

Dance Special Topics: Conditioning for Dancers

DAA 4930 | 2 Credits | Fall 2025

Course Info

INSTRUCTOR

Rebekah Minter, MS, LAT, ATC

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Pronouns: she/her/hers

OFFICE HOURS

Tuesday / Thursday 1:00 pm – 2:00 pm

Or by appointment.

MEETING TIME & LOCATION

Monday / Wednesday

12:50 pm – 2:45 pm

CON G-11

COURSE DESCRIPTION

This movement-based course empowers dancers with essential training in conditioning, strengthening, and muscular endurance. Through targeted exercises and functional movement, dancers build resilience, improve performance, and reduce injury risk—supporting longevity and power in their movement practice.

REQUIRED & RECOMMENDED MATERIALS

All reading materials will be available on the class Canvas page.

COURSE LEARNING OBJECTIVES

1. Recognize various types of conditioning and how they relate to functional movement, dance performance, and reducing the risk for musculoskeletal injury
2. Demonstrate proper body alignment and posture to enhance movement efficiency and reduce the risk of common dance-related injuries (shoulder, hip, lower back, ankle, and foot)
3. Integrate nutrition, mindfulness, and meditation practices to support physical performance, injury prevention, and mental well-being
4. Examine an artist's performance needs and develop a conditioning plan that will support their preparation for performance

Course Policies

STUDIO PROCEDURES

Proper Attire: Come dressed ready for class, able to move freely and comfortably. We will be moving in this class, please be prepared to do so!

A note about Consent + Touch... The nature of our work as dancers involves an intimate relationship with our bodies and sometimes the bodies of dancers around us. We may be working with simple partnering, bodywork, and hands-on touch exercises to expand our understanding of the movements we are studying. If you are uncomfortable with anything at any time, please speak with or email me so we can come up with a solution together. **Touch and contact will be determined by each individual's level of comfort.** We will work through this together and respect each other's boundaries.

Water + Food: Please drink water throughout our class. Staying hydrated is crucial to being a mover! Please do not eat or chew gum while in class. Snacks are permitted/encouraged during breaks.

Device Usage: The studio is a place for focus and engagement, a precious time to be device-free. Please leave your cell phones, Apple Watches, etc. in your bag and on silent unless we are using them for classwork. If you need to be reachable by phone for any reason, let me know before class.

ATTENDANCE & PARTICIPATION POLICY

Attendance: Attendance to ALL classes is highly encouraged. You are responsible for all material covered in class. Physical presence in class will help your understanding of material and application of content to your own practice!

Dance Area Attendance Policy: For classes that meet 2x/week, students can take 2 unexcused 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 are 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:

- 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

Critical-Thinking and Participation: Each student, as part of their participation, is expected to contribute to in-class discussions. Insightful comments and questions will be monitored during the year and contribute to

participation grade. The instructor will use the rubric in the table below to assign participation points during discussion sessions.

Excellent	10 pts	Defines, describes, and illustrates concepts Explains, assesses, and criticizes ideas Asks questions related to course content
Good	8 pts	Defines, describes, and illustrates concepts Explains, assesses, or criticizes some ideas Asks questions related to course content
Reasonable	6 pts	Defines and describes some concepts Explains, assesses, or criticize some ideas Asks questions related to course content
Basic	4 pts	Defines and describes some concepts Explains but cannot assess and criticize ideas Asks questions unrelated to course content
Bare Minimum	2 pts	Defines and describes some concepts Unable to explain, assess, or criticize ideas Does not ask questions
Unacceptable	0 pts	Refuses to engage in discussion or answer questions when asked Engaged into inappropriate behaviors (using cell phone, social media, visiting irrelevant websites) Not present

GRADING

Letter Grade	Grade Points	Percentage
A	4.00	93 - 100
A-	3.67	90 - 92
B+	3.33	87 - 89
B	3.00	82 - 86
B-	2.67	79 - 81
C+	2.33	77 - 78
C	2.00	72 - 76
C-	1.67	69 - 71
D+	1.33	67 - 68
D	1.00	62 - 66
D-	0.67	60 - 61
F	0.00	Below 60

Item	Percentage
Final Project & Presentation	35%
Discussions/Assignments	20%
Attendance	20%
Critical Thinking & Participation	10%
Weekly Reflections	15%
Total	100%

More detailed information regarding current UF grading policies can be found [here](#).

ASSIGNMENTS & PROJECTS

Assignments/projects are to be uploaded to Canvas on the date assigned to them. Late assignments/projects may not be accepted. However, different life events happen. If an assignment or project needs to be turned in late to ensure quality work and accommodate any life events you may be experiencing, please communicate this and we can come to an agreement together. Rubrics for all assignments are available on Canvas.

You will complete the following **Assignments/Projects** throughout the semester:

Weekly Reflections: Each week, students will submit a reflection including 2 different ideas about the topic covered in the previous week. This can include something new learned, a discovery made during an exercise/movement pattern, a concern or question about the topic, etc.

Discussions + Assignments: There will be 4 different assignments posted throughout the semester that students are responsible for completing on their own time. These assignments will allow students to examine their own practice before the in-class discussion on specific topics. Each assignment will be due on the Sunday prior to discussing that topic, as outlined by the schedule included on Canvas.

Final Project + Presentation: Students will choose a genre (i.e., West African, contemporary, hip hop, tango, etc.) of dance or specific performance/piece (i.e., Strict Love by Doug Varone & Dancers, Don Quixote, “The Room Where It Happens” from Hamilton, etc.). Students will then develop a conditioning program, including injury risk reduction strategies relevant to the dancer, that will help prepare the performer for their genre/performance. Students will create an 8-10 minute video presentation that includes what is required for the dancer in their performance (cardiovascular, strength, endurance, mobility, etc.), along with a workout/conditioning plan that will prepare the individual to be successful in their performance, and why the plan will benefit the performer. A video recording of the presentation will be uploaded to Canvas and graded according to the rubric. Additionally, students will present a shortened version (5 minutes) of their conditioning program to their classmates during the final week of the semester.

Course & University Policies

Course & University Policies can be found [HERE](#) on the following topics:

- Personal Conduct: Academic Honesty, Plagiarism
- Examination & Make-Up Policy
- Course Evaluations

Getting Help

Resources for the following can be found [HERE](#):

- Health & Wellness
- Accommodating Students with Disabilities
- Academic Resources

Weekly Course Schedule

The course progression will tentatively follow the schedule below:

Week	Assignments	Monday	Wednesday
1		Aug 25 Overview of Syllabus & Assignments Proper body placement/ alignment	Aug 27 Proper body placement/ alignment
2	DUE AUG 31: What do you hope to gain from this course? DUE AUG 31: Weekly Reflection	Sept 01 <i>HOLIDAY: NO CLASS</i>	Sept 03 Overview of Exercise Physiology Anaerobic vs Aerobic Exercise
3	DUE SEP 07: Habitual Movement Patterns DUE SEP 07: Weekly Reflection	Sept 08 Warm-up & Cardiovascular Exercise	Sept 10 Warm-up & Cardiovascular Exercise
4	DUE SEP 14: Weekly Reflection	Sept 15 Posture	Sept 17 Posture
5	DUE SEP 21: Weekly Reflection	Sept 22 Upper Body Endurance	Sept 24 Upper Body Endurance
6	DUE SEP 28: Current musculoskeletal issues and methods of risk reduction DUE SEP 28: Weekly Reflection	Sept 29 Shoulder Injury Risk Reduction	Oct 01 Shoulder Injury Risk Reduction
7	DUE OCT 05: Weekly Reflection	Oct 06 Core Conditioning/Endurance	Oct 08 Core Conditioning/Endurance
8	DUE OCT 12: Final Project Proposal DUE OCT 12: Weekly Reflection	Oct 13 Lower Back Injury Risk Reduction	Oct 15 Lower Back Injury Risk Reduction
9	DUE OCT 19: Weekly Reflection	Oct 20 Lower Body Endurance	Oct 22 Lower Body Endurance
10	DUE OCT 26: Weekly Reflection	Oct 27 Hip Injury Risk Reduction	Oct 29 Hip Injury Risk Reduction
11	DUE NOV 02: Nutritional Patterns / Meal Diary DUE NOV 02: Weekly Reflection	Nov 03 Nutrition	Nov 05 Nutrition
12	OPTIONAL due Nov 09: Final Project Draft DUE NOV 09: Weekly Reflection	Nov 10 Ankles + Feet Injury Risk Reduction	Nov 12 Ankles + Feet Injury Risk Reduction
13	DUE NOV 16: Weekly Reflection	Nov 17 Flexibility vs Mobility Sleep Hygiene	Nov 19 Mental Health & Meditation Practices
14		Nov 24 <i>HOLIDAY: NO CLASS</i>	Nov 26 <i>HOLIDAY: NO CLASS</i>
15	DUE NOV 30: Final Projects / Presentations	Dec 01 Final Project Presentations	Dec 03 Final Project Presentations