

# Course Syllabus

<b>COURSE TITLE:</b>	DANC 3374 Principles of Dance Technique
<b>COURSE CREDIT:</b>	3 Semester Credit Hours
<b>SEMESTER/ YEAR:</b>	Fall 2017
<b>MEETING LOCATION:</b>	GPAC Studio 258
<b>MEETING TIMES:</b>	Monday, Wednesday and Friday 10:00 AM – 10:50 AM
<b>INSTRUCTOR:</b>	Dana Nicolay
<b>OFFICE:</b>	GPAC Room 150 I
<b>PHONE:</b>	294-1310
<b>OFFICE HOURS:</b>	<b>MWF</b> – 8:00 AM - 10:00 AM; <b>TTh</b> – 8:00 AM – 9:30 AM

**TEXT:** Trail Guide to the Body; Andrew Biel  
Optional support text - Trail Guide to the Body – Student Workbook; Andrew Biel

## **COURSE OBJECTIVES:**

### **At the conclusion of this course the student will:**

- be familiar with the physical characteristics and structures that constitute the dancer's artistic instrument - namely the human body.
- understand the ways in which the laws of physics affect the body in movement
- know some of the basic concepts and perspectives of motor control theory as they apply to dance
- be aware of identifying characteristics of some of the major somatic practice systems
- be able to apply this information to understanding the larger issues involved in improving technical performance in dancers

**ATTENDANCE POLICY** - Each absence in excess of three class periods will lower the student's course grade by **one letter**. No make-up classes will be allowed. Absences for official university functions may be excused provided that the student requests this accommodation well in advance and presents official documentation. All other absences count toward the total of three. Pending appropriate documentation and instructors advance approval **professional opportunities** may be assessed at half an absence.

**TARDY POLICY** – It is the student's responsibility to inform the instructor of their presence in class if he or she enters the classroom after roll has been taken. Otherwise the tardy will count as an absence. If the student is tardy three times these will be counted together as one absence.

## **GRADE COMPOSITION:**

1)	Daily Participation	15%
2)	Daily Quizzes	20%
3)	3 Unit Tests @ 15% each	45%
4)	Comprehensive Final	20%

**CELL PHONE POLICY** - No cell phones are allowed in class. Any student using a cell phone during class will be asked to leave class. **This early departure will be counted as an absence.**

**DANCE PROGRAM CASTING POLICY** – Students who make grades lower than B in dance technique classes or a grade of F in other dance coursework will be ineligible for casting in the Dance Spectrum Concert the following semester.

Please see the Dance Department website for overall Departmental Policies:  
[www.shsu.edu/~www\\_dance/policies](http://www.shsu.edu/~www_dance/policies)

## **DANC 3374 Principles of Dance Technique - Course Outline**

- I. Anatomy and Physiology**
  - A. Orientation to the Body**
    - 1. Body Directions
    - 2. Materials
    - 3. Movements
    - 4. Overall Structure
  - B. Exploration of body features and capabilities**
    - 1. Pelvis
    - 2. Core
      - 1. Spine
      - 2. Abdominals
    - 3. Lower Body/ Appendicular Skeleton
      - 1. Hamstring Heel Connection
      - 2. Locomotion
      - 3. Feet through to Head integrations
        - a. Sagittal Postural Support Linkage
        - b. Lateral Postural Support Linkage
    - 4. Upper Body/ Shoulder Girdle
      - 1. Muscular Serape
      - 2. Hands through to Pelvis Integration
    - 5. Overall integration
- II. Biomechanics – The Physics of Movement**
  - A. Newtons Laws of Motion
  - B. Leverage
  - C. Linear Applications
  - D. Angular Applications
- III. Motor Control**
  - A. Basic Neuro-Anatomy
  - B. Theories of Motor Control
- IV. Somatics Methods**
  - A. Bartenieff Fundamentals
  - B. Feldenkrais – Awareness through Movement
  - C. Ideokinesis - Sweigard/ Todd/ Franklin – Movement Imagery
  - D. Alexander Technique

**Principles of Dance Technique  
Course Calendar**

DANC 3374 Principles of Dance Technique - Course Outline

Monday	Wednesday	Friday
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8/21			8/23	A&P	1	8/25	A&P	2
			Syllabus			Anatomy and Physiology Orientation to the Body Trail Guide Pp.19-31		
8/28	A&P	3	8/30	A&P	4	9/1	A&P	5
Skeletal System – Broad Structure Axial - Skull, Spinal Curves, Pelvis Appendicular – Shoulder, Hip, Extremities Trail Guide Pp.32-33; 170-185			Skeletal System – Axial Skeleton Detail Spine; Vertebral Structure, Ribcage; Elements Pelvis; Os Coxae, SI Joints, Symphysis Pubis Trail Guide Pp.32-33; 170-185			Skeletal System – Upper Appendicular Skeleton Clavicle, Scapula, Humerus, Radius, Ulna, Wrist and Hand Trail Guide Pp.48-60; 108-111		
9/4 Labor Day			9/6	A&P	6	9/8	A&P	7
			Skeletal System – Lower Appendicular Skeleton Trail Guide Pp. 276-295; 345-365			Skeletal System Test Review		
9/11	A&P	8	9/13	A&P	9	9/15	A&P	10
Skeletal System Test			Review Test Start Muscular System Deep Postural Support Ilio-Psoas, Abdominal Layers, Diaphragm Trail Guide Pp. 332-335; 209-213; 328-332			Muscular System Spinal Muscles – Erector Spinae, Transversospinalis, Multifidi, Rotatores Quadratus Lumborum Trail Guide Pp. 1887-208		
9/18	A&P	11	9/20	A&P	12	9/21	A&P	13
Continue – Spinal muscles			Muscular System – Pelvis and Thigh Gluteals Deep Lateral Rotators Adductors Quadriceps Hamstrings ITB Trail Guide Pp. 296-331			Continue Pelvis and Thigh		
9/25	A&P	14	9/27	A&P	15	9/29	A&P	16
Muscular System – Knee and Lower Leg Quadriceps Calf Shin Lateral Foot Arch Structure Trail Guide Pp. 366-393			Continue Knee and Lower Leg			Muscular System Upper Appendicular Scapular Mobilization and Support Humeral Mobilization and Support Rotator Cuff Elbow Flexion and Extension Wrist and Hand Trail Guide Pp. 60-101		
10/1	A&P	17	10/4	A&P	18	10/6	A&P	19
Continue Upper Appendicular			Muscular System Test Review			Muscular System Test		
10/9	Biomechanics	20	10/11	Biomechanics	21	10/13	Biomechanics	22
Kinematics			Kinetics			Newton's Laws of Motion		
10/15	Biomechanics	23	10/18	Biomechanics	24	10/20	Biomechanics	25
Leverage			Linear Kinetics			Angular Kinetics		
10/23	Biomechanics	26	10/25	Biomechanics	27	10/27	Biomechanics	28
Friction			Center of Gravity			Stability		
10/30	Biomechanics	29	11/1	Biomechanics	30	11/3	Biomechanics	31
Momentum			Review for Unit test			Unit Test		
11/6	Motor control	32	11/8	Motor control	33	11/10	Motor control	34
11/13	Motor control	35	11/15	Motor control	36	11/17–	Motor control	37
4/15			Review for Unit Test			Unit Test		
11/20	Somatic Methods	38	11/22			11/24		
Bartenieff			4/19 Thanksgiving Holiday			Thanksgiving Holiday		
11/27	Somatic Methods	39	11/29	Somatic Methods	40	12/1		41
Ideokinesis			Feldenkrais/ Alexander Unit test to be included in Final			Review for Final		
12/4	Finals Week		12/6	Finals Week		12/8	Finals Week	
10:30 AM – 12:30 PM - Final								