

Instructor: Bala Sarasvati

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Office: Dance Building #307

Office Hours: Monday/Wednesday 12:30-1:30 or by appointment

Class Meets: Classroom 304 and Studio 274

Credit Hours: 3 **Grading System:** A-F

TOPICAL OUTLINE

This three-part course will involve lectures and labs with special attention given to the understanding of dancers' concerns. The cross-disciplinary focus of this course fosters development of a diversity of knowledge, applications and skills important in technical and performance assessment that is critical to performers, choreographers, and teachers.

Part I will consist of an introduction to anatomy and alignment analysis. Part II will involve the learning and application of physical training principles and procedures, injury prevention and rehabilitation. Part III will consist of an introduction and overview of Laban Movement Analysis.

COURSE OBJECTIVES:

- Learn basic anatomical knowledge of the human musculoskeletal system and acquire both visual image and perceptual sense of the body's structure.
- Learn to detect and correct particular muscular imbalances that may relate to physical stress.
- Develop an awareness of one's own alignment. Conduct alignment analysis and identify common alignment deviations and postural conditions.
- Learn to apply physical training principles and about the prevention and care of common dance injuries.
- Identify major physical, environmental and psychological stress factors relating to dance training.
- In a Laban Movement Analysis and Theory overview, learn to analyze and create dance through LMA and notate movement using B/E/S/SP motif symbols.

REQUIREMENTS

Attendance Policy *Regular attendance, active observation and participation is required.

After three absences from class, three points will be deducted from final grade point for each absence thereafter. After seven absences, the professor reserves the right to request a withdrawal from the course. Proper dance attire is required for all lab sessions and a two-point grade reduction will occur if requirement is not fulfilled.

Required Textbooks

Howe, Justin. *Dance Technique and Injury Prevention*. Routledge, 1992 (3rd Ed. 2000).

Bartenieff, I., Dell, C., Crow A. *Space Harmony*. Dance Notation Bureau, 1977.

Dalby, John and Newlove, Jean. *Laban for All*. Routledge, 2004.

Dell, Cecily. *A Primer for Movement Description*. Dance Notation Bureau, 1970.

Sarasvati, Bala. *Professors Notes*. Course Packet

Reading Assignments/Video analysis and CD-ROM in Media Library

Recommended Textbooks

- Arnheim, D. *Dance Injuries- their Prevention and Care*. Princeton Book Company, 1986.
Chmelar, R. & Fitt, Sally. *Diet*. Princeton Book Company, 1990.
Davies, Eden. *Beyond Dance – Laban’s Legacy of Movement Analysis*. Routledge, 2006.
Solomon, R. Minton, S. & Solomon, J. *Preventing Dance Injuries*. AAHPERD, 1990.

Written Assignments

1. Postural Analysis and Evaluation
2. Corrective Alignment/Training/Enhancement
3. Laban Movement Analysis-B/E/SH Observations

Assignments Due

- Tuesday, September 18
Thursday, October 16
Thursday, December 6

Past due assignments will receive one-point grade deduction each day following due date.

Written Tests:

1. Anatomy, Kinesiology and Alignment Analysis
 2. Proper Training and Injury Prevention and Care
 3. LMA Written Test
- Final LMA Movement Exam
1. Demonstrate the diagonal scale with action drive affinities.
 2. Perform Space Harmony “A” or “B” scale with Effort phrasing.
 3. Develop into an expressive movement study based on a selected portion of the Axis Scale.
 4. Notate effort/shape and space in a motif symbols for all movement demonstrations.

Grade Criteria

Grade Criteria	Grade %
Daily Assignments/Class participation	15
Written Assignments	30 (3 @10% each)
Written Tests	45 (3 @ 15% each)
LMA Movement Exam and Write-up	<u>10</u>
	100

GRADE SCALE

96-100 = A	91-95 = A-	87-90 = B+
83-86 = B	80-82 = B-	76-79 = C+
73-75 = C	70-72 = C-	69-66 = D

Below: Achievement falls below acceptable level and standards of class. Retake class.

Academic honesty policy:

All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about those standards before performing any academic work. A full version of A Culture of Honesty can be found at: <http://www.uga.edu/~vpaa>

Please feel free to ask the professor for individual feedback regarding particular individual physical concerns, or for assistance with concepts, exercises and movement processes.

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

The instructor reserves the right to request a medical withdrawal due to excessive absences caused by injury or illness.