



Master Course Syllabus

For additional course information, including prerequisites, corequisites, and course fees, please refer to the Catalog: <https://catalog.uvu.edu/>

Semester: Spring

Year: 2025

Course Prefix: DANC

Course and Section #: 161R_001

Course Title: Dance Conditioning

Credits: 1

Course Description

Introduces dance conditioning principles. Covers theory and practice. Emphasizes body balancing in strength, flexibility and endurance training supported by knowledge of basic principles of anatomy and biomechanics. Includes stress management, nutrition, body image, somatotypes, and body connectivity work. May be repeated for a maximum of 3 credits toward graduation.

Course Attributes

This course has the following attributes:

- General Education Requirements
- Global/Intercultural Graduation Requirements
- Writing Enriched Graduation Requirements
- Discipline Core Requirements in Program
- Elective Core Requirements in Program
- Open Elective

Other: *Click here to enter text.*

Instructor Information

Instructor Name: Jeff Jacobs

Student Learning Outcomes

Upon successful completion, students should be able to:

- 1 - Describe the importance of a balanced conditioning program for dancers in order to maximize efficiency and minimize the incidence of injury.
 - 2 - Identify key conditioning principles and implement them into a personal ongoing conditioning program.
 - 3 - Perform specific exercise sequences that strengthen core support and alignment.
 - 4 - Create a personalized training program that addresses unique individualized conditioning needs.
 - 5 - Identify proper nutrition habits to increase movement efficiency, maintain a healthy body, and develop a balanced self-image.
 - 6 - Show increased strength, flexibility, and muscular and cardiovascular endurance.
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Course Materials and Texts

“Conditioning for Dancers” by Tom Welsh

Course Requirements

Course Assignments, Assessments, and Grading Policy

40% Participation:

Participation is based on the individual's psychophysical presence and commitment to class experiences, discussions, and conditioning exercises and programs. Based on the nature of the course, full participation and a diligent work ethic are required. Participation points include wearing appropriate clothing and shoes and being ready to begin class at the established time, not just physically present in the room.

20% Weekly Workouts:

In order to supplement your in-class conditioning workouts, you will be required to perform a personal conditioning program at least two additional times per week. Be mindful about which exercises you perform, how you feel before and after the workout, what you eat pre/post workout, and how the workouts are helping you reach your personal fitness goals. Each week you will need confirm through Canvas that you have completed the workouts.

10% Quizzes:

Quizzes will cover relevant anatomy, key concepts and terms from both the book, *Conditioning for Dancers* by Tom Welsh, and class discussions. Quizzes will be announced during class and then be available to be taken on Canvas for a limited time. No make up quizzes will be offered.

10% Food Diary & Nutrition Awareness Assignment:

For one week you will record any food and beverage consumed. Caloric, fat, protein, carbohydrate, and water intake will be assessed and evaluated in comparison to your individual needs for physical activity. An alternative assignment will be made available based on need.

10% Personal Conditioning Program/Final Project:

Based on class material and readings, you will create a personalized conditioning program that will facilitate your best physical and mental performance in dance classes, rehearsals, and performances.

10% Midterm and Final Physical Assessment

A portion of your grade in this class is based on your physical improvement over the course of the semester in the areas of aerobic endurance, flexibility, core strength, total-body connection and strength, and coordination. You will be assessed at the midterm and the end of the semester.

Grading Scale for the Course

94-100% = A

90-93% = A-

87-89% = B+

84-86% = B

80-83% = B-

77-79% = C+

74-76% = C

70-73% = C-

67-69% = D+
65-66% = D
Below 65% = E

Required or Recommended Reading Assignments

Conditioning for Dancers by Tom Welsh, one to two chapters per week.

General Description of the Subject Matter of Each Lecture or Discussion

Context, History, and Critical Thinking about Fitness and Nutrition
Anatomy, Kinesiology, and Vocabulary
Nutrition
Yoga
Pilates
Resistance Training
Running
Stretching and Flexibility Training
Massage, Foam Rolling, and Partner Stretching
Fitness Assessment
Body Image, Healthy Eating, and Related Issues Discussion

Required Course Syllabus Statements

Generative AI

AI is not to be used for this course and may result in receiving 0 points on the assignment.

Using Remote Testing Software

This course does not use remote testing software.

This course uses remote testing software. Remote test-takers may choose their remote testing locations. Please note, however, that the testing software used for this may conduct a brief scan of remote test-takers' immediate surroundings, may require use of a webcam while taking an exam, may require the microphone be on while taking an exam, or may require other practices to confirm academic honesty. Test-takers therefore shall have no expectation of privacy in their test-taking location during, or immediately preceding, remote testing. If a student strongly objects to using test-taking software, the student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

Required University Syllabus Statements

Accommodations/Students with Disabilities

Students needing accommodations due to a permanent or temporary disability, pregnancy or pregnancy-related conditions may contact UVU [Accessibility Services](#) at accessibilityservices@uvu.edu or 801-863-8747.

Accessibility Services is located on the Orem Campus in BA 110.

Deaf/Hard of Hearing students requesting ASL interpreters or transcribers can contact Accessibility Services to set up accommodations. Deaf/Hard of Hearing services can be contacted at DHHservices@uvu.edu

DHH is located on the Orem Campus in BA 112.

Academic Integrity

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic dishonesty. As members of the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

Equity and Title IX

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services. Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – TitleIX@uvu.edu – 800 W University Pkwy, Orem, 84058, Suite BA 203.

Religious Accommodation

UVU values and acknowledges the array of worldviews, faiths, and religions represented in our student body, and as such provides supportive accommodations for students. Religious belief or conscience broadly includes religious, non-religious, theistic, or non-theistic moral or ethical beliefs as well as participation in religious holidays, observances, or activities. Accommodations may include scheduling or due-date modifications or make-up assignments for missed class work.

To seek a religious accommodation, a student must provide written notice to the instructor and the Director of Accessibility Services at accessibilityservices@uvu.edu. If the accommodation relates to a scheduling conflict, the notice should include the date, time, and brief description of the difficulty posed by the conflict. Such requests should be made as soon as the student is aware of the prospective scheduling conflict.

While religious expression is welcome throughout campus, UVU also has a [specially dedicated space](#) for meditation, prayer, reflection, or other forms of religious expression.