

## COURSE APPROVAL DOCUMENT

Department: Theatre and Dance

Course No. DA 131

Title of Course: *Introduction to Aerial Arts*

Date: 5-18-18

Please check:

New

Revision

### I. Catalog Description (Credit Hours of Course):

Students will build a foundation in aerial arts technique while working on body positions and sequences utilizing numerous aerial apparatus. May be repeated for credit. (1 credit hour)

### II. Prerequisite(s): None

### III. Purposes or Objectives of the Course:

- 1) To develop an understanding and appreciation for the aerial arts
- 2) To learn introductory aerial skills as they pertain to a specific apparatus
- 3) To explore movement qualities and concepts such as energy, levels, direction, momentum, shape, and balance using an aerial apparatus as a partner
- 4) To learn basic rigging of aerial equipment in order to inspect a rig for safety

### IV. Student Learning Outcomes:

- 1) Students will perform a sequence of movement using aerial skills
- 2) Students will demonstrate basic aerial skills on silks and trapeze
- 3) Students will demonstrate basic knowledge of how to rig a fabric on a Rescue 8

### V. Course Content or Outline:

Introduction to Aerial Arts and Basic Rigging	2 hours
Break down of basic warm-up exercises, skills and technique	4 hours
Aerial Sling	5 hours
Dance Trapeze & Lyra	5 hours
Aerial Silks	5 hours
Continued work on basic skills and technique adding more strengthening exercises	9 hours
Sequence Compilations and Performances	2 hours

TOTAL 32 Hours

Revision: June 25, 2013

Signature:  \_\_\_\_\_  
Chair

Date: 9-5-18

Signature:  \_\_\_\_\_  
Dean

Date: 9-18-18

**Southeast Missouri State University**  
Conservatory of Theatre & Dance  
Introduction to Aerial Arts  
DA 131  
Spring 2019  
MW 11-12:15pm

Instructor: Lauren Jones  
Email: lkjones@semo.edu  
Phone: 450-5537  
Office Hours: By appointment only

**I. Course Description and Credit Hours**

Students will build a foundation in aerial arts technique while working on body positions and sequences utilizing numerous aerial apparatus. (1 credit hour)

**II. Objectives of the Course**

To develop an understanding and appreciation for the aerial arts

To learn introductory aerial skills as they pertain to a specific apparatus

To explore movement qualities and concepts such as energy, levels, direction, momentum, shape, and balance using an aerial apparatus as a partner

To learn basic rigging of aerial equipment in order to inspect a rig for safety

**III. Student Learning Outcomes**

Students will perform a sequence of movement using aerial skills

Students will demonstrate basic aerial skills on silks and trapeze

Students will demonstrate basic knowledge of how to rig a fabric on a Rescue 8

**IV. Course Content**

Week 1: Introduction to Aerial Arts and Basic Rigging

Week 2: Break down of basic warm-up exercises, skills and technique

Week 3-5: Aerial Sling

Week 6-8: Dance Trapeze & Lyra

Week 9-11: Aerial Silks

Week 12-14: Continued work on basic skills and technique adding more strengthening exercises

## Week 15-16: Sequence Compilations and Performances

**V. Basis for Student Evaluation****Participation (25%)**

Aerial Arts and Aerial Dance require the use of the body as it relates to an apparatus. Foundational skills are necessary to master prior to being able to move in and around those skills safely. Therefore, class participation in learning these skills is paramount to successfully completing this course and the attendance policy will be strictly enforced. Aerial skills are learned in a sequential order. A missed class needs to be made up on the student's own time prior to the next class. Exceptions will be made, at this level, for vertigo, fear of heights, or issues with spinning as these are situations that can be trained with practice and time to overcome. Flopping and dropping out of the air is absolutely not allowed: this rule will be stated at the beginning and one warning issued. A second incidence is subject to having the student removed from class as they have proved that they are not capable of following instructions and it is a safety hazard to themselves and others around them. A student may find that they prefer one apparatus over another, but participation in learning the fundamental skills on all apparatus presented during this course is mandatory.

**Classroom Work (35%)**

The grade for class work is based upon regular attendance, dress/appearance, attitude in class, ability to execute the material given in class, and commitment to learning Aerial Dance and Aerial Arts skills with visible signs of improvement throughout the semester and with consistent effort and enthusiasm for the material.

**Video Assignments (10%)**

Video assignments consist of watching established performers on video during performance. The purpose of the assignment is to bring a perspective of the various aerial arts forms as they have developed over the past decades. The assignments will be given prior to the lecture/class as they will be discussed during class for relevance to what is being taught at that time. Grade is based on class discussion participation and knowledge of the material presented.

*Assigned videos:*

- Wilson, Rain Anya, Holmes, Sarah Bebe. Unhinged. PaperDoll Militia at [paperdollmilitia.com](http://paperdollmilitia.com), 2015
- Debitte, Frederique, Cie Drapes Aériens, [youtube.com](http://youtube.com) 2012
- Leach, Rebekah, Sling Trio at Aerialworks Grand Opening, [youtube.com](http://youtube.com) 2016
- Hane, Julianna G., Julianna Hane Aerial Lyra courtesy Revolve Aerial Dance: NECCA Pro-Track Graduation 2014, [youtube.com](http://youtube.com) 2014

**Performance: (30%)**

Students will, with instructor approval, self-select into an ensemble or as a soloist, choose one apparatus, and create a sequence or sequences utilizing elements learned during the course. Each group or soloist will hand in preliminary

overview of their aerial sequence(s) outlining the skill(s) they plan to use, music choice, and story line (if any) for approval. Grade will have two components: Creative and Technical.

- *Creative Component: 75%/100%*

The creative component grade will be based on creative use of space, appropriate incorporation of the apparatus, creativity in the transitions into/out of/around the skill(s) utilized, and flow of the performance.

- *Technical Component: 25%/100%*

The technical component grade will be based on mastery of skills taught in the course, demonstrated understanding of connected skill(s) if there are any, and appropriate safety measures taken.

- *Required length of performance:*

- Group of 4: 3.00 minutes
- Group of 3: 2.5 minutes
- Group of 2: 2.25 minutes
- Solo: 2.00 minutes

## VI. Student Assessment

A grade of “**A**” will be awarded for work that the instructor deems to be outstanding in both matters of professional demeanor and in the demonstration of substantial progress in the areas outlined above.

A grade of “**B**” will be awarded for work that the instructor deems to be above average in accomplishment. This means that not only is the student diligent about his/her attendance and avoidance of tardiness but tangible progress with the requirements are clearly demonstrated in the areas outlined.

A grade of “**C**” will be awarded for work that the professor deems to be of average accomplishment. A “**C**” grade indicates that a student has demonstrated less progress than the class as a whole or has made no progress at all. A grade of “**C**” may also be awarded if a student's attendance has been unsteady, his/her participation unenthusiastic, or if s/he has demonstrated a continuing pattern of tardiness.

A grade of “**D**” will be awarded for work that the professor deems to be at a level measurably below the average.

A grade of “**F**” will be awarded for students who do not answer all of the course requirements, or performs inadequately, or both.

## VII. 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](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](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](http://www.semo.edu/pdf/old/2014_Bulletin.pdf).

### Touch Disclosure:

This course is about the human body moving through space using aerial apparatuses. An Instructor teaching an aerial skill often uses touch as a teaching tool and for safety in spotting. If you have an issue with physical contact, please talk with your instructor.

### Rules of Aerial:

Students are not allowed to mount any aerial apparatus if there is not another person in the immediate vicinity that can offer aid if it is necessary. While aerial arts are a beautiful art form, it is known to have inherent dangers associated with it. Crash mats not less than 4" in depth are mandatory under any apparatus in use.

Crash mats at least 8" in thickness are required if doing dives, drops, or any skill above head height. Students MAY NOT practice anything that they have not learned in class or skills above the level of skills being taught. Violation of these rules is reason for being dropped from the class.