**Potter College of Arts & Letters**

**Western Kentucky University**

**745-2345**

**REPORT TO THE UNIVERSITY CURRICULUM COMMITTEE**

Date: November 13, 2012

The Potter College of Arts & Letters submits the following items for consideration:

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| **Type of Item** | **Description of Item & Contact Information** |
| Information | **Proposal to Create Temporary Course**  DANC 445 Dance Anatomy and Kinesiology  Contact: Clifton Brown, [clifton.brown@wku.edu](mailto:clifton.brown@wku.edu), 5-5832 |

Proposal Date: 9/25/12

**Potter College of Arts & Letters**

**Department of Theatre & Dance**

**Proposal to Create a Temporary Course**

**(Information Item)**

Contact Person: Clifton K. Brown, Clifton.brown@wku.edu, 270-745-5832

1. **Identification of proposed course**
   1. **Course prefix (subject area) and number**: DANC 445
   2. **Course title**: Dance Anatomy and Kinesiology
   3. **Abbreviated course title:** Dance Anatomy
   4. **Credit hours**: 3 credit hours
   5. **Schedule type**: L/A
   6. **Prerequisites/corequisites**: DANC 311 or permission of instructor
   7. **Course description**: An analysis of the principles of anatomy and kinesiology for dancers
2. **Rationale**
   1. **Reason for offering this course on a temporary basis**: Following the Dance Program’s evaluation by National Association of Schools of Dance (NASD) in Spring 2011, the accrediting body stated that our current curriculum is lacking this course. Our program’s accreditation in Fall of 2011 included the understanding that we would address this within our BA in Dance degree so to comply with national standards. Further, dance students must have an understanding of the human body and its mechanics to allow for maximum movement efficiency and development of physical strength and flexibility as they relate to dance. This knowledge will help maintain the health of their bodies and their future students. We would like to offer it as a one time course for the spring and revise the BA in Dance program for permanent implementation into the dance curriculum beginning Fall 2013.
   2. Relationship of the proposed course to courses offered in other academic units: While this course is similar in intent to Foundations of Kinesiology offered in Physical Education, Dance Anatomy and Kinesiology will focus more on optimal dance movement and related principles for understanding the skeletal and musculature systems as they pertain particularly to the dancer’s body. The information gained in this course will enhance the student’s work in dance technique courses, performance and in Dance Pedagogy.
3. **Description of proposed course**
   1. Course content outline

Content will be delivered through lectures, demonstrations, assigned reading/viewing, and seminar style discussions. Topics will include, but are not limited to:

* Identification of the skeletal system and major muscles of the body and their actions, specifically as they are used in dance.
* Guided anatomical movement analysis of the whole body and its relationship to dance.
* Analysis of a variety of approaches that strengthen/stretch specific muscle groups and the resulting affect on dance technique and performance.
* Development of individual physical injury questions and methods for injury prevention.
  1. Tentative text(s)

The tentative text for this course will be *Dance Anatomy and Kinesiology* (Clippinger); however readings may be selected from the other following books:

* Clippinger, Karen. *Dance Anatomy and Kinesiology*. Human Kinetics, 2006.
* Fitt, Sally Sevey. *Dance Kinesiology*, 2nd Ed. Schirmer/Thomson Learning; 1996.
* Haas, Jacqui. *Dance Anatomy.* Human Kinetics, 2010.
* Staugaard-Jones, Jo Ann. *The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga.* Lotus Publishing, 2010.
* Pounds, David M. *Basic Clinical Massage Therapy: Integrating Anatomy with Treatment*
* Grieg, Valerie. *Inside Ballet Technique: SeparatingAnatomical Fact from Fiction in the Ballet Class.* New Jersey; Princeton Book Co, 1994.
* Watkins, Andrea and Priscilla M. Clarkson. *Dancing Longer Dancing Stronger: A Dancer’s Guide to Improving Technique and Preventing Injury.* New Jersey, Princeton Book Co, 1990.
* Welsh, Tom. *Conditioning for Dancers.* Gainesville, Univ. Press of Florida, 2009.

1. **Second offering of a temporary course (if applicable) – N/A**
2. **Term of Implementation:** Spring 2013
3. **Dates of review/approvals:**

Theatre and DanceDepartment 9/11/12

Potter College Curriculum Committee 10/11/2012

Potter College Dean September 2012

UCC Chair \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Provost: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_