



## Master Course Syllabus

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

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**Semester:** Spring

**Year:** 2025

**Course Prefix:** DANC

**Course and Section #:** 161R\_003

**Course Title:** Dance Conditioning

**Credits:** 1

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### ***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.

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### ***Course Attributes***

This course has the following attributes:

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

Other: *Click here to enter text.*

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### ***Instructor Information***

**Instructor Name:** Heidi Beier

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### ***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

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## ***Course Requirements***

### **Course Assignments, Assessments, and Grading Policy**

**Skill/Participation:** This grade shows an ability to perform and engage dance specific exercises that demonstrate a clear understanding of alignment, proper muscle activation, strength, recovery, endurance, and relaxation.

**Personal Exercise Program:** Students will be required to complete two 15+ minute workouts each week and log them on Canvas.

**Midterm Reflection:** Students will answer a series of questions at midterm regarding how their exercise and health challenge efforts have gone so far in the semester and set goals for the rest of the semester.

**Quizzes:** Written tests (2) on planes of the body, key terms and concepts from class/reading, and muscle and skeletal anatomy and nutrition.

**Pre/Mid/Final Physical Assessments:** Physical assessments will be taken and evaluated in class at the beginning, middle and end of the semester.

**Final Conditioning Program:** Students will develop a six-week program showing an understanding of exercises and conditioning principles.

### **Grading Scale**

- A = 93.6 % - 100%
- A- = 90% - 93.5%
- B+ = 86.6% - 89.9%
- B = 83.6% - 86.5%
- B- = 80% - 83.5%
- C+ = 76.6% - 79.9%
- C = 73.6% - 76.5%
- C- = 70% - 73.5%
- D+ = 66.6% - 69.9%
- D = 63.6% - 66.5%
- D- = 60% - 63.5%

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### **Required or Recommended Reading Assignments**

All chapters from the required text and the following articles.

IADMS “Dance Fitness” by Sarah Irvine, Emma Redding and Sonia Rafferty

“Increase Your Students’ Flexibility With These Effective Alternatives to Dangerous Stretching Practices” by Kathleen McGuire

IADMS “Turnout for Dancers: Hip Anatomy and Factors Affecting Turnout” by Virginia Wilmerding and Donna Krasnow

IADMS “Turnout for Dancers: Supplemental Training” by Virginia Wilmerding and Donna Krasnow

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### **General Description of the Subject Matter of Each Lecture or Discussion**

Module 1: Proper Form in Exercises

Module 2: Overview of Seven Capacities Dancers Must Develop, Three Major Principles of Conditioning and Two Corollary Principles

Module 3: Alignment of the Body, Common Tendencies

Module 4: Aims and Examples of Warm-up, Cool Down

Module 5: Basic Bone and Muscle Anatomy and Functions, Basic Movement Terms

Module 6: Nutrition Basics, Reading Labels, Making Healthy Choices

Module 7: Common Injuries, Injury Prevention, Care for Injuries

Module 8: Strength and Flexibility Basics, Examples, Best Practices

Module 9: Principles of Cardiovascular Endurance, Principles of Relaxation

Module 10: Principles and Anatomy of Turnout, Exercises to Increase

Module 11: Mental Health Basics, UVU Resources, Eating Disorder Statistics and Descriptions

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## ***Required Course Syllabus Statements***

### **Generative AI and Plagiarism**

As explained in UVU's [Student Rights and Accountabilities](#) page, all students are expected "to maintain absolute integrity and high standards of individual honesty in academic work, and to observe a high standard of conduct for the academic environment." Under such expectations, plagiarism is a serious offense that does not align with the university's mission and values. Our expectation is that every student's work will be their own and use outside sources in a manner that consistently gives proper credit to those sources through established academic conventions.

Plagiarism is the act of presenting another person's ideas, research or writing as your own. This includes the use of AI.

Examples include but are not limited to:

- Using another person's exact language without the use of quotation marks and proper citation.
- Rearranging another's ideas or material and presenting them as original work without providing proper citation.
- Submitting another's work as one's own; this includes purchasing work from sources such as the internet.
- Submitting a translation of someone else's words claiming them as one's own
- Duplicating or submitting work that was originally prepared for another class without the explicit permission of the instructor; or knowingly aiding another student who is engaged in plagiarism.

The use of AI in this course is limited to brainstorming of exercises for the Final Project.

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### **Using Remote Testing Software**

X 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

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student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

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## ***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](mailto: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](mailto:DHHservices@uvu.edu)

DHH is located on the Orem Campus in BA 112.

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### **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](#).

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### **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](mailto:TitleIX@uvu.edu) – 800 W University Pkwy, Orem, 84058, Suite BA 203.

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### **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](mailto: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.