

## Cedar Crest College

### **DNC 115 00 2 – Human Movement Potential – Spring 2010**

**Monday and Wednesday – 10:00-10:50am – 1 Credit**

#### **Steinbreight Dance Studio 2**

**Instructor:** Amanda M Soroka

**Email:** [amsoroka@cedarcrest.edu](mailto:amsoroka@cedarcrest.edu)

**Extension:** 3545

**Office:** Dance Adjunct Office, Steinbright Hall

**Office Hours:** Available by appointment Monday and Wednesday 11am–12:30pm

Course Description: This course will invite each person to experience and challenge their own unique movement potential through physical explorations based on the codified systems and theories of Frederick Alexander, Rudolph Laban and Irmgard Bartenieff. We will integrate their work with experiences in Isolated Stretch and Strength, Yoga, Tai Chi, Pilates, Aerobics, Lengthening and Strengthening and Counterbalancing; investigating these systems kinesthetically in order to discover how movement can affect creativity, learning and communication, and promote health and wellness and personal expression.

Course Format: Movement and Discussion

Required Materials: Yoga Mat (can be purchased in the CCC Bookstore), Notebook

#### Student Responsibilities:

1. Students are required to attend class regularly and arrive on time.
2. Students are required to wear loose comfortable clothing that allows free movement of the entire body. (No jeans or chino style pants.)
3. Students are required to have a yoga mat with them at all class meetings.
4. Students are expected to participate fully during all movement and discussion experiences.

Course Objective: With successful completion of this course, students will begin to discover their own unique human movement potential, understanding how the duality between mind and body (Somatic) will increase their awareness of the Self, and how movement can be incorporated into their personal and professional lives generating life-long health and wellness.

Assessment/Evaluation: Students will be evaluated by INDIVIDUAL PROGRESS.

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|---|------------|
| <b>Attendance and Physical Participation:</b> | <b>50%</b> |
| <b>Class Presentations:</b>                   | <b>30%</b> |
| <b>Reflection Statement:</b>                  | <b>20%</b> |

\*Please note that participation in class requires your attendance, therefore, the only way to succeed in this class is by attending class regularly.\*

Please see pages 3 and 4 for information regarding attendance policy, honor code and classroom protocol.

**Course Outline: (subject to change)**

|                           |   |
|---------------------------|---|
| Wednesday January 20      | Introductions/Presentation of Course Syllabus                 |
| Monday January 25         | Alexander Technique   |
| Wednesday January 27      | Alexander Technique<br><b>Class Presentation #1</b>           |
| Monday February 1         | Rudolph Laban   |
| Wednesday February 3      | Rudolph Laban<br><b>Class Presentation #2</b>                 |
| Monday February 8         | Breath and Centering  |
| Wednesday February 10     | Breath and Centering  |
| Monday February 15        | Irmguard Bartinief  |
| Wednesday February 17     | Irmguard Bartinief  |
| Monday February 22        | Irmguard Bartinief  |
| Wednesday February 24     | Irmguard Bartinief<br><b>Class Presentation # 3</b>           |
| Monday March 1            | Isolated Stretch and Strength                                 |
| Wednesday March 3         | Isolated Stretch and Strength                                 |
| <b>Monday March 8</b>     | <b>Spring Break – No Class</b>                                |
| <b>Wednesday March 10</b> | <b>Spring Break – No Class</b>                                |
| Monday March 15           | Isolated Stretch and Strength                                 |
| Wednesday March 17        | Isolated Stretch and Strength<br><b>Class Presentation #4</b> |
| Monday March 22           | Yoga  |
| Wednesday March 24        | Yoga  |
| Monday March 29           | Tai Chi   |
| Wednesday March 31        | Tai Chi<br><b>Class Presentation # 5</b>                      |
| <b>Monday April 5</b>     | <b>Break – No Class</b>                                       |
| <b>Tuesday April 6</b>    | <b>No Class</b>   |
| Wednesday April 7         | Pilates   |
| Monday April 12           | Pilates   |

|                     |   |
|---------------------|---|
| Wednesday April 14  | Aerobics                                  |
| Monday April 19     | Aerobics<br><b>Class Presentation #6</b>  |
| Wednesday April 21  | Lengthening and Strengthening             |
| Monday April 26     | Lengthening and Strengthening             |
| Wednesday April 28  | Counterbalance                            |
| <b>Monday May 3</b> | <b>Reflection Statements – Last Class</b> |

**Attendance Policy:** More than two absences during the course of the semester will adversely affect your grade. After more than four absences or non-physical class participation **(for any reason)** you must withdraw or fail the course. If you are anticipating an extended absence due to illness or injury, contact the faculty immediately. If illness or injury does prevent you from participating in class on a given day and you are physically able, you are strongly encouraged to observe class. You are allowed no more than four class observations after which you must withdraw or fail the course.

*The following policies/procedures have been taken directly from the Cedar Crest College student costumes book.*

**Honor Philosophy:** The Cedar Crest honor Philosophy states that students should uphold community standards for academic and social behavior in order to preserve a learning environment dedicated to personal and academic excellence. Upholding community standards is a matter of personal integrity and honor. Individuals who accept the honor of membership into the Cedar Crest College community of scholars pledge to accept responsibility for their actions in all academic and social situations and for the effect their actions may have on other members of the college community.

**Academic Integrity:** Academic integrity and ethics remains steadfast, withstanding technological change. Cedar Crest College academic standards therefore apply to all academic work, including, but not limited to, handwritten or computer generated documents, video or audio recordings and telecommunications.

**As a student at Cedar Crest College, each student shall:**

- Only submit work which is his/her own
- Adhere to the rules of acknowledging outside sources, as defined by the instructor, never plagiarizing or misrepresenting intellectual property.
- Neither seek nor receive aid from another student, converse with another when inappropriate, nor use materials not authorized by the instructor.
- Follow the instructions of the professor in any academic situation or environment including taking of examinations, lab procedures, the preparation of papers, properly and respectfully using college facilities and resources, including library and computing resources to ensure that these resources may be effectively shared by all members of the College community.
- Abide by the Cedar Crest Computer Use Policy.
- If a student perceives a violation of the Academic Standards, he/she will go to their instructor.
- If you are unable to resolve the problem with the instructor, you should go to the chair of the department. If you need further assistance after consultation with the instructor and the chair, you should see the provost.

**Classroom Protocol:** Appropriate classroom behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and other

behaviors that might disrupt instruction and or compromise students' access to the Cedar Crest education.

## **Technical Standards**

### **Cedar Crest College Dance Department**

In order to successfully complete Dance technique classes at Cedar Crest College, students must meet the following criteria from the time they enroll in the course until the time they complete the course.

Students must be able to focus, concentrate and be physically engaged in studio class work.

Student dancers must be able to repeatedly: kneel, stand up, lie down, bend at the hip, bend at the waist, twist, rotate, spiral, bend and straighten at the knees, rotate the hip socket and ankles, work on high releve; turn on the foot, knee, hip; jump, spin, balance, fall, extend, stretch; physically connect with other dancers (e.g., partnering).

Student dancers must develop and engage the correct muscle groups appropriate for a variety of studio coursework. Students must have the ability to develop muscle memory.

Female students must be able to lift free weights of up to 5 pounds.

Students must be able to respond to audio cues and corrections without relying on visual cues.

Students must have no chronic injury or chronic health problem that prevents them from participating and completing the dance course. Students must not have any serious reactions to the materials or cleaning agents used on the dance floor.

Students must be able to perceive and duplicate the melody, beat, and phrasing of various forms of music.

Students must wear and maintain suitable dancewear, including shoes appropriate for all studio work, rehearsals, and performance work.

Students must not be pregnant.

Students must be able to determine the distance between dancers in the studio, on the stage, and in designed performance space.

Students must be able to work in different dance mediums.

Students must be able to perceive and duplicate line, design, meter, accents, dynamics, and interpretation, qualities of movement, style of movement, combinations and choreography.

Students must have the physical endurance to complete a typical 75-minute dance class or performance without requiring additional breaks.