



Sam Houston State University Department of Dance

Syllabus: Beginner, Aerial

Introduction to Beginner Aerial Fabric

DANC 2337 01 CRN 83362

Fall 2017

Meeting Time: T/TH 2:30 P.M - 3:50 P.M.

PAC 170

Contact Information:

Alicia Chappell

PAC Office 150 E

Office Hours: T/TH 12pm-1pm

Email: stdamc17@shsu.edu

COURSE DESCRIPTION

Intro to Beginning Aerial Fabric covers aerial silks technique as an expressive dance form. Students will explore climbing, leg locks, and a variety of silks vocabulary. Classwork includes conditioning exercises that target core strength and the musculature needed for lifting and sustaining the body in the air. Over the course of this class, students will develop the skills necessary to perform a basic combination safely and with thoughtful artistry and explore ways of treating the cloth with the same respect one would give to a dance partner. This class will provide students with a new understanding of total body connectivity which is an integral part of all dance forms. We will build a foundation of vocabulary, similar to the fundamentals of ballet positions, which will play a principal role in preparing students for intermediate and advanced aerial fabric classes.

COURSE OBJECTIVES

By the end of this course, students will be able to demonstrate with clarity:

- An understanding and respect for safety
- Proper hollow body alignment
- The Aerial Dance Abs series
- Shoulder Shrugs
- Neutral position on the fabric
- Neutral dismount
- 2 Aerial Dance Climbs
- Single Leg Lock
- Double Leg Lock
- Lotus position in the double leg lock
- Pretzel, Mermaid, and Gazelle in the single leg lock
- Assorted fabric vocabulary using leg locks
- How to tie and untie a knot in the fabric

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- How to use the knot to stretch and warm up
- How to make a daisy chain

By the end of this course students will also use vocabulary learned in class to begin to explore choreographic movement while in the air and how to perform with grace. It is my hope that with the skills learned students will more fully understand total body connectivity and be able to apply it to all forms of dance.

Suggested Text: Aerial Dance by Jayne Bernasconi and Nancy Smith

COURSE POLICIES

ASSIGNMENTS/RESPONSIBILITIES

1. **Active Participation/Attendance:** students will be expected to be present in class and willing to give their best effort. Tardiness and leaving early will affect your participation grade.
2. **Positive Attitude:** Tell yourself you **CAN**, and you **Will**.
3. **Midterm and Final Skills reviews:** Students will be asked to demonstrate course objectives, given during class time, to the best of **their** ability. Grades will reflect recollection of names of objectives, effort given, and attitude. Each review will count for 5 % of your grade.
4. **Research Paper:** Students will be asked to research the history and evolution of aerial dance, with a focus on 2-4 dance companies they find intriguing, and write a paper. It is best to find companies first and then seek information from their legitimate websites rather than searching for videos on YouTube. This will give a better idea of what kind of work is out there, should a student be interested in pursuing an aerial dance career. Students will be expected to use proper grammar and formatting. Papers sent via Facebook or written in the body of an email will not be accepted. The paper will count for 10% of the grade.
5. **Performance:** Students may earn extra credit or a make-up absence for attending a professional aerial dance performance. Attendance to the Dance Gallery Festival Concert is required for all dance majors enrolled in technique classes.

GRADING

A significant portion of the grade is based on attendance, overall attitude and effort during class, this includes dress code. Each student's **individual** level of achievement will be evaluated. Basically, showing up with a smile on your face and giving it your all will get you a desirable grade. I will not penalize students who take longer to develop the strength required for aerial dance. Grades will reflect how much each student improves from day one and whether or not you completed the research paper.

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Each absence that exceeds the minimum allowed will result in a drop of half a letter grade.

An Example of an **A** student: Consistent attendance, consistent positive attitude, strong effort daily, demonstrates an understanding for respect and safety while in the air, never gives up, gives an honest effort to perform course objectives during class as well as during skills reviews, asks questions, shows thoughtful interest in material given.

An Example of an **F** student: Excessive absences, tardiness, leaves early, negative attitude, shows no interest in giving effort, does not pay attention or remember course objectives during class or skills reviews, gives up quickly, demonstrates disrespect for safety, shows a general lack of interest.

(Getting a B, C, or D will correlate mostly to amount of absences and completing the paper)

SAFETY

YOU are responsible for your own safety. You must come to class prepared to work and to listen. Students will be expected to respect the rules of safety laid out on the first day of class. If any student comes to class under the influence of drugs or alcohol, he or she will promptly be dismissed from class and forced to drop. Students will not be allowed to jump out of the fabric or use the fabric if the instructor is not present. Special permission may be given to use fabric without the instructor with the exception that at least one other person that has experience with fabric is also present. If a student is caught using fabric alone they will be excused from the class. Students should not mess with the rigging unless asked by the instructor to help lower or raise the pulley system. If you are asked to man the pulley system, you will be shown the proper way to do so. The main rule is safety first so if any vocabulary given makes you fearful or uncomfortable, you will not be forced to continue. Students will be expected to give their best effort while at the same time using sound judgment to know when it is time to come down and take a break. Part of being safe in the air is getting a proper warm up, if you miss the warm up, you will not be allowed to climb for that day.

DRESS CODE

Please come to class dressed in form fitting clothing. Baggy shirts and pants can get tangled in the fabric and create an unsafe situation. Capri length pants and a shirt that can be tucked in are acceptable, unitards are best. Fabric can cause burns so have a long sleeved shirt on hand to protect the under arms. The more coverage the better so it is a good idea to have layers. Please **do not wear jewelry** that can snag the fabric such as diamond rings and dangly earrings/necklaces. Also, avoid wearing clothing that has zippers, Velcro, buttons, rhinestones, or hoods as they can snag or get tangled. Because it can affect your ability to perform well in class, arriving dressed properly will be considered in the positive attitude and active participation portions of your grade. **Do not wear “booty” shorts!**

ATTENDANCE

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Consistent attendance is crucial to maintain proper stamina, therefore only four absences are allowed during the semester. As stated in the grading policy, upon the fifth absence the student's overall grade will be lowered by half a letter. Each subsequent absence will cost an additional drop in half a letter grade. Students will not be allowed to be tardy to class, no student will be allowed in once the doors have been closed. Failure to arrive on time affects your ability to warm up properly which may result in injury. Failure to be on time will result in an absence. Absences will also be considered when evaluating the effort and participation portion of your grade. **4 free absences is very generous. Beyond that, there is no opportunity for making up the missed class. This is a physical movement class, therefore physically being there is essential. If you're not present, you're not getting the information. You must have a valid excuse if you are absent beyond the 4 allowed.**

ETTIQUETTE

No gum, food, or drink allowed in the classroom. Water bottles are the only exception, make sure it is filled before class so you don't have to leave and cause distractions. Any student using a cell phone during class will be asked to leave, resulting in an absence. If a student wishes to take a picture of an accomplishment during class, he or she may do so with the consent of the instructor. It is impolite to leave class early without prior permission of the instructor, sneaking out early will result in half an absence. If you become fatigued it is acceptable to sit and watch the rest of class, your fellow students will appreciate your encouragement.

DANCE DEPARTMENT POLICIES:

ATTENDANCE POLICY – Due to the participatory nature of the course, attendance is mandatory. Attendance will be taken each and every class period. Each absence in excess of six class periods will lower the student's course grade by 5 points. No make-up classes will be allowed. Absences for official university functions may be excused provided that the student requests this accommodation before the absence occurs and presents official documentation. Absences that occur in lieu of professional opportunities will be assessed at half an absence.

In cases of minor injury or illness, students may be allowed to observe rather than participate physically. In such cases the student must request the accommodation before class begins and present observation notes to the instructor at the conclusion of class.

Students with ongoing medical or physical problems must develop a program of recovery in consultation with a physician/ physiotherapist and with the instructor. If the condition interferes with the student's ability to participate for an extended period he or she will be advised to drop the course.

TARDY POLICY – Students will not be allowed to be tardy to class. The professor will lock the doors to the studio when class begins. No student will be allowed in the studio once the

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doors have been closed. Please be aware that failure to be in class on time will result in 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.

DANCE MAJORS MEETINGS - Dance Majors meetings take place on the first Wednesday of each month at 1:00 PM. Students in Dance Majors technique classes (i.e. DANC 1333, 2333, 3333, 4333 and DNC 1334, 2334, 3334, 4334) must attend Dance Majors meetings. Absence from the Majors Meeting counts as one of the 6 absences allowed for the course. Make your schedule clear for these times. NO EXCUSES!!!

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.

ACADEMIC HONESTY

All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The university and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials.

CLASSROOM RULES OF CONDUCT

Students will refrain from behavior in the classroom that intentionally or unintentionally disrupts the learning process and, thus, impedes the mission of the university. Cellular telephones and pagers must be turned off before class begins. Students are prohibited from eating in class, using tobacco products, making offensive remarks, reading newspapers, sleeping, talking at inappropriate times, wearing inappropriate clothing, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result in a directive to leave class. Students who are especially disruptive also may be reported to the Dean of Students for disciplinary action in accordance with university policy.

VISITOR(S) TO THE CLASSROOM

Advance approval is required by the instructor. Unannounced visitors to class must present a current, official SHSU identification card to be permitted in the classroom. They must not present a disruption to the class by their attendance. If a visitor is not a registered student, it is at the instructor's discretion whether or not the visitor will be allowed to remain in the classroom.

STUDENTS WITH DISABILITIES POLICY

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should register with the Office of Services for Students with Disabilities located in the Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786, and e-mail disability@shsu.edu). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely your work in this class, then I encourage you to register with the SHSU Services for Students with Disabilities and to talk with me about how I can best help you. All disclosures of disabilities will be kept strictly confidential. NOTE: No accommodation can be made until you register with the Services for Students with Disabilities. For a complete listing of the university policy, see:

<http://www.shsu.edu/dept/academic-affairs/documents/aps/students/811006.pdf>

RELIGIOUS HOLY DAYS POLICY

Section 51.911(b) of the Texas Education Code requires that the university excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. University Policy 861001 provides procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first 15 days of the semester or the first 7 days of a summer session in which the absence(s) will occur. The instructor will respond to the student in writing notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

SYLLABUS CHANGE POLICY:

This syllabus is a guide for the course and is subject to change with advanced notice.

Please see the Dance Program website for Policies

Website: www.shsu.edu/~www_dance/policies