

DAN 3775: DANCE IN MEDICINE  
Fall 2025, 3 credits

**Tues/Thurs, Periods 8-9 (3:00-4:55pm)**

**Location:** Constans Theatre, CON G011

**Instructor:** Anna Carapellotti, PhD

**Office:** Center for Arts in Medicine, 720 SW 2nd Ave, Ste 208, Gainesville, FL 32601

**Office Hours:** Thursdays, 10am-12pm (online or in-person) & by appointment

**Contact Details:** [a.carapellotti@ufl.edu](mailto:a.carapellotti@ufl.edu) (email); 352-846-3053 (phone)

**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. The course includes studio workshops and homework assignments in movement, lecture/discussion, multimedia course materials, an academic literature review, group project work, and site-based exposure to dance programs designed to support health and wellness in clinical and/or community settings. The course will differentiate dance practice in arts in health from 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 dance/movement.

### 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 lectures 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 processes; discovering ways to engage participants in their own creative processes; developing 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 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 and/or community setting. Class meetings will be held in person on Tuesdays and Thursdays (please see the Course Calendar). On-site observations will be scheduled by the students through UF Health Shands Arts in Medicine. Class sessions will consist of discussions, lectures and presentations, movement, video viewing, and sharing of on-site observations. Some classes will include exercises that focus attention inward for accessing creative awareness.

The course is designed to prepare you to consider the ways in which dance and movement may be engaged creatively within healthcare and community health contexts. This is achieved when the class works together as a respectful community where creative and personal expression are valued. Therefore, full and consistent participation from all students is required. An atmosphere of mutual respect exhibited by open non-judgmental participation, attention and confidentiality is also expected.

**Class format:** Lectures and discussions will include knowledge to support assignments (e.g., recording observations, writing a literature review); information and skill-building for dance artists working in community or healthcare settings; biological, psychological, and sociological theories relevant to dance in medicine; and information about dance in health programs and research exploring their effects and impact. Classes and homework will also include opportunities for exercises in reflexivity, creativity, and movement.

**On-site observation** of dance programs in UF Health Shands Arts in Medicine requires students comply with the following:

- Prompt scheduling of on-site observations and a commitment to attending when agreed. Instructions on signing up for observations will be provided in due course
- Completion of any orientation procedures, if required by the site at which you will observe
- Sign in/out of each on-site experience using the sign-in log provided on Canvas. A supervisor or staff member at the site must also sign after each session
- Observation of any site policies including but not limited to dress code requirements, rules regarding active participation, etc.

E-learning (Canvas) will be used for course communications, course materials, and the submission of assignments. Access the course website in Canvas at <https://elearning.ufl.edu/>

### **Required and Recommended Texts**

All required and recommended reading materials will be shared with students on Canvas. There are no Materials or Supplies Fees associated with this course.

Due to the experiential nature of this course, the instructor may alter the syllabus as needed to accommodate the pace of the class, interests of the students, and special opportunities that may arise.

## Course Calendar

Please note that the Course Calendar is subject to change; subscribe to and check email notifications on Canvas for updates.

Week	Date	Topics	Assignments
1	Aug 21	Introduction to Dance in Medicine Syllabus Review Q&A	
2	Aug 26 & 28	Ethics and Scope of Practice Observation Protocol & Practice	Journal Entry 1
3	Sep 2 & 4	Dance in Community & Healthcare Contexts	Observation Quiz & Schedule due
4	Sep 9 & 11	Dance Across the Lifespan	Journal Entry 2
5	Sep 16 & 28	Dance in Health Topics: Neuroscience & Biomechanics	Literature Review Topic/Strategy due
6	Sep 23 & 25	Dance in Health Topics: Physiological & Psychological Outcomes	Journal Entry 3
7	Sep 30 & Oct 2	Guest Lecture with Rachel Carrico Disaster and the Body: Dance as a means to resilience and recovery	Literature Review References due
8	Oct 7 & 9	Dance in Health Topics: Quality of Life & Lived Experience	Journal Entry 4
9	Oct 14 & 16	Utilizing and adapting theories of movement and dance techniques	Literature Review due
10	Oct 21 & 23	Literature Review Presentations	Journal Entry 5
11	Oct 28 & 30	Literature Review Presentations	Creative Exercise Facilitation Plan due
12	Nov 4 & 6	Creative Exercise Facilitation	Creative Exercise Database Submission due
13	Nov 11 & 13	Creative Exercise Facilitation	
14	Nov 18 & 20	Group Project Presentations	Group Project Program Plan due
15	Nov 25 & 27	Thanksgiving Break - No Class	
16	Dec 2	Observation Sharing & Discussion	Observation Log due

## **Assignments and Evaluation**

Total Points: 300

On-Site Observations (60 points)

1. Observation Quiz – 20 points
2. Observations – 40 points

Literature Review (80 points)

1. Literature Review – 40 points
2. Presentation – 40 points

Dance in Medicine Program Plan – 50 points

1. Program Plan – 25 points
2. Presentation – 25 points

Creative Movement Exercises (70 points)

1. Creative Exercise Facilitation – 20 points
2. Creative Exercise Database Contribution – 30 points
3. Dance/movement Participation – 20 points

Reflexive Journal – 40 points (8 points each)

## **Assignments**

1. Observation Quiz (20 Points): This quiz is designed to prepare you for on-site observations. Please complete the quiz in Canvas.
2. Dance in Medicine Program Observations (40 points): You will observe or participate in two “dance in medicine” programs at UF Health Shands Hospital or in the community. You will record observations about the experience and discuss these in class. Your observations must be documented with a signature from the Dancer in Residence who is facilitating the program on the log provided in Canvas. Your schedule and observations must be uploaded into Canvas.
3. Literature Review and Presentation (80 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 Canvas.
4. Dance in Medicine Program Plan (50 points): In a group of up to four students, you will develop a plan for a 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. Your program plan must be submitted on Canvas.

## **Creative Practice Assignments**

1. Creative Exercise Facilitation (20 points): 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 submit a description of the exercise, objectives, and anticipated outcomes as a written document on Canvas. Following your exercise, the class will engage in a discussion of the experience, including feedback and suggestions.

2. Creative Exercise Database (30 points): You will gather or create ideas for five creative movement exercises appropriate for a group setting and organize them into a spreadsheet that outlines the following: a) Brief description of the exercise; b) Space, resources, 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, trust building, etc.). The collection of exercises will be distributed to the class, creating one sizable grab bag of movement ideas.
3. Movement Participation (20 Points): Dancing is an expectation in the *Dance in Medicine* course in class and as a part of homework assignments.
4. Reflexive Journal (40 points): Throughout the semester, you will journal in response to writing or movement prompts during class and as part of homework assignments to encourage a reflexive and creative practice.

### Assignment Submission Guidelines

- Use APA formatting, including within-text citations and reference lists
- Always include your name on assignment submissions. When submitting papers electronically, include your name in the file name of your document. For example: Literature Review\_Your Name
- Turn it in on time; all submissions are due on the due date by 11:59pm via Canvas, unless otherwise indicated. Except in extenuating circumstances, points will be deducted for late submissions (10% per day) and assignments will not be accepted after five days
- Understand plagiarism and how to avoid it, especially as you use online sources. For more information, please review: <https://policy.ufl.edu/regulation/4-040/>

### Course Grading Scale

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

### 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	0.67	0.00

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

## Course Guidelines and Procedures

**Attire:** In class, please wear regular dance attire or loose, comfortable clothing that will not inhibit your movement in any way (no dresses or skirts). Long hair should be secured away from the face. During on-site observations, please dress according to site policies, which will be provided.

**Attendance:** *Attendance is crucial.* This is a highly experiential course, and the only way you can acquire the appropriate knowledge and skills is to be present in classes and on-site sessions. Please contact your instructor well in advance if you will miss class to discuss alternative arrangements. Excused absences are consistent with university policies in the UF undergraduate catalog and require appropriate documentation: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

**Communication:** It is the student's responsibility to contact an instructor promptly concerning any missed or late work. 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:** For all to have a positive experience in this course, we must demonstrate respect for each other and all people involved in site observations. Cell phones and other personal devices are only allowed in class when specified. Please observe all site protocols during observations, and respect patient/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 unless otherwise approved. Except in extenuating circumstances, points will be deducted for late submissions (10% per day). Requests to make-up in-class activities or presentations or late written assignments must be accompanied by the appropriate documentation of extenuating circumstances.

**General Course Questions:** If you have a general question related to an assignment, activity or other course material that may be relevant to other class members, you may post it on the Discussion Board under Course Questions. If your question is specific to your own work, progress, circumstances, grade, or is personal in nature, please email the instructor privately using the Mail function in Canvas. If you are experiencing technical issues, please contact the Help Desk at <https://it.ufl.edu/helpdesk/> or (352) 392-HELP (4357) or [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

**Netiquette:** Written communication and electronic interactions 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 following link for further guidelines on online communication courtesy:  
[https://cise.ufl.edu/wp-content/uploads/sites/15/2019/08/CISE\\_Netiquette\\_Guide.pdf](https://cise.ufl.edu/wp-content/uploads/sites/15/2019/08/CISE_Netiquette_Guide.pdf)

## **University of Florida Policies**

Information about university-wide policies and resources can be found here:

<https://syllabus.ufl.edu/syllabus-policy/uf-syllabus-policy-links/>

### **University Policy on Course Participation**

Requirements for class attendance, make-up 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>

### **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:

<https://disability.ufl.edu/> 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.

### **University Policy on Grades and Grading**

Information on current UF grading policies for assigning grade points can be found here:

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

### **University Policy on 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.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

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

### **University Policy on Academic Honesty and Misconduct**

Academic honesty and integrity are fundamental values of the University community. 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 Conduct Code (<https://policy.ufl.edu/regulation/4-040/>) 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 in this class.

## University Policy on Course Complaints

Should you have any complaints with your experience in this course or in your studies at UF that you feel you cannot discuss with your instructor or advisor, please visit <http://www.distance.ufl.edu/student-complaints> to submit a complaint.

## University Policy on Generative AI

The UF Honor Code prohibits the use of generative AI tools by students, unless specifically allowed by the instructor: <https://policy.ufl.edu/regulation/4-040/>

## **Resources & Information**

### Health and Wellness

- *U Matter, We Care*: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) or 352-294-CARE(2273) or 352 392-1575 so that a team member can reach out to the student.
- *Counseling and Wellness Center*: To learn more about the resources at CWC, please visit <https://counseling.ufl.edu/services/guide-to-services/> or contact 352-392-1575. For emergencies, please contact the University Police Department: 352-392-1111 or 9-1-1
- *Sexual Assault Recovery Services (SARS)*: For support, guidance, or to report an incident, please visit <https://umatter.ufl.edu/helping-students/sexual-violence-response/> or contact 352-392-5648
- *Student Health Care Center*: <https://shcc.ufl.edu/> or contact 352-392-1161
- *University Police Department*: <http://www.police.ufl.edu/> or 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: <https://ufhealth.org/locations/uf-health-shands-emergency-room-trauma-center>
- *UF Whole Gator Resources*: Visit <https://one.ufl.edu/whole-gator/discover> for resources that are designed to help you thrive physically, mentally, and emotionally at UF

### 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
- [Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources. Call 866-281-6309 or email [ask@ufl.libanswers.com](mailto:ask@ufl.libanswers.com) for more information
- [Academic Resources](#): 1317 Turlington Hall, Call 352-392-2010, or to make a private appointment: 352- 392-6420. Email contact: [teaching-center@ufl.edu](mailto:teaching-center@ufl.edu). General study skills and tutoring



- [Writing Studio](#): Daytime (9:30am-3:30pm): 2215 Turlington Hall, 352-846-1138 | Evening (5:00pm-7:00pm): 1545 W University Avenue (Library West, Rm. 339). Help brainstorming, formatting, and writing papers
- Academic Complaints: Office of the Ombuds (<https://ombuds.ufl.edu/student/>); Visit the Complaint Portal webpage for more information
- Enrollment Management Complaints (Registrar, Financial Aid, Admissions): View the Student Complaint Procedure webpage for more information: <https://www.sfa.ufl.edu/written-student-complaints/>
- UF Student Success Initiative: Visit <https://studentsuccess.ufl.edu/> for resources that support your success as a UF student
- *Disabilities Resource Office*: <https://disability.ufl.edu/> or contact 352-392-8565  
*Dean of Students Office*: <https://dso.ufl.edu/> or contact 352-392-1261 or email [accessuf@dso.ufl.edu](mailto:accessuf@dso.ufl.edu)
- *Off Campus Access*: <https://uflib.ufl.edu/using-the-libraries/off-campus-access/>
- *Artificial Intelligence*: <https://ai.ufl.edu/for-our-students/>

For additional information about these resources, and more, please visit UF Campus Resource Guide: <https://studentsuccess.ufl.edu/student-resources/resourceguide/>