

# DAA 3224 POINTE TECHNIQUE 2324

1 CREDITS

SPRING

Wednesday 3:00-4:55 pm  
McGuire Pavilion G-10

## Instructor of Record:

DAA 3224 Section 2324

Pointe Technique:                      *Isa Garcia-Rose*                      [isa@ufl.edu](mailto:isa@ufl.edu)\*

\*Email Policy: Use ONLY your ***UFL.EDU*** email account for e-mail correspondence related to class. Please include your name & class in the subject line or within the body of all correspondence.

**Syllabi are posted at CFA website under: *Student & Parents*:** <http://arts.ufl.edu/syllabi/>

**Lab Fees** can be located at: <http://registrar.ufl.edu/soc/201608/all/theadanc.htm>

**Offices:**                      Nadine McGuire Theatre & Dance Pavilion T-211  
**Office Hours:**              Tues/Thurs 10:30-12:00pm & by appointment request  
**Zoom Link:**                <https://ufl.zoom.us/j/3724118694>  
**Office Phone:** 352-294-0457

## OBJECTIVES:

- *Pointe Technique* is designed to strengthen the dancer's pointe work as it is applied to classical ballet and related dance styles and techniques. The repetition of exercises at barre will reinforce stability for dancing in center.
- Learn portions of variations in order to execute more difficult steps with confidence and precision.
- By the end of the semester the endurance level of the dancer is expected to improve, and the student is to reach a high level of proficiency.

## RECOMMENDED TEXTS AND MATERIALS:

Readings/Videos from various sources will be provided digitally/free of charge. TBD.

### REQUIRED TEXT:

**Ballerina Body** by Misty Copeland

## COURSE REQUIREMENTS AND POLICIES: Expectations:

Student will

- Attend classes regularly, be on time and ready to work for the entire class period.
- Maintain a professional working attitude.
- Participate in all in class activities, engaging fully both mentally and physically.

- Strive to improve individual progress by demonstrating increased strength, flexibility and an increased awareness of body alignment, timing, and spatial pathways.
- Observe dance class etiquette (cell phone use, lateness policy etc...)
- Strive to apply given corrections and concepts to movement.

**Assignments:**

**Writing Assignment:** These are make-ups for absences.

**TBD**

**Dance Concert Attendance Assignment:**

Attend at least one dance concert this semester: BFA Showcase or Spring into Dance 2024. Attentive Observation: as you watch the performance, pay close attention to approaches, cultural contexts and artistic choices brought about in the work and compare it to your experience in class. The objective is to understand the intricacies and complexities in art making. Avoid making judgement.

**Performance Assignments:** BFA Showcase or Spring into Dance 2024

**Exams:** Midterm, February 28

**Presentations:** Final dance project, April 24

**Attendance:** Mandatory unless excused and made up through written assignments

**For Studio Courses**

*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 the 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.

*For classes that meet three times a week:*

Students can take 3 absences with no penalty; no documentation is required for the first 3 absences as they are automatically excused. If the fourth absence is unexcused, it will result in 5% deduction from the final grade. Excused or unexcused, on the fourth 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.

**Tardy Policy: You are late after role has been taken/class has begun.**

- Points will be deducted for being late or leaving early for any reason.
- There will be a 5-minute grace period to join the class if you arrive late.
- 3 tardies for regular class meetings equal 1 unexcused absence.

**Make-up Policy**

- Excused absences (those that can be documented) may be made-up in the following manner:
  - Approved Performance Event/Written Assignment (Due 2 weeks after excused absence). You may also read 15 pages from our required book and write a two-page double spaced reaction paper.
  - <http://www.shcc.ufl.edu/excuse.shtml> (Infirmary)
  - <http://dso.ufl.edu/> (Dean of Students)
  - If unable to dance, you may 'actively' observe one time for full credit.
  - You will complete an observation paper due at the end of class.

Requirements / opportunities to make up missed material for unexcused absences is up to the instructor's discretion

**Injuries are special cases.** If an injury occurs see/contact me immediately regarding absences, make-ups or possible withdrawal from the class.

**Late assignments:** Unless otherwise indicated, all homework assignments are due in class on the date listed on the syllabus. An essay received after the due date is late.

### **Studio Rules of Conduct:**

In effort to keep our dance space a peaceful, safe and clean environment for our students we ask that you observe the following:

- No gum- this is also for safety reasons since we don't want dancers choking.
- No talking, food, or quick pick-me-ups during class. However, you may keep water bottles inside the studio for hydration provided they have caps to prevent spills.
- Turn off all cell phones before entering the studio. Please make this a habit. All phone calls must take place outside of the studio and NEVER during class time. If you have an emergency situation you should inform the instructor prior to the start of class. Ringing cell phones, texting etc. are disruptive to classroom activity. Please be considerate.

Note: 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. 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 and when the return to class activity is expected, 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).

### **COURSE SCHEDULE AND TOPIC OUTLINE:**

Class schedule is subject to modification, but not without prior notification. Please note class material is sequential and comprehensive. Please take time to review movement sequences before and after class.

Week One	<ul style="list-style-type: none"><li>• Introduction</li><li>• Barre work and first variation. Audition for "Sleeping Beauty Fairies" for those interested.</li></ul>
Week Two	<ul style="list-style-type: none"><li>• Thera band, barre work, center work, and strengthening for pointe work. Continuing with first variation.</li></ul>

Week Three	<ul style="list-style-type: none"> <li>• Second variation.</li> </ul>
Week Four	<ul style="list-style-type: none"> <li>• Continue with first and second variation.</li> </ul>
Week Five	<ul style="list-style-type: none"> <li>• Introduce third variation</li> </ul>
Week Six	Introduce fourth variation.
Week Seven	Introduce fifth variation.
Week Eight	<ul style="list-style-type: none"> <li>• Dance first and second variations for midterm evaluation. We may choose different variations depending on timing.</li> </ul>

Week Nine	<ul style="list-style-type: none"> <li>• Continue with remaining variations. Work on beginning and ending of the piece.</li> </ul>
Week Ten	<ul style="list-style-type: none"> <li>• Daylight Savings! Spring Break!</li> </ul>
Week Eleven	<ul style="list-style-type: none"> <li>• Work on variations and beginning and ending of the piece.</li> </ul>
Week Twelve	<ul style="list-style-type: none"> <li>• Continue with variations and beginning and ending of the piece.</li> </ul>

Week Thirteen	<ul style="list-style-type: none"> <li>Continue with variations and beginning and ending of the piece.</li> </ul>
Week Fourteen	<ul style="list-style-type: none"> <li>Use class time to work with preferred variations for a group project.</li> </ul>
Week Fifteen	<ul style="list-style-type: none"> <li>Use class time to work with preferred variations for a group project.</li> </ul>
Week Sixteen	<p>Present favorite variation project.</p> <p><b>Finals Week</b> <b>No regular class.</b></p>

### **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/ugrad/current/regulations/info/attendance.aspx>

- 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.

## **Make-up Policy:**

### **Dance Technique Class – Makeup Policy**

- You are responsible for all material covered during any absence
  - There are no makeup options for unexcused absences
  - 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:
    - 1) Immediately after your return to class, turn in approved/legal documentation to instructor. If you need the original documentation, the instructor will accept copies. You can email these to your instructor.
    - 2) 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, the student must request permission of that instructor.
- If the student cannot attend class due to illness, the student may read fifteen pages from our required book and complete a two-page double spaced reaction paper. These may be turned in through canvas as soon as the student is well or two weeks after the absence.**

### Student on-line evaluation process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at [gatorevals.aa.ufl.edu/students/](http://gatorevals.aa.ufl.edu/students/). 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.bluera.com/ufl/](http://ufl.bluera.com/ufl/). Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

### UF Policies:

#### University Policy on Accommodating Students with Disabilities:

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://disability.ufl.edu/>) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure 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 (<https://sccr.dso.ufl.edu/process/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. 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.

**Counseling and Wellness Center contact information:**

<http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

**Netiquette: Communication Courtesy:**

All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats.

**Getting Help:**

If applicable: For issues with technical difficulties for E-learning in Canvas, please contact the UF Help Desk at: (352) 392-HELP (352-392-4357) - select option 2, <http://helpdesk.ufl.edu/>

Please take advantage of these services:

**Campus Resources:**

- Health and Wellness U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit <https://umatter.ufl.edu/> to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit [counseling.ufl.edu/](http://counseling.ufl.edu/) 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 <https://shcc.ufl.edu/>
- University Police Department: Visit <https://police.ufl.edu/> 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; <http://ufhealth.org/emergency-room-trauma-center>

**Academic Resources**

- E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).
- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services <https://career.ufl.edu/>
- Library Support: <https://cms.uflib.ufl.edu/> ask 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. <https://teachingcenter.ufl.edu/>
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. <https://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/>
- On-Line Students Complaints: <https://distance.ufl.edu/student-complaint-process/>

**General Information**

Student Injury and Illness Policy:

The Dance Area of SoTD believes that dance student's physical and mental well-being is paramount to success in all arenas of their dance training, from class to the stage. In the case of injury, fostering a productive and holistic response insures a speedy and effective recovery.



If the dance student becomes ill or injured to the degree that they cannot attend and participate in dance classes, SoTD sponsored rehearsals, or performances, the 5 steps of the dance student injury and illness policy are to be followed:

1. The student is required to see a health care professional immediately.
2. If the illness or injury prevents the student from participation in dance class, rehearsal, or performance, the student is to request documentation from the health care professional that explicitly projects the duration of the injury, and/or the amount and type of activity recommended for the welfare of the student.
3. Following the appointment with the health care professional, the student is required to bring medical recommendations and related documentation to the attention of his or her instructor(s), choreographer(s), or director(s) as the basis for discussion.
4. Unless otherwise medically advised, the student is prohibited from active participation in all related UF dance activities, classes, events, performances, etc. The student may not personally select one activity as having a higher priority over another. The student is not to dance in any events, activities, performances or rehearsals if the student is not in dance class. If the infirmity culminates in a medical withdrawal, this is also a withdrawal from all performance related activities.
5. The student is never allowed to sacrifice classroom participation for the demands of a performance. The student will not be allowed to participate in a performance if they miss dance class due to an injury. The student is expected to follow the student injury and illness policy even if performances take place beyond the scope of SoTD, as with another UF, professional, or community performing group, etc.

**GRADING:** Attendance and Attire - Mandatory  
45pts. Mid-term Evaluation February 28  
10pts. Attendance to one Performance (BFA Showcase or Spring into Dance 2024)  
45pts. End of Semester Evaluation/Project April 24  
100 pts. Total

**GRADING SCALE:**

A 93-100 points
A- 90-92
B+ 86-89
B 83-85 points
B- 80-82
C+ 77-79
C 73-76 points
C- 70-72

D+ 67-69 D 63-66 points D- 60-62 E 59 and below
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***EACH STUDENT IS RESPONSIBLE FOR MONITORING HER/HIS OWN PROGRESS***

**Technique Mid-Term:**      *Wednesday February 28, 2024\**

**Technique Final/Project:**      *Wednesday April 24, 2024\**

\*Disclaimer: This syllabus represents current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected. Any changes in technique exam dates due to unseen circumstances will be announced in class and posted on canvas in a timely fashion.

**You must see one *BFA Spring Dance Showcase or Spring into Dance 2024*.** You will provide proof of attendance to the instructor who is the teacher of record of your course within one week after viewing production. Depending on your technique schedule, you may use these same events/performances for other technique classes, as well.

**Performance Behavior/Decorum:**

- Yes, please dress how you would to the theatre. Make your ambiance as close to the real experience as possible.
- No cell phones/texting at all, ever, never during a performance (unless the show requests it!)
- Represent the SoTD at the show!

**Dress Policy:**

- Women: Close fitting dancewear and pointe shoes. (Flats on the side if needed)
- Hair must be secured and worn neatly and out of the face.
- No oversized clothing (only when cold).
- Ankles must be visible.
- No large jewelry, necklaces & watches.

Please check your emails daily for Dance Area Headquarters Canvas site updates!

## General Information

**Dancer Wellness / Injury Guidance:** Please refer to your canvas pages section for detailed information.

**Please Note:** Our work in the studios is designed to be challenging; physically, intellectually, and emotionally. Dance classes often involve touching. Physical contact may range from simple touch, to correcting alignment. Students may also be asked to experiment with exercises that involve weight exchange, and in the case of a ballet class, partnering exercises. If you have a related medical consideration or touch makes you uncomfortable, it is your responsibility to notify the instructor at the start of the semester.

### **Spring 2024 Dance Calendar**

Jan 8 – 1<sup>st</sup> Day of classes, welcome back meeting @ 6:30pm, G6

Jan 8 – Coordinators meeting 3-4pm

Jan 9 – Spring into Dance Auditions from 6:30-9:30pm, G6

Jan 12 – Dance Area Meeting 1-2:30pm

Jan 15 – MLK Day, no classes

**Jan 19 – OPTION #1 Curriculum Retreat, 1-4pm**

Jan 22 – Coordinators Meeting 3-4pm

Jan 22 – UnShowing #1, 6:30-9:30pm in G6

Jan 23 – Parsons Dance @ Phillips Center, 7:30pm

Jan 26 – BFA Auditions

Jan 29 – UnShowing #2, 6:30-9:30pm in G6

**Feb 5 – OPTION #1 Open Conversation, 6:30-8:00 in G6**

Feb 5 – Coordinators Meeting 3-4pm

Feb 9 – Dance Area Meeting –1-2:30pm

Feb. 16 – Masterclass visit with Bharatanatyam artists (CAME)

- SoTD Town Hall, 10:45am-12:15 pm on Zoom

Feb 11-13 – BFA Showcase Spacing rehearsals

Feb 14-16 – BFA Showcase Tech rehearsals

Feb 19 - 12:50-2:45: Halifu Osumare guest lecture (during Dance History)

– Coordinators Meeting 3-4pm

Feb 18-20 – BFA Showcase final Tech and Dress rehearsals

Feb 21-25 – BFA Showcase

Feb 23 – Dance Area Meeting 1-2:30pm

Feb 26 – Dark Day – NO DANCE MAJOR CLASSES

Feb 27 or 29 – Bagels and Ballet, 10-11 AM (tentative)

**March 4-8 – OPTION #1 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)**

March 4 – Coordinators Meeting 3-4pm

**March 4 - OPTION #2 Open Conversation, 6:30-8:00 in G6**

March 5 – Step Africa @ Phillips Center, 7:30pm (alumnus Ariel Dykes is in the company!)

**March 8 - OPTION #2 Curriculum Retreat, 1-4pm**

March 11-14 – ACDA Brenau University, Gainesville, Georgia

March 9-17 – SPRING BREAK

March 18 – Coordinators Meeting 3-4pm

March 18-22 – OPTION #2 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)

March 19 – Adia Whitaker Master Class, 3:00pm G6

March 22 – Dance Area Meeting 1-2:30pm

March 25-29 – OPTION #3 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)

March 25 – UnShowing #3, 6:30-9:30pm in G6

March 29 – OPTION #3 Curriculum Retreat, 1-4pm

April 1-5 – OPTION #4 CRAs (any 1<sup>st</sup> semester majors, 2<sup>nd</sup> year BFAs)

April 1 – Coordinators Meeting 3-4pm

April 1 - All classes and rehearsals in G6 move to Constans Stage

April 5 – Dance Area Meeting 1-2:30pm

April 7-10 – Spring Into Dance Spacing Rehearsals

April 11 – Crew Watch Spring Into Dance

April 12 – Spring Into Dance Tech #1

April 14-15 – Spring Into Dance final Tech rehearsals

April 15 – Coordinators Meeting 3-4pm

April 16 & 17 – Spring Into Dance Dress Rehearsals

April 18-21 – Spring Into Dance

April 19 – Dance Area Meeting 1-2:30pm

April 22- Dark Day

- All classes and rehearsals resume in G6

April 23 – Ballet Trockadero de Monte Carlo @ Phillips Center, 7:30pm

April 24 – Last Day of Classes

- Senior Circle, 12:10-12:30pm in G6 [TBD]

- SoTD Convocation, 4-5pm in Black Box Theater

- Final UnShowing/ BA Senior Project Symposium, 6:30-9:30pm in G6

April 29 - CRAs – Graduating Seniors – Times TBD (tentative)