

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 kinesiology as it pertains to dance practice. The muscular and skeletal systems will be examined with a specific focus on scientific movement analysis and efficient function for the dancer. Dance Anatomy is recommended as pre-requisite.
Course learning outcomes	By the completion of this course, successful students will be able to: <ul style="list-style-type: none"> • Understand and analyze movement from a scientific perspective • Apply dance science to technical development in the dance studio • Develop their abilities to discuss and theorize about movement practices • Apply kinesiology to a wide range of potential fields of study, including medical, athletic, and pedagogical careers.
Course schedule	<p>Week 1 – Introduction, Movement Analysis, Lever Theory</p> <p>Week 2 – The Body and its Tissues</p> <p>Week 3 – Muscles and Movement</p> <p>Week 4 – Review and Exam 1</p> <p>Week 5 – Principles of Warm up</p> <p>Week 6 – Upper Extremities</p> <p>Week 7 – Review and Exam 2</p> <p>Week 8 – Hip Joint</p> <p>Week 9 – Knee Joint</p> <p>Week 10 – Foot and Ankle</p> <p>Week 11 – Spine</p> <p>Week 12 – Review and Final Exam</p>
Assessment components	<p>Exam 1: Value: 30% Due date: Week 4 Type: Multiple choice and short answer</p> <p>Exam 2: Value: 30% Due date: Week 7 Type: Multiple choice and short answer</p> <p>Exam 3: Value: 30% Due date: Week 13 Type: Multiple choice and short answer</p> <p>Participation and Approach to Learning: Value: 10 %</p>