

CONDITIONING FOR DANCE- PILATES DANCE 12AD #31006
LBCC- SPRING 2012 Tues/Thurs 4:00pm-5:20pm LAC-Q113 1 unit
Professor Stephanie Powell - Tel: (562) 938-4881 Email: (spowell@lbcc.edu)
T-2358 Office Hours: Tues. 11:00am-1:00pm & 5:30pm-7pm / Thurs. 11:30am-1pm

REQUIRED TEXTBOOK

“Pilates” by Rael Isacowitz

Please bring your required course textbook, notebook and pen to class for every class session.

COURSE DESCRIPTION

Dance 12AD will include basic elements from Pilates focusing on mat work, ball, magic circle, theraband, foam roller and Reformer exercises. The course will include basic anatomy, Pilates terminology, alignment, strength and flexibility exercises.

STUDENT LEARNING OUTCOMES

1. Analyze movement skills for stabilization and mobilization and accurately reproduce through movement of their own body.
2. Demonstrate precise kinesthetic principles for all exercises.
3. Synthesize and demonstrate the principles and philosophy of the Pilates Method.

COURSE REQUIREMENTS

Five (5) hours of independent practice sessions on the Reformer is required of each student. Students must keep track of their independent hours on time cards that are issued to them. Practice sessions may only be scheduled when a Dance Instructor is on the premises. Students are responsible for cleaning and returning equipment to the original position, turning out the lights, and locking the door. All equipment must be returned properly and should never be left unattended. The course textbook, notebook and pen are required for each class session.

CLASSROOM ETIQUETTE

Disrespectful interruptions (talking, sitting down, stopping during the session, disrupting the pace of the class or leaving class without permission) will not be permitted. Students must take classes in their entirety or ask for permission to be excused from the Dance studio. All cell phones and pagers must be silenced during class. No perfumes, lotions or body oils are allowed. No food or chewing gum is allowed in the Dance studio and capped bottled water is the only beverage allowed in the studio. Proper hygiene is highly recommended during the class and appropriate clothing is suggested when traveling to and from the studio.

DRESS CODE

Male and female hair should be neatly pinned and secured away from the face and neck in a way that is comfortable on the mat. Fitted tank tops or t-shirts, footless fitted tights, sweatpants or leggings are required. Crop tops, hats and shorts cut above the mid-thigh are inappropriate for class. Students may wear socks to protect your feet. Warm up clothing must be fitted in order to allow Professor Powell to examine musculature and skeletal alignment. Please bring a towel to class and remove all jewelry.

****To stay properly hydrated, bottled water is mandatory to participate in class****

THERE IS NO EXTRA CREDIT IN THIS COURSE. STUDENTS WILL RECEIVE THE GRADE THAT THEY EARN!!

ATTENDANCE

Students who miss ANY classes in the first three (3) weeks of classes will be **dropped** from the course.

Students who miss any four (4) consecutive classes at any time in the semester will be **dropped from the course**. Five (5) points are given per class for attendance and participation. Latecomers are distracting, risk injury and points will be deducted for being tardy. Participation will not be allowed if a student is more than (10) ten minutes late and written notes must be submitted at the end of the class session.

Latecomers will not use the reformer equipment and must use their mats. There are no make-ups allowed for this course. (2) Two points deducted for tardies, (3) three points deducted for non-participation.

Students who watch the class due to illness or injury will not receive full credit for participation. If you are ill, injured or unable to participate in class for an extended period of time notify Professor Powell via email so that you can be advised appropriately. No children, non enrolled guests or animals are allowed during the class sessions.

COURSE DOCUMENTS All course documents, rubrics and syllabi can be found on the Theatre, Dance and Film department website at <http://www.lbcc.edu/tdf/DanceStaff.cfm> in case they are lost, stolen or destroyed. No late, emailed or faxed assignments are accepted at any time.

ELECTRONIC DEVICE POLICY Students are expected to silence all electronic devices (cell phones, watches, beepers, ipods, palm pilots, PDA's) and similar devices that disrupt the class or Professor Powell. (10) Ten push up's per ring are required by the entire class if a device goes off. Students may be dismissed from class if repeated disruptions occur.

INCLEMENT WEATHER OR NATURAL DISASTERS In case of inclement weather (rain, heat, fires, floods, earthquakes, poor air quality) be sure that your LBCC Peoplesoft email address is working properly and check for email instructions from Professor Powell or the college.

FLEX DAYS FEBRUARY 7TH AND MARCH 14TH - No classes are in session
SPRING BREAK APRIL 9-13, 2012 - No classes are in session

MIDTERM EXAM Due March 8, 2012

This exam will be given in two (2) parts.

- 1) A written exam on human anatomy and Pilates terms/exercises.
- 2) A demonstration where students are required to identify Pilates principles and the objectives/muscles focus of specific exercises.

LBCC DANCE CONCERT Due May 1, 2012

Attendance to the LBCC Dance concert is required for this course. Concert dates are April 27th and 28th at 8pm and April 29th at 2pm in the LAC Auditorium. **Turn in your signed ticket stub to receive credit for the assignment at the beginning of class.** Students may not substitute another concert for the LBCC concert as it is required. ****There is no make-up assignment for this Dance concert. ****

REFORMER PRACTICE HOURS Due: May 3, 2012 at 5:30pm

Five (5) hours of independent practice on the reformer in Q-110 are required. Hours of practice are to be recorded and totaled on a stamped time card with the time clock in the Q-110 closet.

Student Reformer Practice Hour cards are required at the beginning of the class session on the due date.

FINAL EXAM: Due May 10, 2012

The Final Pilates Practical Exam is cumulative and will be an entirely physical exam where students are required to identify Pilates principles, the objectives and muscle focus of specific exercises as well as demonstrate the Pilates exercises on the Pilates Mat and Reformer. Missing the Final Exam will result in a failing grade for the entire exam. There are no make-up exams.

<u>GRADING</u> (All assignments are due at the beginning of class)	<u>SCALE</u>
Attendance & Participation – 155 pts.	400-350 =A
March 8, 2012 2-Part Midterm Exam –75 pts.	349-299 =B
May 1, 2012 LBCC Dance Concert Stub – 50 pts.	298-248 =C
May 3, 2012 Five Reformer Practice Hours Card – 50 pts.	247-197 =D
May 10, 2012 Pilates Final Exam – 70 pts.	196 - 0 =F

INJURIES / EMERGENCIES

In any physical activity, injury is always a possibility. The Pilates Reformer is a very heavy piece of metal equipment and care must be taken when students are moving, using or near the apparatus. A healthy diet, substantial water intake, a positive outlook with adequate rest will minimize risk. Slow stretching before and after class minimizes soreness and increases flexibility. **IN CASE OF INJURY** notify Ms. Powell immediately or call the Student Health Center at (562) 938-4210.

ACADEMIC HONESTY

“It is our goal to establish an academic environment in which inquiry is nurtured, individual responsibility is rewarded and academic dishonesty, cheating and plagiarism are not tolerated. It is our goal to establish an academic environment in which inquiry is nurtured, individual responsibility is rewarded and academic dishonesty, cheating and plagiarism are not tolerated. Lack of honesty in the classroom is considered a very serious offense. Any form of cheating on tests, turning in of work which is not one’s own (plagiarism), talking during tests, furnishing false information to instructors or knowingly misrepresenting one-self to the college is grounds for disciplinary action. The consequences of cheating are severe and may include the possibility of expulsion. Disciplinary action can include the following: warnings, reprimands, probation, suspensions, expulsion, restitution, and loss of financial aid.”

PLEASE NOTE:

It is often necessary for the instructor to place his/her hands on a student in order to better facilitate the learning process and to illustrate proper alignment. If a student should have an aversion to this practice please notify Professor Powell prior to the start of classes.

**This class may be taken for credit/no credit. To receive credit all exams must be taken and at least 250 points earned. Consistent attendance is mandatory to participate on the Reformer equipment. Go to admissions to fill out the appropriate form before the deadline.*

THERE IS NO EXTRA CREDIT IN THIS COURSE. STUDENTS WILL RECEIVE THE GRADE THAT THEY EARN!!

STUDENT COURSE AGREEMENT

This agreement of understanding should be completed only after thoroughly reading the course syllabus. Please initial each understanding. Sign, date & return this document to Professor Powell prior to the first class session.

- 1) I understand that if any class sessions in the first 3 weeks of the semester or any 2 consecutive weeks of class during the semester are missed, the instructor will drop me from the course. _____
- 2) I understand that the standards in this course are high and that I am responsible for monitoring my own learning and academic standing throughout the semester. _____
- 3) I understand that Pilates technique, anatomy, critical reading/writing are expected in this course. _____
- 4) I understand that I am responsible for being prepared in each class session. _____
- 5) I understand that no handwritten, late work or emails are accepted in this course. _____
- 6) I understand the basis on which the final grade will be determined. (Attendance, Midterm Exam, Dance Concert Ticket Stub, Reformer Practice Hours, Final Exam scores) _____
- 7) I understand that the course requires consistent classroom attendance/active participation and that 5 points per class session absence will be deducted from the final course grade. _____
- 8) I understand that all course work must be computer generated (Typed, 12pt., stapled, Times New Roman, double-spaced) and submitted at the beginning of class on the date it is due. _____
- 9) I understand that the attending the LBCC Dance Concert Critique is a required assignment for this course and by not submitting this assignment could result in a full letter grade reduction, in addition to any points lost due to low exam scores or absences. I am aware of the Dance 41 requirements. _____
- 10) I understand that there is no extra credit for this course. _____
- 11) I understand that all Midterm and Final Exam grades will be graded based on an online Rubric. _____
- 12) I understand that all exams will be administered only on the dates listed on the syllabus. _____
- 13) I understand the point system for the course grade evaluations listed on the syllabus. _____
- 14) I understand that any disrespectful in class outbursts, emails, notes or voicemails will be immediately forwarded to the Department Chair, Dean, and the Dean of Students. _____
- 15) I understand that any cheating, plagiarism or course work submitted that is not mine will result in a failing course grade and I will be immediately dropped from the course. _____
- 16) I understand that a copy of the course syllabus and rubric are accessible on the department website at all times at <http://tdf.lbcc.edu/> and can be downloaded if the distributed syllabus is lost or destroyed. _____
- 17) I understand that Professor Powell is available for students during office hours (T-2358), by appointment, via telephone (562-938-4881) and via e-mail (spowell@lbcc.edu). _____

Print Name: _____

Name: (Student Signature): _____

Date: _____

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Print Name: _____

Name: (Student Signature): _____

Date: _____