

Instructor Email Virtual Office Hours	Dr. David Outevsky david@outevsky.com TBD
Learning resources:	Readings will be available through the website upon registration.
Course description	Students will engage in the examination and exploration of dance movement focusing on anatomical and kinesiological knowledge. The purpose of this study is to establish good practices for technical work in dance, and for analysis in conjunction with teaching and injury care. To support this investigation, students will be introduced to current issues and theories regarding body structure, alignment, flexibility, muscular strength, conditioning practices, and neuromuscular functioning. Dance Kinesiology and Dance Anatomy are recommended as pre-requisites.
Course learning outcomes	<p><b>The specific learning objectives of the course are that students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Understand and analyze movement from a perspective of injury predisposition</li> <li>• Apply dance science to appropriate conditioning for injury prevention related to practice in the dance studio</li> <li>• Develop their abilities to discuss and theorize about movement practices</li> <li>• Apply dance injury knowledge to a wide range of potential fields of study, including medical, athletic, and pedagogical careers</li> <li>• Use recent technology to express their learning</li> </ul>
Course schedule	<p><b>Week 1</b> – Course introduction and movement analysis  <b>Week 2</b> – Body tissues principles of warm-up joint structures  <b>Week 3</b> – Muscle functions general injury discussion  <b>Week 4</b> – Upper Extremities / <b>Exam 1</b>  <b>Week 5</b> – Hip Joint  <b>Week 6</b> – Knee Joint  <b>Week 7</b> – Foot and Ankle  <b>Week 8</b> – Spine/ <b>Exam 2</b>  <b>Week 9</b> – Strength and Endurance  <b>Week 10</b> – Flexibility  <b>Week 11</b> – Nutrition  <b>Week 12</b> – <b>Final Exam</b></p>
Assessment components	<p><b>Exam 1:</b>  Value: 30%  Due date: Week 4  Type: Multiple choice and short answer  <b>Exam 2:</b>  Value: 30%  Due date: Week 7  Type: Multiple choice and short answer  <b>Exam 3:</b>  Value: 30%  Due date: Week 12  Type: Multiple choice and short answer  <b>Participation and Approach to Learning:</b>  Value: 10 %</p>