



DAN

451

1001

Instructor

Semester

Spring

2016

Email

Days

TuTh

Telephone

Time

2:30pm-3:45pm

Office Hours

tba

Location

MPE 505

Office Location

Title

Prevention and Care of Dance Injuries

Credits

3

Description

Course Description:

Dan 451 will inform the students of the care and prevention of injury using Pilates based exercises. Prerequisites:

Dan 351

Learning Outcomes

Students will build all applicable muscles with Anatomy and Clay. Lecture will apply to the muscle building required as it relates to injury prevention and care.

Learning Outcomes:

1. Student will identify and build muscles of the upper body/arm including: Bicep Brachii, Tricep Brachii, Brachioradialis, Pronator Teres, Pectoralis Major, Latissimus Dorsi, Deltoideus
2. Student will identify and build muscles of the torso including: Erector spinae, Abdominals, Quadratus Lumborum, Rotator Cuff Muscles, Pectoralis Minor, Diaphragm, Intercostals
3. Student will identify and build muscles of the lower limbs including: psoas major, psoas minor, illiacus, Adductors of the leg, abductors of the leg, rotators of the leg, quadriceps, hamstrings, and flexors/extensors of the ankle
4. Identification of major dance injuries associated with soft tissues of the body
5. Identification of the joints of the body what planes they move in and what these possible actions are.

Modules

Module 1: build the upper body muscles and lecture on applicable injuries and care.

Assessment: will be both oral and written

Module 2: building the torso muscles and lecture on the applicable injuries and care

Required Readings



Reading
Assignments

Attendance
Policy

ATTENDANCE POLICY

ONLY TWO EXCUSED ABSENCE PER SEMESTER ARE ALLOWED. EACH ADDITIONAL ABSENCE WILL LOWER YOUR FINAL GRADE.

Schedule
Calendar

Modules

Module 1: build the upper body muscles and lecture on applicable injuries and care.

Assessment: will be both oral and written

Module 2: building the torso muscles and lecture on the applicable injuries and care

Assessment: will be both oral and written

Module 3: building the lower body muscles and lecture on applicable injuries and care.

Assessment: will be both oral and written.

Due Dates

Grading Rubric
and
Grading Scale

Rubric

Each module is 30%

Attendance is 10%

Final Exam

Policies

REQUIRED VIEWING

2 UNLV Dance Concert

Dance Concert Schedules are located on Web Campus (under Course Content)

Academic Misconduct—Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the



obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution.

An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <https://www.unlv.edu/studentconduct/student-conduct>.

Copyright—The University requires all members of the University Community to familiarize themselves with and to follow copyright and fair use requirements. You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws. Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC)—The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895- 0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor in front of others to discuss your accommodation needs.

Religious Holidays Policy—Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make- up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the **instructor within the first 14 calendar days of the course for fall and spring courses (excepting modular courses), or within the first 7 calendar days of the course for summer and modular courses**, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Transparency in Learning and Teaching—The University encourages application of the transparency method of constructing assignments for student success. Please see these two links for further information:

Incomplete Grades—The grade of I—Incomplete—can be granted when a student has satisfactorily completed three- fourths of course work for that semester/session but for reason(s) beyond the student's control, and



acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester for undergraduate courses. Graduate students receiving “I” grades in 500-, 600-, or 700-level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

UNLV Writing Center—One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC -3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling [702-895-3908](tel:702-895-3908). The student’s Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>.

Rebelmail—By policy, faculty and staff should e-mail students’ Rebelmail accounts only. Rebelmail is UNLV’s official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students’ e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu. Emailing within WebCampus is acceptable.

Final Examinations—The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: <http://www.unlv.edu/registrar/calendars>.

Any other class specific information—(e.g., absences, make-up exams, status reporting, extra credit policies, plagiarism/cheating consequences, policy on electronic devices, specialized department or college tutoring programs, bringing children to class, policy on recording classroom lectures, etc.)

Have a great semester!



Department of Dance
College of Fine Arts
University of Nevada, Las Vegas

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