

Syllabus/ Winter 2025

Meets TTh 9:30am-10:45am PE11U

Dance 22; Body Awareness & Conditioning for Dance, CRN 38682 *Danc-D022-01*

Instructor: Janet Shaw, Dance/Theatre Dept., De Anza College

PURPOSE OF COURSE: *Student Learning Objectives:* Principles of dance and conditioning through floor work derived from ballet, contemporary dance, and other psycho-physical disciplines. Topics may include but are not limited to: body mechanics, muscle groups critical to dance, flexibility, alignment, self-assessment, dance injury prevention, and strengthening the mind-body connection.

PROJECTS: Full participation in class. Reading, plus 4 easy, in class assignments (*10 points each*).

PARTICIPATION: Participation in “in class” activities and training are a major portion of your grade (50 points). Your second absence will lower your grade 2.3 points, as will each additional absence thereafter, unless made up. **Instructor will not automatically drop students**, unless student does not attend class during 1st week of class. Drops must be conducted by student.

MAKE-UPS: After 1 absence, all absences need to be made up (**each = -2.3 points**). To makeup, take class with **videos** in the Dance Studio Module's **Practice Makeup Room**. Write a few sentences (about what you watched and what you thought about that experience) & email to me. May also use up to TWO Option Collection of videos (**maximum 2**) and submit each reflection in the Canvas Makeup Module. **No AI allowed** for reflections. They are NOT essays but a chance to **share what you SAW** when you watched your selected Option collection of videos. **Use of AI** will equal **no credit** for this assignment. For details about reflection content, refer to Module. Makeups are due the last day of instruction. One per absence, except as noted in the Modules.

Attendance at these approved LIVE dance concerts below can count as *two makeups* (Must submit 1-page reflection & photo as described in Module); **Maximum of two** may be used for makeups:

Sun, Jan 19, 3-5 pm **Saratoga Symphony (classical music)** West Valley Presbyterian Church
6191 Bollinger Rd, Cupertino FREE

Feb. 6-8 **Images (many styles of dance)** Produced by Santa Clara Univ. Dance Dept.
8pm Louis B. Mayer Theatre, Santa Clara University, No. Parking Garage

Feb. 9 2pm 1063 Alviso St., Santa Clara CALL 408 554-4015 **for ticket prices**

March 21, 7pm **Fast Forward 2025 (contemporary ballet)** by New Ballet/ San Jose
March 22, 2pm Hammer Theatre Center, 101 Paseo De Sn Antonio, San Jose, Tickets \$17-135.

TEXTS: *Required: Body Awareness Reader & Workbook* by Shaw (*purchase from campus Bookstore; \$28.00*) & *Recommended: Anatomy of Movement* by Blandine Calis-Germain.

FINAL (10 points): **Tues. March 25th, 9:30am-11:15am.** Floor barre & discuss 3 question assignment.

GRADING POLICY: Factors used in determining your grade:

1. Successful completion of 3 assignments & 1 quiz. (10 points each; total 40 points)
2. Ability to execute floor barre (pointed feet, proper muscles, etc.)
3. #2 combined w/ Participation. Only one absence allowed, others can be made up. (= 50 points)
4. Full participation in Final Exam discussion & assignment. (10 points)

Successful participation and completion of the above = 100 points, an A grade in this class.

TO CONTACT INSTRUCTOR: shawjanet@fhda.edu

OFFICE HOURS: 15 minutes before and after class in PE 11U and by appointment.

MUSIC: by Gabrielle Roth and the Mirrors, and Cirque Du Soleil's *Mystere*.

Topics covered & reading deadlines:

Day #	DAILY TOPICS:	Reading Assignments/	Due Dates:
1.	Introduction to class & begin warm up sequence	<i>No reading assignments for first week.</i>	
2.			
3.	Learning the bones.	Skeletal System 1-3	1/14
4.	Structure (bones, joints, etc.)/Color spine.	pgs 66, 67 ; Skeleton Handout for #1 quiz:	1/16
5.	Bone quiz		1/21
6.	Objectives, myths, & body types	Body types pgs. 5-9 . Myths/Table 19.3 (pg. 39)	1/23
7.	Eating Disorders; their anatomical effect	Weight management pgs. 11-12 Eating Disorders pgs. 13-15 , Fitness Myths pg. 17	1/28 1/28
8.	Self Assessment (#2 Chart to complete, handed out in class):		1/30
	foot structure	Morton Short Toe pgs. 19-23	1/30
	spine alignment	Spine pg. 25 , Pelvis pg. 27	1/30
	leg length		
9.	leg extension In second		
10.	outward rotation	Hip range of motion pg. 29	2/6
11.	inward rotation	pg. 31	2/11
	hip flexion (parallel to front)	pg. 31	
12.	Important muscles for movement (In Canvas ; More Favorite Muscles, Bones, etc.):		
	Transversus & rectus abdominus	Figure 10.1 (pg. 35)	2/13
	Shoulder blades and port de bras		
13.	Muscles of the hip, wall posters, plies	pgs. 31, 69, 72 & pg. 73	2/18
14.	Muscle balance of quadriceps	pg. 33	2/20
	" " "hamstrings	pg. 34	2/20
	" " "quadriceps to hamstrings		
		#3 Outward Rotators Handout pg 72-73(color & submit)	2/20
15.	Neck & Torso alignment (<i>sagittal plane</i>)	Fig. 4.12 (pgs. 25 & 68)	2/25
	Calf muscles	pg. 37	2/25
16.	What happens after the bones and muscles?	#4 Knee Handout (color & submit)	2/27
17.	Inside the knee	pgs. 70-71	3/4
18.	How Muscles Work	Table 7.1 (pg. 39), Overview pgs. 41-51 (This is tough vocabulary. Just read for concepts.)	3/6
19.	Stretch	Strength pg. 52 , Conditioning pgs. 57-58 Stretch/Flexibility pgs. 52-55	3/11 3/11
20.	What causes injury?	Exercise Without Injury pgs. 59-60	3/13
	What happens to body parts when injured?	Relief & Exercise Injuries, part II pgs. 61-62	3/13
21.	What are possible treatments?		3/18
	How do the body parts respond to treatment?		
22.	(<i>Types of doctors (therapists, chiropractors, etc.) and why you would go to them.; If time allows</i>)		3/20
	Review, Final day for floor barre, Discussion of Questions.		
23.	Assignment for FINAL #5 Turn in 3 Discussion Questions that you want to know the answer to. (1 on each INDEX CARD handed out on 3/20)		3/25

* NOTE: Above page numbers refer to PURCHASED: *Body Awareness Reader & Workbook* by Shaw

revised 1/9/25