Conditioning for Dance-Pilates Dance 12AD,
Section #31104 Spring 2011
Sheree King, Professor

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Syllabus can be found at: http://de.lbcc.edu/e-courses/webenhanced/dance.html

This course is a physical and mental conditioning program for dancers involving Pilates mat and apparatus work. This course is designed to enhance dance technique and performance and prevent injuries.

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.

The class will meet for 3 hours each week. The Pilates workout will be explained, demonstrated, and practiced. The required book is “Pilates” by Rael Isacowitz which can be purchased at the bookstore. We will be focusing on mat work, ball, magic circle, theraband, foam roller, and reformer exercises. 8 hours of independent workout on the reformer is required of each student. Students will keep track of their independent hours on time cards that will be kept in a file in the Pilates storage room. Students may only schedule a workout when a dance instructor is on the premises. The schedule for the week will be determined during the class meeting. Students will be responsible for returning the equipment to the original position, turning out the lights, and locking the door.

Grade is based on the following criteria:

ATTENDANCE/PARTICIPATION/TARDINESS 100 points
You are allowed 2 excused absences. After that you will lose 5 pts. for each absence. You may makeup absences by attending another dance class (not an Aerobics class) at LBCC and obtaining a written note from the instructor to verify the makeup. You may make up only 4 absences. Or you can complete additional reformer hours (up to 6 hours). Non-participation will be awarded half credit only if a written report is turned in at the end of class. Be on time to class. 5 points will be deducted for every 5 minutes you are late. You are considered late if you miss your name at the roll call.
REFORMER HOURS 50 points
You are required to put in 8 hours of independent workout on the reformer. Hours are to be recorded on your time card with the time clock in the Pilates room. For every hour not completed, 5 points will be deducted. Hours can be rounded off. Less than 30 minutes round down, over 30 minutes round up.

QUIZ 100 points
A quiz will be given on Wed. Mar. 9. It will include identifying Pilates principles, the objectives of specific exercises, and the muscle focus of specific exercises.

SKILLS DEMONSTRATION 100 points
Each student will demonstrate the workout appropriate to their level on the mat, small apparatus, and the reformer on Mon. May 9 and Wed. May 11. Student will be evaluated for control, centering, concentration, precision, flowing movement, and breathing technique.

LBCC DANCE CONCERT 50 points
Attend the Long Beach City College dance concert. Concert dates are Apr. 15 and 16 at 8 pm and Apr. 17 at 2 pm in the LAC Auditorium. Turn in program and/or ticket stub. Please check with professor for dress rehearsal days and times if you cannot attend the performance. You cannot substitute another concert for the LBCC concert. If you miss the concert, there is no make up.

GRADING SCALE

400-350=A
349-300=B
299-250=C
249-200=D
below 200=F

“This class may be taken for credit - no credit. To receive credit you must earn at least 250 pts.

“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 oneself 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.”