

**CALIFORNIA STATE UNIVERSITY, NORTHRIDGE**

**Department of Kinesiology**

**Spring 08**

**KIN 196SOM – Dance Conditioning and Somatic Practices**

**Course Information:**

Course Number: 18381

Units: 1.00

Location: RE 292 – Dance Studio

Meeting Time: M/W 8:00-8:50am

**Instructor Information:**

Instructor: E. Shannon Haik

Office: RE 279

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Office Hours: By Appointment

**Course Description**

Develop proficiency and increased knowledge about dance conditioning and somatic practices, with the goal to improve stability, strength, and awareness through the methods of core stabilization and mind-body centering (Pilates, ideokinesis, yoga, etc.)

**Objectives** Upon completion of this course the students will be able to:

1. Demonstrate proficiency in a variety of conditioning and somatic practices for dance.
2. At a basic level, analyze dance technique and apply biomechanical principles to support personal improvement in core stability, strength, and awareness.
3. Develop understanding of personal body awareness, needs, strengths, and weakness in physical movement.
4. Understand and implement the integration of dance imagery, an essential ingredient of somatic practices.
5. Reflect critically upon the study and training of dance conditioning and somatic practices, their cultural and historical context and incorporate critical vocabulary to describe and analyze somatic practices.

**Course Requirements**

**Assignments** - Short in class and at home assignments such as a personal assessment and dance movement analysis.

**Written Mid-Term** - In class midterm will involve mostly objective items. There will be no make-up exams given for unexcused absences. Make-ups for an excused absence can be arranged only if made prior to the date of the scheduled exam. In the event of an emergency on the day of an exam, the student must email the instructor or call the department secretary as soon as possible.

**Research Paper** – Typed paper (2-3 double-spaced pages) about a specific dance injury. A works cited page (4-5 references, APA format) should also be included. You will give a brief presentation of your research to the class at the end of the semester. Late papers will not be accepted.

**Group Participation** - Your grade in the class will reflect your effort and daily class participation. This includes concentration, application of corrections, asking questions, working hard, improving, etc. Proper execution of exercises and an understanding of their importance are required. A positive attitude and willingness to participate will ensure a fun and rewarding class experience.

**Attendance**

To receive an A you must have no more than 3 absences.

To receive a B you must have no more than 4 absences.

To receive a C you must have no more than 5 absences.

To receive a D you must have no more than 6 absences.

If you have 7 or more absences you will receive an F.

A day missed from class constitutes an absence regardless of the reason (vacation, illness, etc.). You are responsible for monitoring and maintaining your personal amount of absences. For your safety, you may not take class if you are more than 15 minutes late. If you are more than 15 minutes late, you may observe class once to receive credit for full attendance.

**Evaluation**

**Grading Scale**

Assignments.....50	A = 93-100%	A- = 90-92%
Mid-Term.....50	B+ = 86-89%	B = 83-85%    B- =80-82%
Research Paper .....50	C+ = 76-79%	C = 73-75%    C- =70-72%
Presentation .....20	D+ = 66-69%	D = 63-65%    D- = 60-62%
Fitness Evaluations ...30		
Total .....200		

**Class Dress**

Appropriate dress is required every day. Athletic attire allowing full movement is ideal and exercises will be performed without shoes. Please be sure clothing does not interfere with your movement or distract your peers. Attire such as jeans will not be permitted. Secure your hair and do not wear dangling jewelry. It is highly recommended to bring a personal towel and water. If you own a Pilates or yoga mat you may bring it for the floor work.

**Class Etiquette**

Be on time and stay for the entire class period. No food or gum during class. Borrowed equipment must be returned at the end of each class. Be respectful when others are speaking. Talking while directions or corrections are being given is inconsiderate. Give it your best effort and be enthusiastic.

**Withdrawal Policy**

It is the responsibility of the student to either add or drop a class according to the schedule and guidelines of the Admissions and Records Office. A “no-show”. Failure to withdraw form a course by the established deadline may result in the student receiving an “F” or “No-Credit” in the course.

**Students With Disabilities:** This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

**Statement on Personal Communication Devices:** All students are reminded to turn off all personal communication devices (cell and mobile phones, pagers, etc.) at the start of each class period, and to leave these devices turned off for the duration of the class period. If you need to leave your personal communication device on for emergency purposes only, you must notify the instructor **before** the class period begins. ***It is best to leave these items in your locker.***

\*The above schedule and procedures are subject to change