PROPOSAL FOR AN EXPERIMENTAL COURSE AND AREA B

**Department:** Performing Arts

**Title:** Dance Anatomy and Kinesiology

**Course Level:** Lower Division, no prerequisites

**Contact Hours per Week:** 3 lecture hours, 3 lab hours

**Duration of course:** one semester

**Course credit:** 1.0 for lecture, .25 for lab

**Course Description:** This course is an introduction to the principles of anatomy and kinesiology. Emphasis is placed on the structure and function of the muscular and skeletal systems. Movement analysis, conditioning principles, injury prevention and basic nutrition will also be covered. Please see attached sample syllabus

**Rationale:** dance majors and minors are excluded from taking Anatomy at Saint Mary’s College but they need this course to apply and be accepted to graduate school. Dance students often enter the fields of physical therapy, massage therapy, and other healing modalities. These students must have a very specific understanding of the human body. Dancers also need to understand the mechanics of their own bodies to allow for maximum movement efficiency, development of physical strength and flexibility, and how to maintain the health of the body over one’s career.

**Institutional benefits:** This class will align our program with other college dance departments. It will allow us to be competitive with similar dance programs, and give our students the opportunity to take their science course on our campus. This will enhance our recruitment of students, address their needs, and reflect a comparable “best practice.”

**Implementation and Scheduling:** The Performing Arts Department has a rotation of courses set for each program. This course would be added to the rotation once every other school year. There would be no need for additional courses, we have the slots in our allotment. Over the past 5 years, the Performing Arts Department has had 7 courses per semester. The department divides them between each program with on course that is team-taught.

**Number of students:** We have about 40 students currently enrolled in the dance program. Majors make up 25% of that number. We anticipate a class of 20 students minimum.

**Staffing:** The professor would have the minimum of an MA/MS in the field. Dance Science or Kinesiology is a field of common interest for professional dancers. We have many resources in the Bay Area for experienced teachers.
Budget: The Dance Program will purchase necessary lab equipment, e.g. the human skeleton, muscle and skeletal wall charts, computer programs and anatomy software, etc. Please see budget list.

Dance major course requirements: If approval for Area B is granted, then the current dance major remains unchanged.

Lab space and classrooms: The Dance program would house this course in existing studio and classroom space designated for Performing Arts. Computer lab needed on occasion.

Message from the Biology Department:

Dear Cathy,
Thank you for this information. If this course is being developed and taught under the sponsorship of your department it sounds like it would be useful and interesting for your students. I will bring this up at our next Biology Department meeting and see what the department response would be toward cross-listing a course not taught by a professor with a science background. The other potential problem would be where it would be taught. If it is intended to use Biology lab space, scheduling could be a problem since labs are used heavily. Our next meeting is October 6 and I will get back to you after that.
Sincerely,
Carla
Dance Anatomy and Kinesiology (Sample Syllabus)

Course Information  Instructor Name
Units  Office Number
Time  E-Mail
Location  Telephone
Office Hours

COURSE DESCRIPTION:

This course is an introduction to the principles of anatomy and kinesiology. Emphasis is placed on the structure and function of the muscular and skeletal systems. Movement analysis, conditioning principles, injury prevention and basic nutrition will also be covered.

Required texts:


COURSE OBJECTIVES:

- To gain an understanding of the anatomy of the human body and the ability to identify parts of the human body using the language of anatomy.
- To be able to identify the bones of the skeletal system and the major muscle groups used for movement; their origin, insertion, and function.
- To provide study and activities that develop the student's ability to assess strengths, weaknesses and anatomical differences, enabling the student to safely enhance and adapt movement technique.
- To provide information that will enable the dancer to lead a healthy lifestyle, make sound nutritional choices and avoid injury.

REQUIREMENTS:

- The format of the class will be lecture, class discussion, and laboratory experience.

- Reading assignments will be detailed in class.

- Students are expected to attend all class lectures and labs. If there is a valid excuse for missing a class (illness, family emergency, participation in sport competition), please notify the instructor prior to the absence.
• Students are expected to prepare for all lecture and laboratory sessions, and to turn in assignments on time.

• Late assignments will not be accepted.

**COURSE OUTLINE:**

**The Skeletal System**
- Primary tissues of the body
- Bone composition and structure
- Bone development and growth
- The human skeleton
- Joint architecture
- Body orientation terminology
- Joint movement terminology
- Skeletal components of a movement analysis
- Common skeletal injuries and prevention

**The Muscular System**
- Skeletal muscle structure and function
- Muscle architecture
- Types of muscle contraction
- Muscle names and actions
- Muscle attachments to bone
- Muscular components of a movement analysis
- Common muscular injuries and prevention

**Principles of Conditioning**
- Overload, Specificity,
- Progression, Reversibility
- Aerobic vs. Anaerobic
- Frequency, Intensity, Time, Type

**Nutrition**
- Establishing good nutritional habits
- Food requirements for dancers/athletes

**EVALUATION:**

Students will complete quizzes, examinations and a final paper. Examinations and quizzes will contain questions regarding information presented in the textbook, handouts, lectures and laboratory note materials. Assessment will be based on 400 points.

**4 Quizzes** (25 points each)

**Mid Term Exam** (100 points)
Exam Covers: Bones of Axial and Appendicular skeleton.
Part One: Multiple choice, matching, true/false, short answer.
Part Two: Identification of body actions involving tarsus, ankle, knee, hips, pelvis, spine, shoulder girdle, and arm. Each demonstration will involve defining and analyzing the initial position, actions to a new position, analysis of actions to maintain the new position.

Final Exam (100 points)
Exam covers: Muscles of foot, leg, pelvis, spine, shoulder girdle, arm, and hand.
Part one: Multiple choice, matching, true/false, short answer.
Part Two: Demonstrations, involving tarsus, ankle, knee, hips, pelvis, spine, shoulder girdle, and arm. Each demonstration will involve identifying muscles used and type of contraction used in the initial position, those used to get to a new position, and full analysis of new position.

Final Paper (100 points)
Final paper will synthesize information learned throughout the course. In the paper students will assess their individual challenges regarding functional and structural musculoskeletal considerations, and make recommendations for the design of an individualized fitness regime for dance. Students will consider information included in all chapters, lectures and labs. The papers are to reflect considered application of course information to the student's own needs and future in dance.

**GRADING SCALE:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>95 - 100%</td>
</tr>
<tr>
<td>A-</td>
<td>90 - 94%</td>
</tr>
<tr>
<td>B+</td>
<td>87 - 89%</td>
</tr>
<tr>
<td>B</td>
<td>83 - 86%</td>
</tr>
<tr>
<td>B-</td>
<td>80 - 82%</td>
</tr>
<tr>
<td>C+</td>
<td>77 - 79%</td>
</tr>
<tr>
<td>C</td>
<td>73 - 76%</td>
</tr>
<tr>
<td>C-</td>
<td>70 - 72%</td>
</tr>
<tr>
<td>D+</td>
<td>67 - 69%</td>
</tr>
<tr>
<td>D</td>
<td>63 - 66%</td>
</tr>
<tr>
<td>D-</td>
<td>60 - 62%</td>
</tr>
<tr>
<td>F</td>
<td>00 - 59%</td>
</tr>
</tbody>
</table>

**CLASS POLICIES:**

- **Academic Honor Code:** Saint Mary's College expects every member of its community to promote and abide by ethical standards, both in conduct and exercise of responsibility towards other members of the community. Academic Honesty must be demonstrated at all times to maintain the integrity of scholarship and the reputation of the College. Academic dishonesty is a serious violation of College policy.
• **Absences:** Students are expected to attend all lectures and laboratory sessions. Absences on days of announced exams or quizzes will result in a zero, unless notified in advance. If you miss a quiz due to an excused absence, it is your responsibility to arrange a make-up of the quiz within one calendar week of the absence. Absences on days of assigned presentations will result in a zero for the assignment unless notified in advance.

**Course Learning Outcomes:** After students have completed this course they will be able to

- Identify anatomical planes and axes associated with human motion.
- Define functions of the skeletal system.
- Identify bones of the Axial and Appendicular skeleton along with their major markings.
- Describe the types of joints and the general structure of a Synovial joint.
- Describe common joint actions.
- Describe the general anatomy and function of skeletal muscle tissue.
- List the different types of skeletal muscle actions/contractions associated with various types of movement.
- Identify the major skeletal muscles of the body and their actions.
- Identify exercises that strengthen and/or stretch specific muscles or muscle groups.
- Describe the basic components of a movement analysis.
- Describe concepts of athletic conditioning.
- Identify the proper nutritional requirements for an active individual.

**Additional resources**

