



Master Course Syllabus

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

Semester: Spring

Course Prefix: DANC

Course Title: Dance Kinesiology

Year: 2025

Course and Section #: 3680_001

Credits: 4

Course Description

Studies the neuromusculoskeletal system in practical application to dance. Analyzes demands placed on the dancer's body and identifies how to maximize efficiency and reduce injuries while maintaining requisite aesthetic elements. Includes lecture and lab experiences.

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: Amy Markgraf

Student Learning Outcomes

1. Identify actions and roles of specific joints and muscle groups while moving and stationary.
 2. Identify individual differences in body structure and function and outline specific methods of working with those differences.
 3. Analyze body mechanics common in dance activities.
 4. Identify and /or design appropriate preventative and corrective exercises/ activities for specific conditioning needs.
 5. Outline procedures that will address body education through neuromusculoskeletal means.
 6. Apply knowledge of the above on a personal level.
 7. Understand how various somatic practices lead to efficient and expressive movement practices.
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Course Materials and Texts

- Clippinger, Karen. *Dance Anatomy and Kinesiology*. 2nd ed., Human Kinetics, 2016
 - Clippinger, Karen. *Dance Anatomy and Kinesiology*. 3rd ed., Human Kinetics, 2023
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Course Requirements

Course Assignments, Assessments, and Grading Policy

Exams: 65%

Final Comprehensive Exam: 10%

- Practice quizzes are available on canvas.
- Seven Exams will be taken on Canvas and will assess skeletal and muscular anatomy, movement and exercise application, injury prevention, corrective measures, and mechanics will all be tested. They will be identification, fill-in-the-blank, multiple choice, matching, and short answer.

Labs: 10%

- Students will be given written lab assignments for each exam. Labs are assigned to deepen understanding and assist in your study. Labs are designed to guide your research but are only **one of the tools to be used and not the only source of the material you should study**. (In other words, the exams may not include additional information in the labs. In addition, you may need different study methods depending on your personal needs and learning styles (i.e., note cards, coloring books, study groups, etc. We all learn differently.
- Submit labs on canvas on the day of exams; **they must be handwritten**. You will need to scan and upload the lab. Photos will be accepted. Try to consolidate the number of files.

Project: 10%

- You will choose to research a topic that focuses on personal interest and design a project to show improvement. It will include research, analysis, video, prescription, practice, and results from over six weeks. You will present your findings to the class at the end of the semester. This project is self-directed, and you will participate in the assessment. You may work with a partner or groups who are interested in the same research topic.

Participation: 5%

- Participation is based on a consistent, professional approach to class. This class is designed to help you learn the material by memorizing, doing, discovering, and applying this information to the practical practice and application of dance. Therefore, you must be **here to ask questions, observe, be curious, hypothesize, and learn**.
- **Reading is essential in this class**. There is no time to cover everything from the text in class. Consistent study is required to succeed in this course. Learning information is vital. It is your **opportunity** to read and learn as much as you can. **The instructor is a facilitator and not responsible for giving you all the information**. You are responsible for knowing the information. **This means taking notes as you read**. You are expected to come to class prepared

to discuss and go deeper into the material. Your learning comes from reading and studying. **"A" students stay current on reading assignments and studying.** You are responsible for getting any material you miss when absent before you return to class.

- Students will be expected to attend and participate physically and orally in class. I am not responsible for repeating discussions, lectures, activities, or other material you missed.
- Be initiative-taking; ask thoughtful questions about class material before, during, and after class.
- Consistently demonstrate a *professional approach* to class be prompt, respectful, attentive, ready, open, ask respectful questions, and stay awake!
- You are welcome to bring your lunch to class.
- Your responsibility as a student is to communicate with me about your progress and status in the course. **If you need help, let me know. Teach each other, be curious, and dig deeper into the subject.**
- Late assignments will be accepted (I understand rehearsals, work and life happens) **however**, I will lower the grade by 10% for each weekday the work is late.
- All class materials are on canvas.
- Students will take exams on canvas and in class.
- **NO PHONES IN CLASS**

Assignment Weight

- Exams and Quizzes=65%
- Final exam=10% (**Comprehensive**)
- Labs=10%
- Project=10%
- Participation=5%

UVU 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% - 83.5% D+ = 66.6% - 69.9%
- D = 63.6% - 66.5% D- = 60% - 63.5%

Required or Recommended Reading Assignments

Required Reading

Clippinger, Karen. *Dance Anatomy and Kinesiology*. 2nd ed., Human Kinetics, 2016

Clippinger, Karen. *Dance Anatomy and Kinesiology*. 3rd ed., Human Kinetics, 2023

General Description of the Subject Matter of Each Lecture or Discussion

Module 1: The Skeletal System and Its Movements

Module 2: The Muscular System and Its Movements

Module 3: The Spine

Module 4: The Pelvic Girdle and Hip Joint

Module 5: The Knee and Patellofemoral Joints

Required Course Syllabus Statements

Generative AI

GENERATIVE AI STATEMENT

AI programs are not a replacement for your human creativity, originality, and critical thinking. Writing, thinking, and researching are crafts that you must develop over time to develop your own individual voice. At the same time, you should learn how to use AI and in what instances AI can be helpful to you.

The use of generative AI tools (e.g. ChatGPT, Google Bard, etc.) is permitted in this course for the following activities:

- Brainstorming and refining your ideas;
- Fine tuning your research questions;
- Finding information on your topic;
- Drafting an outline to organize your thoughts; and
- Checking grammar and style.

The use of generative AI tools is not permitted in this course for the following activities:

- Impersonating you in classroom contexts, such as by using the tool to compose discussion board prompts/responses assigned to you or content that you put into a Teams/Canvas chat.
- Completing group work that your group has assigned to you, unless it is mutually agreed upon that you may utilize the tool.
- Writing a draft of a writing assignment.
- Writing entire sentences, paragraphs or papers to complete class assignments.

You are responsible for the information you submit based on an AI query (for instance, that it does not violate intellectual property laws, or contain misinformation or unethical content). Your use of AI tools must be properly documented and cited in order to stay within university policies on academic honesty.

Any student work submitted using AI tools should clearly indicate what work is the student's work and what part is generated by the AI. In such cases, no more than 25% of the student work should be generated by AI. If any part of this is confusing or uncertain, please reach out to me for a conversation before submitting your work.

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.