

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	This course will introduce students to the study of performance psychology as it pertains to dance practice. Psychological theories such as the theory of self determination and self concordance will be analyzed and reflected upon using research conducted on dancers in the field of dance science.
Course learning outcomes	By the completion of this course, successful students will be able to: <ul style="list-style-type: none"> <li>• Understand how psychology affects performance practices</li> <li>• Reflect on the role of imagery in dance</li> <li>• Familiarize themselves with the structure of motivation</li> <li>• Apply basic psychological strategies to improve performance</li> </ul>
Course schedule	<p><b>Week 1</b> – Introduction to topics in performance psychology</p> <p><b>Week 2</b> – The role of imagery</p> <p><b>Week 3</b> – Motivational climates</p> <p><b>Week 4</b> – <b>Review and Exam 1</b></p> <p><b>Week 5</b> – Considerations in age groups for dance training psychology</p> <p><b>Week 6</b> – Upper Extremities</p> <p><b>Week 7</b> – <b>Review and Exam 2</b></p> <p><b>Week 8</b> – Performance anxiety in dance</p> <p><b>Week 9</b> – Perfectionism in dance</p> <p><b>Week 10</b> – Dropouts in dance</p> <p><b>Week 11</b> – Dance addiction</p> <p><b>Week 12</b> – <b>Review and Final Exam</b></p>
Assessment components	<p><b>Exam 1:</b> Value: 30% Due date: Week 4 Type: Multiple choice and short answer</p> <p><b>Exam 2:</b> Value: 30% Due date: Week 7 Type: Multiple choice and short answer</p> <p><b>Exam 3:</b> Value: 30% Due date: Week 13 Type: Multiple choice and short answer</p> <p><b>Pop Quizzes:</b> Value: 5% each (10% overall) Due Date: TBD Type: Short answer quiz</p>