Stephen F. Austin State University
School of Theatre and Dance
DANC 2200-001 – Somatic Practices and Dance Conditioning- SP2024

Instructor: Haley Hoss Jameson  
Course Time & Location: T/Th 9:30-10:45  
GFNA 328 (conditioning room)

Office: GFNA 303  
Office Hours: TBA

Office Phone: 1755  
Credits: 2 semester hours

Other Contact Information:  
Email: haley.jameson@sfasu.edu

Prerequisites: dance major or minor.

I. Course Description: Dance conditioning class that will incorporate somatic principles that may include Pilates, Bartenieff Fundamentals, Ideokinesis, or other relevant dance training methods for cross-training, injury prevention, and technical improvement.

II. Intended Learning Outcomes:
These goals support and reflect the Dance Program's Vision, Mission, and Core Values in that they equip those candidates seeking "to achieve professional excellence" with the knowledge, skills, and disposition that “prepare competent, successful, caring, and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development”. This course supports the Dance Program Mission Statement related to achieving a high level of creative potential.

COURSE JUSTIFICATION: DANC 2200 (2 credits) is a dance conditioning course that meets between 150-270 minutes per week for 15 weeks. Course assessments are movement combinations to be practiced, memorized, and performed during summative assessment periods. Students are expected to practice movement combinations between class sessions. Readings, vocabulary and terminology, and critical analysis papers also require additional study of the required and recommended texts. Students are also tested on the material given in class, and throughout the texts. This equates to 2 hours per week outside of class per credit hour.

Program Learning Outcomes:

1. Dance Technique: The student will be able to execute intermediate/advanced level ballet, modern dance and jazz dance techniques. (Active)

2. Dance Production: The student will be able to identify and apply production values necessary for concert dance, including lighting, sound, costuming, and publicity. (Active)

3. Choreography: The student will be able to identify, distinguish and apply the variety of choreographic devices, structures and forms used in contemporary concert dance. (Active)

4. Dance Kinesiology: The student will be able to apply concepts of dance kinesiology to performance and analysis of dance movement. (Active)
5. Rhythmic Analysis: The student will be able to identify variations in rhythmic patterns and elements of music such as accents, beats, and phrasing as applied to dance movement. (Active)

6. Dance History: The student will identify and discuss seminal works in the development of Western theatrical dance. (Active)

Student Learning Outcomes:

1. Explore & execute a variety of dance conditioning methods including Pilates, Bartenieff, & Ideokinesi advertisement, by learning exercises, while continuing to develop proper alignment, and spatial awareness as it relates to various dance techniques. (PLO 1)

2. Articulate & demonstrate improved knowledge of proper dance terminology, and movement vocabulary.

3. Utilize both class and self-observations and corrections as a tool for analyzing and enhancing the execution of technique and performance. Enhanced confidence in executing proper technique while continuing to increase strength, flexibility, motor coordination, agility and memory. (PLO 4)

III. ASSESSMENT OF STUDENT LEARNING OUTCOMES

<table>
<thead>
<tr>
<th>Assignment/Assessment</th>
<th>CAEP/AAHE</th>
<th>TEA</th>
<th>ISTE</th>
<th>InTasc</th>
<th>NDA/SHAPE</th>
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</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>1.3</td>
<td>1.2k, 1.3k, 1.4k, 1.5k, 1.7k</td>
<td>1c, 2b</td>
<td>1a, 1b, 2c, 4a</td>
<td>1</td>
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<tr>
<td>Exam 2</td>
<td>1.3</td>
<td>1.6k, 1.7k, 1.8k, 1.9k</td>
<td>1c, 2b</td>
<td>1a, 1b, 2c, 4a</td>
<td>1</td>
</tr>
<tr>
<td>Exam 3</td>
<td>1.3</td>
<td>1.6k, 1.7k, 1.8k, 1.9k, 1.8s</td>
<td>1c, 2b</td>
<td>1a, 1b, 2c, 4a</td>
<td>1</td>
</tr>
<tr>
<td>Journal/Reflections</td>
<td>1.5</td>
<td>1.1k, 1.2k, 1.11s, 2.2k</td>
<td>1c, 2a</td>
<td>3m, 5c, 6i, 6q</td>
<td>6</td>
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1. **Participation**: Active and committed participation throughout each class is expected. *Students are expected to practice combinations between class sessions. This equates to 2 hours per week outside of class per credit hour.* Each student’s active participation, including both effort and improvement will be assessed based on their individual levels. Dancers with less experience will not be compared with those who have more experience.
2. Dance REQUIRES discipline, both internal and external. Discipline requires daily practice, focus, and effort. If you are unwilling to discipline yourself, and/or to be disciplined in the classroom, you may want to reconsider your field of study and/or career path.

**Daily Participation Grading:**

Daily participation means committing to the class and is worth a considerable amount of the student’s final grade. For each class, the student has the opportunity to earn a total of 5 points by being on time, wearing the proper attire, showing a positive attitude, and giving 100% effort. Students will lose points for being late, or leaving early, not wearing proper dance attire, slacking off, having a bad attitude, or being rude or disrespectful. As stated before, a student who observes class will only earn partial points. **No points can be earned if the student is absent for ANY reason.**

**Attendance:** Each absence, after 2, will drop the student’s final grade by 1 full letter grade, assuming each student begins the semester with an A. For example: 3 absences = B, 4 absences = C, 5 absences = D. **Any student who has 6 absences or more will result in an automatic failing grade and will not pass the class.** An absence will be excused if the student notifies the instructor via email immediately, and presents a doctor's note the very next class period that he/she is approved to return to class. Doctor's notes will not be accepted at the end of the week, month, or semester if the student has already returned to class and forgotten to bring the doctor’s note. **An excused absence does not add points back to the student’s grade. It merely keeps them from an automatic lowering/failing grade.** The same consideration will be given for funerals and University sponsored events. Points will be deducted for students who leave class prior to dismissal. If the student is tardy (more than 10 minutes late), they will be counted absent! Attendance will be strictly enforced. It is the responsibility of the student to keep track of their number of absences.

It is recommended that any student who is ill should attempt to attend class unless they are contagious or confined to a bed. Any student who opts to observe and not participate will receive partial credit for that class. Class observation gives students a good learning opportunity to listen to explanations and corrections the instructor has given out. **Lack of participation for any sustained period of time (exceeding 3 weeks) due to illness, injury, or University sponsored events may result in needing to drop the course entirely.**

**Make-Up Policy:** In accordance with University attendance policies, you are allowed to make up no more than 15% of work missed during excused OR UNIVERSITY APPROVED absences. Unexcused absences do not apply.

**Exams:** Exams over the materials are required as given. **NO make-up exams will be given unless the absence was previously excused.**

**Journal/Reflection:** You will be asked to evaluate your posture and muscularity several times throughout the semester and turn them in via D2l. You will also perform movement sequences, and then reflect on these exercises, as well as comment on your own progress and preferences.

**REQUIRED TEXT/S**

None. Any readings will be assigned through D2L.
GRADING POLICY AND PROCEDURES
1. Active Participation/Attendance 34% (100pts)
2. Journal & reflection 33% (100pts)
3. Exams 33% (100pts)

TENTATIVE SCHEDULE

Week 1: Introduction and Breathing techniques
Weeks 2-3: Exploration of Beginning Matwork
Week 4: Test 1
Week 5-7: Exploration of Intermediate Mat exercises
Week 8: Mid-Term & journals due
Weeks 9-11: Exploration of Advanced Mat exercises
Weeks 12-14: Introduction to Analysis & modifications
Week 15: Final exam & journals due

Classroom Etiquette
3. Be ON TIME to class. It is considered disrespectful to walk into a dance class late. If the student is tardy, he/she should first ask the instructor for permission to join class. If the warm-up is missed, the student may stay and observe the rest of the class.
4. NO TEXTING & Silence all cell phones. Store cell phones in the cubbies or with your shoes.
5. Always come prepared to work both mentally and physically.
6. Do not give corrections to other students unless they ask for your help or if you are asked to provide observations by the instructor.
7. **Do not speak while instruction or correction by the instructor is occurring.** If you choose to speak or otherwise disrupt this class, you may be asked to leave and it will affect your grade.
8. Be respectful of others. This is a place of learning and once you step into the studio, you are all on the same level. Be positive with yourself and with others. This should be a safe place for you to grow as a dancer and to feel comfortable with yourself.

Dance Studio Rules:
1. **No street shoes.** All street shoes must be removed before walking on the dance floor.
2. **No gum chewing, eating or drinking.** Water with secured lid is permitted. Please pick up after yourself and throw away any trash you might bring into the dance space.
3. No wet umbrellas, etc. Please shake off & store any wet items before entering the studio.
4. **All cell phones must be silenced in the dance studio.**
5. **Leave your belongings in the Locker room.** If you'd like to be assigned a locker, please let me know.

Dance Attire:

Exams & analyses will be done in Uniform with bare feet. NO EXCEPTIONS. If you come to class in something other than the required uniform, you will not be allowed to take the exam.
**UNIFORM:**

**Women:** Black Leotard, black dance pants/leggings, jazz shoes. NO SHORTS of any kind. Hair must be pulled back securely.

**Men:** Form fitting Black t-shirt, Black dance pants, jazz shoes, and a dance belt.

Should you need to purchase dancewear, you may go to [www.discountdance.com](http://www.discountdance.com) and use my Teacher Code -- **TP55042** in order to receive a 10% discount on your apparel.

No baggy clothing! Lines need to be seen, tight, form-fitting clothing is necessary!

Warm-ups are allowed for the beginning of class. Hair must be pulled up and away from the face. No dangling jewelry.

**Tactile Teaching**

It is understood that the study of dance involves tactile teaching. The instructor may appropriately position the student’s body for better understanding of dance technique. In this class, students may come into physical contact with other students. If this is unacceptable to you, please inform the instructor ASAP. All such correspondence will be kept confidential.

**VII. Course Evaluations:**

Near the conclusion of each semester, students electronically evaluate courses taken within the MECFA. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

The course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

**VIII. Student Ethics and Other Policy Information: Found at https://www.sfasu.edu/policies**

Academic Integrity (4.1)

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without...
permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

**Withheld Grades Semester Grades Policy (5.5)**

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to [https://www.sfasu.edu/policies/course-grades-5.5.pdf](https://www.sfasu.edu/policies/course-grades-5.5.pdf).

**Students with Disabilities**

To obtain disability-related accommodations, alternate formats, and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services promptly may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

**Student Wellness and Well-Being**

SFA values students' overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

**On-campus Resources:**

**The Dean of Students Office** (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

**SFA Human Services Counseling Clinic** Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

**The Health and Wellness Hub** “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

www.sfasu.edu/thehub
936.468.4008
Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741