

COURSE APPROVAL DOCUMENT
Southeast Missouri State University

Department: Theatre & Dance

Course No. DA396

Title of Course: Movement Analysis II

Date: 11/11/2014

Please check:

New

Revision

I. Catalog Description:

Investigation of the structural components and movement capabilities of the human body as it relates to Dance technique and performance (3)

II. Co- or Prerequisite(s):

DA280 Movement Analysis I

III. Purposes or Objectives of the Course:

- 1) To develop an understanding of the structural mechanics of the dance body
- 2) To discuss how an understanding of the skeleton and muscles can enhance the execution of dance technique
- 3) To analyze specific dance movements using functional vocabulary
- 4) To develop an understanding of movement efficiency through experiential activities

IV. Student Learning Outcomes:

- 1) Students will identify and classify the major bones and joints used in identifiable dance sequences
- 2) Students will create imagery to enhance the performance of specific dance movements
- 3) Students identify key considerations for dance performance in the spine and pelvic girdle

V. Course Content or Outline:

- | | |
|--|----------------|
| A. Basic anatomical vocabulary | 3 hours |
| B. Dynamic Alignment and the Skeletal System | 6 hours |
| C. Proprioception and the Muscular System | 6 hours |
| D. The Head-Tail Connection and the Spine | 6 hours |
| E. Turnout (external rotation) and the Pelvic Girdle and the Hip | 6 hours |
| F. Grande Plie, Hinge, and the Knee | 6 hours |
| G. The Dance Aesthetic of the Lower Leg, Ankle, and Foot | 6 hours |
| H. Functional Analysis of Dance Movements | 9 hours |
| | TOTAL 48 Hours |

Signature: _____



Chair

Date: 12/27/14

Signature: _____

Dean

Date: _____

Southeast Missouri State University
Department of Theatre & Dance
DA 396 Movement Analysis II
Spring 2014
TR 3:30-4:45pm
RCS 201

Instructor: Hilary Peterson
Email: hpeterson@semo.edu
Office: RCS 463
Office Hours: TR 9:30-11am
Phone: x7492

I. Course Description and Credit Hours

Investigates the structural components and movement capabilities of the human body as it relates to Dance technique and performance. (3 credit hours)

II. Prerequisite(s):

DA 280 Movement Analysis I

II. Objectives of the Course

To develop an understanding of the structural mechanics of the dance body

To discuss how an understanding of the skeleton and muscles can enhance the execution of dance technique

To analyze specific dance movements using functional vocabulary

To develop an understanding of movement efficiency through experiential activities

III. Student Learning Outcomes

Students will identify and classify the major bones and joints used in identifiable dance sequences

Students will create imagery to enhance the performance of specific dance movements

Students will identify key considerations for dance performance in the spine and pelvic girdle

IV. Expectations of Students

To attend class regularly with few or no absences and participate fully in all class activities

To express a positive attitude and consistent effort toward learning the class material

To complete all written class assignments and quizzes

To respect fellow students, the instructor and any guests

V. **Dress Code**

Because of the nature of this course, movement activities will be incorporated into some lecture sessions. Dance clothing is not required but come prepared to move. No Jeans or Skirts! There may be days throughout the semester when more extensive movement attire is required. You will be notified of the specific dates ahead of time and are expected to come prepared.

VI. **Basis for Student Evaluation**

Participation

50 pts (10%)

Regular attendance is mandatory which consists of both physical and mental participation in the class. It is expected that you will be in class each and every time, on time, and stay for the full time. Attendance is a necessity in order to satisfactorily complete your work and is vital to your growth and success in this class.

Class Assignments – Written and Experiential 100 pts (20%)

Throughout the semester, students will be required to complete several assignments based on the material discussed in class. Some assignments will be completed during class time and others will need to be completed on your own time. Assignments will be given as we approach new material. **No late assignments will be accepted.**

Quizzes

150 pts (30%)

Three quizzes will be given during the course of the semester testing your knowledge and comprehension of the concepts and vocabulary covered in each unit. Each exam will include material that has been discussed in class and will draw upon your experience with the course material. **There will be no make up days for the quizzes.**

Paper Presentation

150 pts (30%)

Students are required to complete a 5 page written paper that will be presented to the class at the Final Exam on Thursday, May 13 at 2pm. The paper should address what the student has discovered about their body and personal movement habits as a result of the course content. Students should discuss how they might change their habits based on what they have learned and how they will use what they have learned to enhance their training and performance skills. The in-class presentation will be a 3 minute summary of the personal discoveries.

Dance Analysis**50 pts (10%)**

Each student will select a specific dance movement or phrase to analyze using the structural knowledge of the body. The analysis will address bones, joints, muscle groups and muscle contractions used in the movement. The analysis will also include key considerations for dancers when performing the specific movement in order to enhance technical and qualitative performance of that movement.

TOTAL**500 points (100%)****VII. Student Assessment**

A Excellent 450-500 pts

Answers all of the course requirements and performs at a level so far above the average as to be visibly outstanding. It is assumed that the student does more than is required. A is awarded only for exceptional performance.

B Superior 400-449 pts

Answers all of the course requirements and performs at a level measurably above the average. B is a grade awarded only for a high level of accomplishment.

C Average 350-399 pts

Answers all of the course requirements and performs adequately in so doing. This is the standard of competence. C is a worthy, not a disgraceful grade.

D Inferior 300-349 pts

Answers all of the course requirements, but performs at a level measurably below the average. D is a passing grade, not a failure.

F Failure 299 and below

Does not answer all of the course requirements, or performs inadequately, or both. F is a failing grade.

VIII. Course Content

- A. Basic Anatomical Vocabulary
- B. Dynamic Alignment and the Skeletal System
- C. Proprioception and the Muscular System
- D. The Head-Tail Connection and the Spine
- E. Turnout (external rotation) and the Pelvic Girdle and Hip
- F. Grand Plié, Hinge and the Knee
- G. The Dance Aesthetic of the Lower Leg, Ankle, Foot
- H. Functional Analysis of Dance Movements

IX. Textbook and Other Required Materials

Clippinger, Karen. Dance Anatomy and Kinesiology. Champaign, IL; Human Kinetics, 2007.

Yoga Strap, Yoga Blocks (2), Thera-Band (3 different strengths), small exercise balls (2)

X. Required Readings (excerpts)

1. Calais-Germaine, Blandine. Anatomy of Movement. Seattle, WA; Eastland Press, 2007.
2. Franklin, Eric. Dance Imagery for Technique and Performance. Champaign, IL; Human Kinetics, 2014.
3. Gilmore, Robin. What Every Dancer Needs to Know about the Body. Chicago, IL; GIA Publications, 2005.
4. Grieg, Valerie. Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class. Hightstown, NJ; Princeton Book Company, 1994.
5. Haas, Jacqui. Dance Anatomy. Champaign, IL; Human Kinetics, 2010.
6. Laws, Kenneth. Physics and the Art of Dance: Understanding Movement. New York, New York; Oxford University Press, Inc., 2008.
7. Olsen, Andrea. BodyStories: A Guide to Experiential Anatomy. Lebanon, NH; University Press of New England, 2004.
8. Simmel, Liane Dance Medicine in Practice: Anatomy, Injury Prevention, Training. New York, New York; Routledge, 2013.

XI. Miscellaneous

Accessibility Statement:

This course adheres to Southeast Missouri State University's Accessibility Plan found on page one of the Undergraduate Bulletin 2014-2015. Online, please go to the following link: http://www.semo.edu/pdf/old/2014_Bulletin.pdf

Statement of Whom to Contact with Concerns:

Questions, comments or requests regarding this course should be taken to your instructor. Unanswered questions or unresolved issues involving this class may be taken to Dr. Kenneth L. Stilson, Department Chair.

Civility and Harassment Statement:

A major determinant of a successful educational experience is a shared sense of respect among and between the students and their instructor. Some of the texts and issues we will discuss may cause disagreements among members of the class. Multiple viewpoints are an essential component of any college course, and disagreeing with someone is fine. However, rude, disrespectful, aggressive, offensive, harassing, or demeaning behavior—either face-to-face or in an online discussion—toward anyone in the class will not be tolerated; students are expected to abide by the Code of Student Conduct. Should a student feel someone has acted inappropriately toward them in class, please speak with the instructor at once so the situation can be addressed. The instructor for the course reserves the right to ask a student to leave the classroom or the online discussion for any inappropriate behavior, and if the situation warrants, may call campus security to

remove the offending student from class. Also refer to the university's Notice of Nondiscrimination found on page one of the Undergraduate Bulletin 2014-2015. Online, please go to the following link:

http://www.semo.edu/pdf/old/2014_Bulletin.pdf .

Academic Honesty Statement:

This course adheres to the official academic honesty statement as found on page 20 of the Undergraduate Bulletin 2014-2015. Online, please go to the following link: http://www.semo.edu/pdf/old/2014_Bulletin.pdf .