is not in dance class. If the infirmity culminates in a medical withdrawal, this is also a withdrawal from all performance related activities.
5. The student is never allowed to sacrifice classroom participation for the demands of a performance. The student will not be allowed to participate in a performance if they miss dance class due to an injury. The student is expected to follow the student injury and illness policy even if performances take place beyond the scope of SoTD, as with another UF, professional, or community performing group, etc.

### **Spring 2024 Dance Calendar**

Jan 8 – 1<sup>st</sup> Day of classes, welcome back meeting @ 6:30pm, G6  
 Jan 8 – Coordinators meeting 3-4pm  
 Jan 9 – Spring into Dance Auditions from 6:30-9:30pm, G6  
 Jan 12 – Dance Area Meeting 1-2:30pm  
 Jan 15 – MLK Day, no classes  
 Jan 19 – OPTION #1 Curriculum Retreat, 1-4pm  
 Jan 22 – Coordinators Meeting 3-4pm  
 Jan 22 – UnShowing #1, 6:30-9:30pm in G6  
 Jan 23 – Parsons Dance @ Phillips Center, 7:30pm  
 Jan 26 – BFA Auditions  
 Jan 29 – UnShowing #2, 6:30-9:30pm in G6  
 Feb 5 – OPTION #1 Open Conversation, 6:30-8:00 in G6  
 Feb 5 – Coordinators Meeting 3-4pm  
 Feb 9 – Dance Area Meeting –1-2:30pm  
 Feb. 16 – Masterclass visit with Bharatanatyam artists (CAME)  
     - SoTD Town Hall, 10:45am-12:15 pm on Zoom  
 Feb 11-13 – BFA Showcase Spacing rehearsals  
 Feb 14-16 – BFA Showcase Tech rehearsals  
 Feb 19 - 12:50-2:45: Halifu Osumare guest lecture (during Dance History)  
     – Coordinators Meeting 3-4pm  
 Feb 18-20 – BFA Showcase final Tech and Dress rehearsals  
 Feb 21-25 – BFA Showcase  
 Feb 23 – Dance Area Meeting 1-2:30pm  
 Feb 26 – Dark Day – NO DANCE MAJOR CLASSES  
 Feb 27 or 29 – Bagels and Ballet, 10-11 AM (tentative)  
 March 4-8 – OPTION #1 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)  
 March 4 – Coordinators Meeting 3-4pm  
 March 4 - OPTION #2 Open Conversation, 6:30-8:00 in G6

March 5 – Step Africa @ Phillips Center, 7:30pm (alumnus Ariel Dykes is in the company!)

March 8 - OPTION #2 Curriculum Retreat, 1-4pm

March 11-14 – ACDA Brenau University, Gainesville, Georgia

March 9-17 – SPRING BREAK

March 18 – Coordinators Meeting 3-4pm

March 18-22 – OPTION #2 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)

March 19 – Adia Whitaker Master Class, 3:00pm G6

March 22 – Dance Area Meeting 1-2:30pm

March 25-29 – OPTION #3 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)

March 25 – UnShowing #3, 6:30-9:30pm in G6

March 29 – OPTION #3 Curriculum Retreat, 1-4pm

April 1-5 – OPTION #4 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)

April 1 – Coordinators Meeting 3-4pm

April 1 - All classes and rehearsals in G6 move to Constans Stage

April 5 – Dance Area Meeting 1-2:30pm

April 7-10 – Spring Into Dance Spacing Rehearsals

April 11 – Crew Watch Spring Into Dance

April 12 – Spring Into Dance Tech #1

April 14-15 – Spring Into Dance final Tech rehearsals

April 15 – Coordinators Meeting 3-4pm

April 16 & 17 – Spring Into Dance Dress Rehearsals

April 18-21 – Spring Into Dance

April 19 – Dance Area Meeting 1-2:30pm

April 22- Dark Day

- All classes and rehearsals resume in G6

April 23 – Ballet Trockadero de Monte Carlo @ Phillips Center, 7:30pm

April 24 – Last Day of Classes

- Senior Circle, 12:10-12:30pm in G6 [TBD]

- SoTD Convocation, 4-5pm in Black Box Theater

- Final UnShowing/ BA Senior Project Symposium, 6:30-9:30pm in G6

April 29 - CRAs – Graduating Seniors – Times TBD (tentative)