

DAA 1000: DANCE FUNDAMENTALS

Spring 2024 | MW | 12:50-2:45pm | SOC 2205



with: Xan Burley (pronouns: she/her/hers)

email: xburley@arts.ufl.edu

office hours: TBA

office: room 232 / Nadine McGuire Theatre and Dance Pavilion

virtual office hours zoom link: <https://ufl.zoom.us/j/3081353535>

lab fees: <http://aa.ufl.edu/policies/material-and-supply-fees/>



Note: Classes in the O'Connell Center often get moved due to events. Please check your Canvas announcements frequently to get alerts on room changes.

→ course description + objectives

Practice and principles of fundamentals and stylistic characteristics common to ballet, jazz, and modern. (H) 3 credits

Fundamentals of Dance is designed to provide accessibility to the world of dance for all students - novice or pre-professional. Along with learning the principles of the dance techniques, you will discover the rich heritage, challenging discipline, diverse aesthetic, as well as your place in the vast spectrum of dance. There is truth in advertising – as once you are successful in this class, these fundamentals become the basis for achieving excellence in higher levels and making informed connections with how this art interacts with your life.

A typical class starts with a few minutes to check-in with each other. This time, though we are not “dancing” yet, is an important part of our work together. **As a valued member of our community, I ask that you please be on time to class to participate in this moment. After two tardies, each additional tardy will result in a partial absence.**

COURSE OBJECTIVES:

- To provide a student with the history, basic techniques, and contemporary references relevant to accessing a basic understanding of dance.
- Enhance the mind/body connection through the application of sound biomechanical principles as they relate to dance, such as practicing proper alignment, learning basic human anatomy, and learning of alternative approaches to movement study. This knowledge will be directly applied to the various styles of dance learned in class.
- Practice elements of performing and explore performance quality, discovering your own potential and personal style while developing your kinesthetic memory.
- Experience, discuss and write about dance performances.

As the facilitator of this course, I will:

- Share my expertise with you.
- Listen to your needs as an individual.
- Create opportunities for you to grow, improve, and be challenged.
- **Ask you to be open to new and different ways of moving, thinking, and creating.**
- Respect your values, expertise, and boundaries.
- Expand your knowledge of Dance.

A typical class will include:

- ⇒ **IMPROVISATION** – developing comfort and dynamic range; sourcing the self and the community; tuning to the body.
- ⇒ **WARM-UP / EXERCISES / EXPLORATIONS** – ongoing and follow-along warm-up sequences; exercises that prepare us for phrase material and repertory by building on elements of momentum, grounding, strength, balance, efficiency, expansion, and specificity.
- ⇒ **COLLABORATION / DISCUSSION** – opportunities to collaborate in small groups; time for reflection and discussion as a community
- ⇒ **PHRASEWORK / REPERTORY** – learning movement phrases from my creative research/repertory, as well as Varone repertory.

CLASS EXPECTATIONS + POLICIES

Attire:

- Attire which is suitable for movement (long, tight or somewhat loose athletic pants; tank tops, tee shirts, long sleeves; no socks unless indicated by the instructor)
- Hair needs to be out of the dancer's face
- No hats (unless specific to a choreographic study)
- No large jewelry, necklaces & watches
- No chewing gum

Studio Policies:

- No eating or drinking in the studio, besides water
- Please bring a water bottle to every class
- Personal belongings should be pushed to the sides and out of the usable dancing space
- **Silence your cell phones and notifications completely before class begins, and refrain from using them during class time. If there is a reason you need to check your phone during class time, please communicate that with me. In addition, please remove any wearable devices before class unless otherwise approved.**

**Please note that while UF policy allows students to record classes to support your learning process, you may not post anything publicly without permission. You may not record, photograph or post any other students without their permission. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

COMMUNICATION

We will use Canvas (<http://elearning.ufl.edu>) as our home-base for communicating, compiling assignments, and collaborating. In addition, please only use your UFL.EDU for any email correspondence. Please be sure to **communicate** with me as the semester progresses. *Knowing how you're doing in this class helps me support you!!!*

Also, in an effort to protect my time with my family, **I will not respond to emails after 4pm during the week or on the weekend.** You can expect a response from me within 48 hours otherwise. If something is urgent, I will attend to it as quickly as possible.

MEETINGS + OFFICE HOURS – I will schedule one individual conference mid-semester with each of you to discuss your progress in class. In addition, my office hours are **TO BE ANNOUNCED and by appointment.** Please take advantage of those times!

→ respectful learning environment + community agreements

In order to all in the class to learn, we must collectively create a sense of belonging for each other. I ask that you bring a **radical empathy** and hospitality to class—listening, supporting, and being compassionate is essential. Please come to me with any questions, concerns, or needs. In order for us all to have a transformative, energetic, and generous experience, we will collectively *participate* in creating a respectful environment. A respectful learning environment is sustained by making community guidelines, which we will do on the first week of class.

THE 5 C's of Xan's Class – values I uplift and center:

CURIOSITY | CONFIDENCE | CREATIVITY | COLLABORATION | COMMUNITY

→ course expectations

(1) CLASS PARTICIPATION + ARTISTIC DEVELOPMENT (45% or 45 points)

The quality of your class participation will determine your artistic development. Further details will be provided on Canvas.

(2) BODY STORY (5% or 5 points)

Read a chapter from Andrea Olsen's *BodyStories* and write a short paper telling me your body story. All information necessary to complete the assignments will be provided in detail on Canvas.

(3) INCREMENTAL IMPROVISATIONS (10% or 10 points)

Video record yourself improvising for **1 minute, 3 minutes, 7 minutes, and 10 minutes** over the course of the semester. Deadlines and details will be provided on Canvas.

(4) RESPONSE ASSIGNMENTS + QUIZZES (10% or 10 points)

All information necessary to complete these assignments will be provided in detail on Canvas.

(5) PERFORMANCE REFLECTION (5% or 5 points)

You will see a live dance performance and write a short paper reflecting on your experience. Details will be provided on Canvas.

(6) MIDTERM + FINAL ASSIGNMENTS (25% or 25 points)

⇒ **Midterm Project (10 points)**

⇒ **Final Project + Paper (15 points)**

ATTENDANCE

It is imperative that you attend every class meeting for this course. Being present and supportive of your peers, and being engaged in our work together regularly is integral.

For classes that meet two times a week: Students can take 2 absences with no penalty; no documentation is required for the first 2 absences as they are automatically excused. If the third absence is unexcused, it will result in 5% deduction from your final grade. Excused or unexcused, on the third absence, a meeting is required with the instructor and/or area faculty to assess the student's continued participation in the course. If the fourth absence and all subsequent absences are unexcused, each will result in an additional 5% deduction from the final grade. Opportunities to make up missed material for unexcused absences is up to the instructor's discretion and will be made available through virtual classes or online assignments.

Any absence from class for the following reasons must be supported by official acceptable documentation to avoid a grade penalty:

- Illness—doctor's note must be on official letterhead with address and phone number, noting the date and time of visit and diagnosis verifying that an absence from class is warranted, doctor name and signature
- Serious family emergencies
- Special curricular requirements (e.g., judging trips, field trips, professional conferences)
- Military obligation
- Severe weather conditions
- Participation in official university activities such as music performances, athletic competition or debate
- Court-imposed legal obligations (e.g., jury duty or subpoena)

***To help organize accommodations, students should inform the instructor by the end of the second week of classes of religious observances of their faith that will conflict with class attendance this semester.**

****Barring the above circumstances, students are expected to be in attendance daily and to be on time. Excessive lateness or leaving early will add up to an absence and could affect your grade.**

UF ABSENCE POLICY:

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies, as follows:

Source: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

- Students are responsible for satisfying all academic objectives as defined by the instructor. Absences count from the first class meeting.
- In general, acceptable reasons for absence from or failure to participate in class include illness, serious family emergencies, special curricular requirements (e.g., judging trips, field trips, professional conferences), military obligation, severe weather conditions, religious holidays and participation in official university activities such as music performances, athletic competition or debate. Absences from class for court-imposed legal obligations (e.g., jury duty or subpoena) must be excused. Other reasons also may be approved.
- You cannot participate in classes unless you are registered officially or approved to audit with evidence of having paid audit fees. The Office of the University Registrar provides official class rolls to Instructors.
- If you do not participate in at least one of the first two class meetings of a course or laboratory in which you are registered, and you have not contacted the department to indicate your intent, you can be dropped from the course. You must not assume that you will be dropped, however.
- The university recognizes the right of the individual professor to make attendance mandatory. After due warning, professors can prohibit further attendance and subsequently assign a failing grade for excessive absences.

DANCE TECHNIQUE CLASS MAKE-UP POLICY:

- You are responsible for all material covered during any absence
- There are no makeup options for absences for which **you have not communicated with the professor.**
- Absences from Written Exams, Quizzes, Mid-Terms, and/or Finals may only be made up with approved documentation
- To earn credit (amount of credit determined by the instructor) for an excused absence you must do two things:
 - Immediately after your return to class, turn in approved/legal documentation to instructor. If you need the original documentation, the instructor will accept copies.
 - Make-up the class with an approved assignment submitted on the required date. If the assignment is to attend another class as a make-up, it must be the same technical level, or lower; student must request permission of that instructor.
- **Two make-ups will be allowed if needed.**
- Five unexcused absences may result in automatic failure of the course. A student with medical documentation may apply to UF for Medical Withdrawal.

What all that said, I recognize and respect that each person navigates self-care differently. If you feel sick at all, overwhelmed, or simply need to rest, you should stay home and take an absence. **Being absent is not wrong.** Excused absences are there to support your overall well-being. **When you listen to and respect your body's needs, you are acting with maturity and intelligence.**

COMMUNICATION IS KEY!!!

ABSENCE MAKE-UP WORK

You can make up up to **two (2)** unexcused absences by doing the following *for each unexcused absence*:

1. Watch an evening-length performance from The Chocolate Factory Theater's Vimeo page. Approved performances will be available on Canvas.
2. Write a 300-500 word essay describing the performance and how the work is contemporary.
3. Video record yourself improvising for 1-2 minutes in response to the performance you watched.

**You can also use this for extra credit up to 2 times for a total of 5 points if completed thoroughly and properly.*

→ course + events calendar

You will be able to access an up-to-date course calendar on our Canvas Home Page, as well as Spring 2023 events.

→ grading procedures

PERCENTAGES

Participation + Development	45 points
Body Story	5 points
Response Assignments + Quizzes	10 points
Incremental Improvisations	10 points
Performance Reflection	5 points
Midterm Project	10 points
Final Project + Paper	15 points
TOTAL	100 points

[Link to the university grades and grading policies](#)

LETTER GRADES

A	93-100
A-	90-92
B+	86-89
B	83-85
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
E	59 and below

A note about deadlines: let's face it, deadlines are both a burden and a necessity. The best learning you can do is ongoing, it's a process that has no outcome or due date. That said, I assign deadlines so that I have enough time to provide feedback on each assignment. I space out deadlines so that you can spend time putting meaningful thought into the assignments. But...LIFE HAPPENS and you may be delayed in completing work. If you email me before a deadline to communicate an assignment's lateness, you will be granted an automatic **48-hour extension**. Further extensions will be decided on a case-by-case basis.

→ statements

ACCESSIBILITY STATEMENT

This statement is not my own, but is verbatim from a sample syllabus from a professor at Smith College, with relevant adaptations made for my class. The author is unknown, but their words spoke directly to my beliefs.

My take on accessibility starts with a simple statement. I trust you. You are a University of Florida student who has worked hard to be here. You are in this particular classroom because you have an interest in postmodern/contemporary dance, repertory, improvisation, and movement exploration. My goal is to create a classroom environment that communicates my trust and that allows each of us, myself included, to learn as much as possible and produce the best work we can by semester's end. To that end, I want to make my classroom, my office visits, our email exchanges and your experience of this course as accessible as possible. As I see it, communication between you and me is the key to achieving that goal. I also realize that my insight into what accessibility means is limited and therefore any statement I make will likely remain a work-in-progress for the duration of the semester.

CONTENT WARNING

In this course, we may cover content and materials that some might find difficult. It is important that in an artistic discipline course we do not shy away from engaging with materials that may be controversial or challenging. I encourage you to reach out to me if you are struggling with the course materials. In class, if you need to step away for a period of time as we are covering particular content, you may do so without penalty, but I ask that you remember that you are responsible for any information covered in your absence.

→ student resources

HEALTH AND WELLNESS:

- *U Matter, We Care:* If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- *Counseling and Wellness Center:* [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- *Student Health Care Center:* Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).
- *University Police Department:* [Visit UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

- *UF Health Shands Emergency Room / Trauma Center:* For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website.](#)
- *GatorWell Health Promotion Services:* For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ADDITIONAL MENTAL HEALTH RESOURCES:

- UF has an Equal Access Mental Health Clinic that has a Free Therapy Night every Monday night that UF is considered open. Here is the FB page through which one can book appointments as well: <https://www.facebook.com/equalaccessclinic/>
- The UF School of Medicine Equal Access Clinic website is here and has the above mental health services as well as specialized Women's and LGBT medicine: <https://equalaccess.med.ufl.edu/specialty-clinics-classes/>
- Alachua County Crisis Center web site (Offers Crisis Counseling as well as a Mobile Response Unit that attends to severe mental health crises): <https://alachuacounty.us/depts/css/crisiscenter/pages/services.aspx>

ACADEMIC RESOURCES:

- *E-learning technical support:* Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- *Career Connections Center:* Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- *Library Support:* Various ways to receive assistance with respect to using the libraries or finding resources.
- *Teaching Center:* Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.
- *Writing Studio:* 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- *Student Complaints On-Campus:* [Visit the Student Honor Code and Student Conduct Code webpage for more information.](#)
- *On-Line Students Complaints:* [View the Distance Learning Student Complaint Process.](#)

→ uf policies

COURSE EVALUATIONS:

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. [Click here for guidance on how to give feedback in a professional and respectful manner.](#) Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via ufl.bluer.com/ufl/. [Summaries of course evaluation results are available to students here.](#)

UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES:

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center. [Click here to get started with the Disability Resource Center.](#) It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

UNIVERSITY POLICY ON ACADEMIC MISCONDUCT:

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions. [Click here to read the Honor Code.](#) Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

IN-CLASS RECORDING:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class

section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.



THIS SYLLABUS AND COURSE CONTENT IS SUBJECT TO CHANGE

You will be notified in advance of important changes that could affect grading, assignments, etc.

Syllabi are posted here: <http://arts.ufl.edu/syllabi/>