

## **GREEN SHEET/ Winter 2024**

Meets TTh 9:30am-10:45am PE11U

**Dance 22/ Body Awareness & Conditioning for Dance**, CRN\_38682 *Danc-D022-01*

Instructor: Janet Shaw, Dance/Theatre Dept., De Anza College

### **PURPOSE OF COURSE:** Student Learning Objectives:

Principles of dance and conditioning through floor work derived from ballet, contemporary dance, and other psycho-physical disciplines. Topics may include but are not limited to: body mechanics, muscle groups critical to dance, flexibility, alignment, self-assessment, dance injury prevention, and strengthening the mind-body connection.

**PROJECTS:** Full participation in class. Reading + 4 easy, in class assignments (*10 points each*).

**PARTICIPATION:** Participation in “in class” activities and training is a major portion of your grade (50 points). Your second absence will lower your grade 2.4 points, as will each additional absence thereafter, unless made up. Instructor will not automatically drop students. Drop proceedings must be conducted by the student.

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**MAKE-UPS:** All classes can be made up. Approved Concerts below and Options in Module must be TYPED & submitted in Canvas (1 page reflection of YOUR thoughts about the experience). Participation in videos in the Practice Room needs a few sentences emailed to me, reflecting on that online class experience. Details are in the Modules. Makeups due the last day of instruction. One per absence, except as noted in the Modules. In general, each make up = 2.4 points.

Acceptable Make-ups. Attendance at these Professional dance concerts can count as two makeups (Must submit 1 page TYPED & photo as described in Module): (NOT YET UPDATED)

**Jan. 18<sup>th</sup>-19<sup>th</sup>**      **Theatreworks** (*play*) presents **How I Learned What I Learned**

Weds., Th, Fri 8:00pm      Mountain View Center for the Arts, 500 Castro St., MV Tickets FREE if RSVP.  
(*see me for tickets*)

**Feb. 2, 7:30pm**      **New Ballet** (*contemporary ballet*) presents **Fast Forward**

Friday      Hammer Theatre Center, 101 Paseo De San Antonio,  
San Jose, CA 95113 Tickets: \$25-35 <https://hammertheatre.com/events-list/>

**Feb. 8-10 Th, F, Sat.** **Santa Clara Univ.** (*student/faculty dance concert*) presents **Images**

8pm      Santa Clara Univ. Veri Hall, 500 El Camino Real, Santa Clara, Tickets \$24-32

**Feb. 11 2pm**      Visit <https://scupresents.universitytickets.com/w/event.aspx?id=1767>

**TEXTS:** *Required: Body Awareness Syllabus* by Shaw (*purchase from campus Bookstore; \$26.50*) & *Recommended: Anatomy of Movement* by Blandine Calis-Germain.

**FINAL** (*10 points*) : **Tues. March 26th, 9:30am-11:15am.** Floor barre & discuss 3 question assignment.

**GRADING POLICY:** Factors used in determining your grade:

1. Successful completion of 3 assignments & 1 quiz. (10 points each; total 40 points)
2. Ability to execute floor barre (pointed feet, proper muscles, etc.)
3. Participation. (Only one absence allowed, others can be made up) 2 & 3 part of participation (50 points)
4. Full participation in Final Exam discussion & assignment. (10 points)

Successful participation and completion of the above = 100 points, an A grade in this class.

**OFFICE HOURS:** 15 minutes before and after class in PE 11U and by appointment.

**TO CONTACT INSTRUCTOR:** [shawjanet@fhda.edu](mailto:shawjanet@fhda.edu)

**MUSIC:** by Gabrielle Roth and the Mirrors, and Cirque Du Soleil's *Mystere*.

## THE THEORY AND TECHNIQUE OF BODY AWARENESS \*

Day #	DAILY TOPICS:	Reading Assignments/ Due Dates:	
1.	Introduction to class & begin warm up sequence	No reading assignments for these topics.	
2.			
3.	Learning the bones.	Skeletal System 1-3	1/16
4.	Structure (bones, joints, etc.)/Color spine.	pg 66, 67, <b>Skeleton Handout</b> for quiz:	1/18
5.	Bone quiz		1/23
6.	Objectives, myths, & body types	Body types 5-9. Myths/Table 19.3 (pg. 39)	1/25
7.	Eating Disorders; their anatomical effect	Weight management pgs. 11-12 Eating Disorders pgs. 13-15, Fitness Myths pg. 17	1/30 1/30
8.	<b>Self Assessment</b> ( <i>Chart to complete, handed out in class</i> ):		
	foot structure	Morton Short Toe pgs. 19-23	2/1
	spine alignment	Spine pg. 25, Pelvis pg. 27	2/1
	leg length		
9.	leg extension In second		
10.	outward rotation	Hip range of motion pg. 29	2/8
11.	inward rotation	pg. 31	2/13
	hip flexion (parallel to front)	pg. 31	
12.	Important muscles for movement ( <i>In Canvas; More Favorite Muscles, Bones, etc.</i> ):		
	Transversus & rectus abdominus	Figure 10.1 (pg. 35)	2/15
	Shoulder blades and port de bras		
	Muscles of the hip, wall posters, plies	pgs. 31, 69, 72 & pg. 73	2/20
13.	Muscle balance of quadriceps	pg. 33	2/22
	" " " hamstrings	pg. 34	2/22
	" " " quadriceps to hamstrings		
14.		<b>Outward Rotators Handout</b> pgs 72-73( <i>color &amp; submit</i> )	2/22
15.	Neck & Torso alignment (sagittal plane)	Fig. 4.12 (pgs. 25 & 68)	2/27
	Calf muscles	pg. 37	2/27
16.	What happens after the bones and muscles?	<b>Knee Handout</b> ( <i>color &amp; submit</i> )	2/29
17.	Inside the knee	pgs. 70-71	3/5
18.	How Muscles Work	Table 7.1 (pg. 39), Overview pgs. 41-51 (This is tough vocabulary. Just read for concepts.)	3/7
19.	Stretch	Strength pg. 52, Conditioning pgs. 57-58 Stretch/Flexibility pgs. 52-55	3/12
20.	What causes injury?	Exercise Without Injury pgs. 59-60	3/14
	What happens to body parts when injured?	Relief & Exercise Injuries, part II pgs. 61-62	3/14
21.	What are possible treatments?		
	How do the body parts respond to treatment?		
22.	<i>(Types of doctors (therapists, chiropractors, etc.) and why you would go to them.; If time allows)</i> Review, Final day for floor barre, Discussion of Questions.		
23.	Assignment for <b>FINAL</b> : Turn in <b>3 Discussion Questions</b> that you want to know the answer to. <i>(1 on each INDEX CARD handed out on 12/7)</i>		3/26

\* NOTE: Above page numbers refer to PURCHASED: **Body Awareness Reader & Workbook** by Shaw