

KINESIOLOGY FOR DANCE

Margaret Wilson

THEATRE AND DANCE 3100/3 CREDIT HOURS

Class Meeting: Monday, Wednesday and Friday 9:00 – 9:50 a.m.

Room 126 and Mains Dance Studio Fine Arts Building

Instructor: Margaret Wilson

212 Fine Arts

766-5138 766-2198 for messages

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Office Hours: MWF 8:00

Pre-requisites: ZOO 2100: Human Anatomy

THEA 3430 or THEA 3440

COURSE DESCRIPTION

Based on current research in kinesiology for dancers, this course will include lecture, research and practicum based projects. Student will finish the course with a working vocabulary in anatomical and physiological terminology and will understand the importance of kinesiology to the training process in dance.

OBJECTIVES:

- To examine the scientific principles of anatomy, physiology and biomechanics as they apply directly to dance,
- To introduce the students to analytical techniques important to their current training and future career,
- To develop a vocabulary at the undergraduate level which will further their educational goals, - To provide the student with information that cannot be justly treated within the scope of a technique class.

EVALUATION

Attendance and participation, daily quizzes, 3 practicum projects, 3 short tests and one final comprehensive examination will determine evaluation of the student's progress in this course.

MIDTERM PROJECT: Postural analysis which includes a description of the normal mechanics of the spinal column and the muscular support, alluding to any deviations or abnormalities discovered upon analysis. This will be presented in narrative form with an explanation of how these deviations affect the rest of the body functioning in normal movement as well as in dance.

FINAL PROJECT: 1. A qualitative analysis of a movement or movements in dance technique. The student will research the biomechanical principles involved in this movement and will present means for gaining greater efficiency in performance and indicate supplemental notes on injury prevention and teaching strategies. 2. Develop

and administer an assessment survey on 10- 12 dancers and summarize your results or
3. Write a review of Literature (15 citations) on current research in Dance Kinesiology.

DAILY QUIZES: 10, 5- point quizzes given at the beginning of every lecture section.

EXAMS: Material from reading assignments and class discussion will be tested in three short tests and in a final take home exam. Both subjective and objective format will be employed.

REQUIRED TEXTS

Fitt, S. Dance Kinesiology. New York: Schirmer Books, Second Edition, 1996.

Wilson, M. Lecture Notes/Outline. Download from:

Calais-Germain, B. Anatomy of Movement. Seattle: Eastland Press 1991.

Watkins, A. & Clarkson, P. Dancing Longer, Dancing Stronger. Princeton: Dance Horizons/Princeton Book Co., 1990.

Olsen, A. Body Stories: A Guide to Experiential Anatomy. Stationhill Press, 1991

Additional readings will be supplied by the Professor

GRADING BREAKDOWN POINT DISTRIBUTION

Project 1 75 points 460 - 500 points = A

Project 2 (PRESENTATION /PAPER) 100 points 420 - 459 points = B

3 Tests 100 points 380 - 419 points = C

10 quizzes 50 points 340 - 379 points = D

Final Exam 150 points Under 339 points = F

Participation 25 points

TOTAL 500 POINTS

The following books are on Reserve at Coe Library for 2 day checkout.

Clarkson, Pricilla. The Science of Dance Training

Howse, Justin. Dance technique and Injury Prevention

Laws, Kenneth. The Physics of Dance

Lawson, Joan. Teaching Young Dancers; Muscular Coordination in Classical Ballet

Teaching of Classical Ballet

Paskevaska, Anna. Both Sides of the Mirror: The Science and Art of Ballet.

Ryan, Allan J. editor. The Healthy Dancer: Dance Medicine for Dancers

Shell, Caroline, editor. The Dancer as Athlete

Solomon, Ruth. Preventing Dance Injuries, An Interdisciplinary Perspective

Sweigard, Lulu. Human Movement Potential

OUTLINE OF MATERIAL TO BE PRESENTED READING

1/9 Introduction, overview of course

1/11 Lab #1 Pre-test due FITT: Chapters 1, 2, 7: OLSON Day 1, 2, 7, 9 and 11; C/G Chapter 1; W/C: Part 1 pages 5-47

1/13 Lab #1 continued

1/18 Foot and Ankle QUIZ 1 FITT: Ch. 3 (27 - 43), 8; OLSON Day 22, 23; C/G Chapter 7

1/20 Foot and Ankle continued AIC Foot muscle due

1/23 Lab #2: Foot and Ankle W/C: pgs. 53-88,

1/25 Knees QUIZ 2 FITT: Ch. 3 (46-52), 9; OLSON Day 20, 21; C/G 176-179, 192- 207, 230

1/27 Knees AIC Leg muscle due

1/30 Lab #3 W/C 93-97, 107-120, 130-133

2/1 Test #1

2/3 Pelvis and Hip Joint QUIZ 3 FITT: Ch. 4 (53- 64), 143 – 65; OLSON Day 18, 19; C/G 180-191, 208 – 229, 231-

2/6 Pelvis and Hip Joint AIC Pelvis/Leg muscle due

2/8 Lab #4 W/C: 98 – 106, 121-129, 134-148

2/10 Spine QUIZ 4 FITT: Ch 4 (64-78), 10; OLSEN Day 8, 11, 12; C/G; Chapter 2

2/13 Spine AIC Torso muscle due

2/15 Lab 5

2/17 Upper Extremities QUIZ 5 FITT: Ch. 5 and 11; OLSON Day 14, 15; C/G Ch. 3 & 4

2/20 Upper Extremities AIC Torso/Arm muscle due

2/22 Lab #6 WC: 153-223

2/24 Test #2

2/27 Mid term Projects Due

Misalignments and Muscular Imbalances FITT: Chapter 13; OLSON Day 2, 24

3/1 Injuries QUIZ 6 FITT: Chapter 18, Assigned reading

3/3 INJURY reports

3/6 Neurology PNF and stretching techniques FITT: Ch 14; OLSEN Day 25, 26, Alter
QUIZ 7

3/8 Catch up

3/10 No Class ACDFA

3/20 Lab 7

3/22 Final Project Discussion Biomechanics SUPPLEMENTAL READINGS: Laws

3/24 Biomechanics Video QUIZ 8

3/27 Test #3

3/29 Flexibility and External Rotation Student Located reading
Hand out final exam, commit to final project

3/31 Nutrition QUIZ 9 FITT: Ch. 20, Student Located reading

4/3 Nutrition

4/5 Dance Coaching/Conditioning FITT: Ch. 15, 16, 17, 19; WC: pgs. 251- 265

4/7 Motor Control McGill, Krasnow & Chatfield

4/10 Current Research in Kinesiology: QUIZ 10 FITT: Ch. 21, 22

4/12 Somatics and applications to performance FITT: OLSON: Day 3, 4, 27, 29, 31

4/17 Somatics and applications to performance Supplementary readings: Cohen,
Hackney, Behnke, Feldenkrais,

4/19 Somatics and applications to performance
Body Story – Final Project

4/21 Practical Applications, Review

4/24 Presentation of Final Projects Written copy of project due

4/26 Presentation of Final Projects

4/28 Presentation of Final Projects

FINAL EXAM DUE: Monday, May 1st 8:00 – 10:00

If you have a physical, learning, or psychological disability and require accommodations, please let me know as soon as possible. You will need to register with, and provide documentation of your disability to, University Disability Support Services (UDSS) in SEO, room 330 Knight Hall, 766-6189, TTY: 766-3073.