



Anatomy & Kinesiology Central College

DANC 2325 – Anatomy & Kinesiology

CRN 47984 – Fall 2010

Central Campus – Fine Arts Building, rm. 112 | 9:00-12:00 pm | Friday
3 hour lecture course / 48 hours per semester/ 16 weeks

Instructor: Maggie Lasher

Instructor Contact Information: 713-718-6585 megan.lasher@hccs.edu

Office location and hours:

Location- Theater One, Studio Q, rm. 104

Hours- by appointment and before and after class

Please feel free to contact me concerning any problems that you are experiencing in this course.

You do not need to wait until you have received a poor grade before asking for my assistance.

Your performance in my class is very important to me. I am available to hear your concerns and just to discuss course topics. Feel free to come by my office anytime during these hours.

Textbook: *Dance Kinesiology*, Sally Sevey-Fitt

Course Description

DANC 2325 Anatomy & Kinesiology is a course designed to teach the basic principles necessary for a dancer's understanding of his/her own body, and how it moves safely and efficiently. It includes the skeletal and muscular systems, fundamentals of kinesiology, applications of kinesiology to dance, and injury prevention and treatment.

Purpose

The only instrument a dancer has is his/her body. If the instrument is damaged, the dancer can no longer perform. With proper care and training, through knowledge of and respect for the human body, dancers and dance teachers can discipline the instrument without causing long-term damage. The principles presented in this course are essential to the education of dancers and dance educators.

Student Learning Outcomes

1. Study the human skeletal and muscular system as it is relevant to movement training.
2. Analyze specific actions according to the principles of kinesiology and understand the principles of safe and efficient movement.
3. Learn the basic principles of kinesiology as they pertain to movement training.
4. Establish a working vocabulary of anatomical and kinesiological terms.
5. Analyze and perform specific conditioning exercises as they relate to movement training.

Required Work

Quizzes- quizzes will be given over terminology and bone and muscle names and locations.

Personal Assessments and Projects- Students will do various self assessments to address the specific make-up of one's own body. Relevant projects and coloring activities will also be assigned.

Readings- A few readings will be assigned. Each reading will include a related quiz or project to assure that students are completing the reading assignments.

Final- The course will culminate with a final project that demonstrates student's working knowledge of kinesiology and anatomical terms.

Grading

Quizzes and Readings	45%
Assessments and Projects	45%
Final	10%

Late Work

Late work will be accepted only up to the following class and there will be a five point deduction to all late assignments.

Calendar

September	One reading, one quiz, color pages, and one personal assessment
October	One reading, one quiz, color pages, and one personal assessments
November	One quiz, color pages
December	Final project, final assessment

Attendance

Students are expected to be in class by 9:00 a.m. Class will begin promptly at 9:05 a.m. At that time, roll will be taken and any student not present will be marked absent for the day. If you are tardy, it is your responsibility to see the instructor after class to be marked tardy for the day; otherwise an absence will be recorded. If you miss the warm-up, you may be asked to sit out for the remainder of the class and take notes.

If you are ill, injured, or tardy to class and do not participate in the movement activities, you must take notes and hand these in at the end of class to receive any participation credit. If you are unable to participate for more than 3 classes your grade will suffer; therefore if you have any health concerns please contact the instructor ASAP to discuss your options.

Attendance and participation are crucial to this course. Attendance will be taken every class period. Three tardies and/or early departures are equal to one absence. Absences above 3 classes may result in lowering the grade by as much as one full letter grade. Two make-up classes are permitted per semester.

Make-up procedure:

1. Attend an additional HCC dance class or a dance/ yoga/ pilates class at a professional studio within two weeks of your absence.
2. Complete and turn-in a make-up slip including your name, class attended, time and date of the class, and make-up class instructor's name and signature.
3. All make up slips are due by 4/28/2011.
4. Attend a dance performance and submit a typed, two page, double spaced critique within two weeks of the performance.

If a student encounters an emergency involving substantial absences they must talk to the instructor either before or during the prolonged absence. The instructor reserves the right to evaluate these situations on a case-by-case basis and may or may not be able to work out an alternative to attending class. If a student approaches the instructor after a prolonged absence, no absences can be made up.

Five extra credit points will be given for perfect attendance.

A Word about Cell Phones & MP3 Players:

Once class has begun all technological devices will be silenced and put away out of sight. If you are caught using any sort of technical device during class the instructor reserves the right to confiscate said equipment until class is over. Repeated cell phone use in class will be noted.

HCC Policy Statement - ADA

Services to Students with Disabilities

Students who require reasonable accommodations for disabilities are encouraged to report to Dr. Becky Hauri at 713-718-7910 to make necessary arrangements. Faculty is only authorized to provide accommodations by the Disability Support Service Office

HCC Policy Statement: Academic Honesty

A student who is academically dishonest is, by definition, not showing that the coursework has been learned, and that student is claiming an advantage not available to other students. The instructor is responsible for measuring each student's individual achievements and also for ensuring that all students compete on a level playing field. Thus, in our system, the instructor has teaching, grading, and enforcement roles. You are expected to be familiar with the University's Policy on Academic Honesty, found in the catalog. What that means is: If you are charged with an offense, pleading ignorance of the rules will not help you. Students are responsible for conducting themselves with honor and integrity in fulfilling course requirements. Penalties and/or disciplinary proceedings may be initiated by College System officials against a student accused of scholastic dishonesty. "Scholastic dishonesty": includes, but is not limited to, cheating on a test, plagiarism, and collusion.

Cheating on a test includes:

- Copying from another students' test paper;
- Using materials not authorized by the person giving the test;
- Collaborating with another student during a test without authorization;
- Knowingly using, buying, selling, stealing, transporting, or soliciting in whole or part the contents of a test that has not been administered;

- Bribing another person to obtain a test that is to be administered.

Plagiarism means the appropriation of another's work and the unacknowledged incorporation of that work in one's own written work offered for credit.

Collusion mean the unauthorized collaboration with another person in preparing written work offered for credit. Possible punishments for academic dishonesty may include a grade of 0 or F in the particular assignment, failure in the course, and/or recommendation for probation or dismissal from the College System. (See the Student Handbook)

HCC Course Withdrawal Policy

If you feel that you cannot complete this course, you will need to withdraw from the course prior to the final date of withdrawal. Before, you withdraw from your course; please take the time to meet with the instructor to discuss why you feel it is necessary to do so. The instructor may be able to provide you with suggestions that would enable you to complete the course. Your success is very important. Beginning in fall 2007, the Texas Legislature passed a law limiting first time entering freshmen to no more than **SIX** total course withdrawals **throughout** their educational career in obtaining a certificate and/or degree.

To help students avoid having to drop/withdraw from any class, HCC has instituted an Early Alert process by which your professor *may* “alert” you and HCC counselors that you might fail a class because of excessive absences and/or poor academic performance. It is your responsibility to visit with your professor or a counselor to learn about what, if any, HCC interventions might be available to assist you – online tutoring, child care, financial aid, job placement, etc. – to stay in class and improve your academic performance.

If you plan on withdrawing from your class, you **MUST** contact a HCC counselor or your professor prior to withdrawing (dropping) the class for approval and this must be done **PRIOR** to the withdrawal deadline to receive a “W” on your transcript. ****Final withdrawal deadlines vary each semester and/or depending on class length, please visit the online registration calendars, HCC schedule of classes and catalog, any HCC Registration Office, or any HCC counselor to determine class withdrawal deadlines. *Remember to allow a 24-hour response time when communicating via email and/or telephone with a professor and/or counselor. Do not submit a request to discuss withdrawal options less than a day before the deadline.*** If you do not withdraw before the deadline, you will receive the grade that you are making in the class as your final grade.

Repeat Course Fee

The State of Texas encourages students to complete college without having to repeat failed classes. To increase student success, students who repeat the same course more than twice, are required to pay extra tuition. The purpose of this extra tuition fee is to encourage students to pass their courses and to graduate. Effective fall 2006, HCC will charge a higher tuition rate to students registering the third or subsequent time for a course. If you are considering course withdrawal because you are not earning passing grades, confer with your instructor/counselor as early as possible about your study habits, reading and writing homework, test taking skills, attendance, course participation, and opportunities for tutoring or other assistance that might be

available.

Classroom Behavior

As your instructor and as a student in this class, it is our shared responsibility to develop and maintain a positive learning environment for everyone. Your instructor takes this responsibility very seriously and will inform members of the class if their behavior makes it difficult for him/her to carry out this task. As a fellow learner, you are asked to respect the learning needs of your classmates and assist your instructor achieve this critical goal.

Instructor Requirements

As your Instructor, it is my responsibility to:

- Provide the grading scale and detailed grading formula explaining how student grades are to be derived
- Facilitate an effective learning environment through class activities, discussions, and lectures
- Description of any special projects or assignments
- Inform students of policies such as attendance, withdrawal, tardiness and make up
- Provide the course outline and class calendar which will include a description of any special projects or assignments
- Arrange to meet with individual students before and after class as required

To be successful in this class, it is the student's responsibility to:

- Attend class and participate in class discussions and activities
- Read and comprehend the textbook
- Complete the required assignments and exams
- Ask for help when there is a question or problem
- Keep copies of all paperwork, including this syllabus, handouts and all assignments