

***STRETCH AND RELAXATION #33073***  
***LBCC- SPRING 2018 Tues/Thurs 12:00pm-1:25pm LAC-Q113***  
***Professor Stephanie Powell - (562) 938-4881 Email: (spowell@lbcc.edu)***  
***Office Hours: Tues/Thurs 9:30am-12:00pm in T-2322 (Flex Day 3-7-17)***

**COURSE DESCRIPTION**

The Dance 8 course includes the study and practice of stretching and breathing principles for increased flexibility, reduction of stress and improved mental and physical health. The course will include elements of Dance, Stretching, Pilates and Yoga.

**STUDENT LEARNING OUTCOMES**

Demonstrate and identify basic stretches and relaxation techniques, terminology, and anatomy.

**COURSE REQUIREMENTS**

All students will need in class and at home access to the internet. Please bring your required course notebook and pen to class for **every class session**. Students are also required to bring a comfortable Pilates mat, towel and water bottle to each class session. Students are responsible for cleaning and returning equipment to the original position, turning off the lights, and locking the door. All equipment must be returned properly and should never be left unattended. No late or faxed assignments are accepted. There will be one pop quiz throughout the semester.

**CLASSROOM ETIQUETTE**

Disrespectful interruptions (talking, sitting down, stopping during the session, disrupting the pace of the class or leaving class without permission) are rude and insulting to the art form. Students must take classes in their entirety or ask for permission to be excused from the Dance studio. All cell phones and pagers must be silenced and out of sight during class. No food or chewing gum is allowed in the Dance studio and capped bottled water is the only beverage allowed in the studio. Proper hygiene is highly recommended and appropriate clothing is suggested when traveling to and from the Q building for safety purposes.

**NO CLASSES ARE IN SESSION AT LBCC:**

**February 16, 2018 Holiday**

**February 19, 2018 Holiday**

**March 15, 2018 Flex Day**

**April 2-7, 2018 Spring Break**

**May 28, 2018 Holiday**

**DRESS CODE**

Male and female hair should be neatly pinned and secured away from the face and off the dancer's neck. Dance attire or form fitted work out attire are required for each class session. To avoid injury or class disruption, no jewelry, particularly dangling or noisy earrings, bracelets, anklets, large rings, necklaces or watches are to be worn in class. **\*\*To stay properly hydrated, bottled water is mandatory to participate in class\*\*** Students are required to bring a Yoga mat and towel to each class. Socks are to be worn on all LBCC equipment, and warm up clothing must be fitted to examine musculature and skeletal alignment. Please bring a towel to class and remove all jewelry before the start of each class.

## **ATTENDANCE**

**Students who miss any classes in the first three (3) weeks of classes will be dropped from the course. Assessment for level and placement will take place in the first 2 weeks of class and is at the discretion of Professor Powell. Students who miss any four (4) consecutive classes at any time in the semester will be dropped from the course.** (3) Three points are given per class for attendance and participation in the entire class session.

Latecomers are distracting, risk injury and will result in (1) one point being deducted for being tardy, (2) two points for non-participation. Participation will not be allowed if a student is more than (10) ten minutes late and written notes must be submitted at the end of the class session. Do not schedule appointments during class or ask to leave early. There are no make-ups for absences. If you become ill, injured or unable to participate in class for an extended period of time you must provide a doctor's note to verify the problem within (48) forty-eight hours of the missed class. Failure to do so will result in no credit for the missed class(es). No children, non-enrolled guests or animals are allowed in the studio during the class sessions.

***PLEASE NOTE: It is often necessary for the instructor to place his/her hands on a student in order to better facilitate the learning process and to illustrate proper alignment. If a student should have an aversion to this practice, please notify Professor Powell prior to the start of classes.***

## **INCLEMENT WEATHER OR NATURAL DISASTERS**

In case of inclement weather (rain, heat, fires, floods, earthquakes, poor air quality) be sure that your LBCC Peoplesoft email address is accurate and working properly and check for email instructions from Professor Powell and/or the college.

**ELECTRONIC DEVICE POLICY** Students are expected to silence, power down and put all electronic devices away out of sight (cell phones, watches, beepers, iPods, iPhones, palm pilots, PDA's) and similar devices that disrupt the class or Professor Powell. (10) ten push-up's per ring are required by the entire class if a device goes off and disrupts the class. No texting or cell phone use is allowed in class. For better retention, all note taking must be done by hand in a course journal or notebook. Students may be dismissed from class if repeated disruptions occur.

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## **MIDTERM EXAM: Due March 29, 2018**

This exam will be given in (2) two parts:

1) A written exam on human anatomy and terminology as it relates to the stretches and dance forms covered in the course.

2) A performance in small group formations of a stretch series learned or created that will be graded on technical skill, energy and dynamics.

***There will be no make-up exams. Extra credit is not available in this course.***

**LBCC DANCE CONCERT: Due April 24, 2018**

The (3) three performances for the LBCC Spring 2018 Dance Ensemble in Concert are April 20th at 7pm, April 21st at 1pm and April 21st at 7pm at Downey Theater - 8435 Firestone Blvd.

The Long Beach City College Spring Dance Ensemble in Concert is highly recommended but if students are unable to fulfill the above options, arrangements can be made to attend or view an alternate performance in consultation with the instructor. The LBCC Dance Concert dates are April 20<sup>th</sup> at 7pm, April 21<sup>st</sup> at 1pm and April 21<sup>st</sup> at 7pm at Downey Theater. ([www.Downeytheatre.org](http://www.Downeytheatre.org)). Submit the concert program to the instructor on the due date which is the Tuesday following the dance concert.

***All performers & choreographers must submit this paper on or before the date of 2nd Showing for the concert, at the beginning of this technique class!***

**DOWNEY THEATRE**  
**(approximately 11 miles from LBCC)**  
**8435 Firestone Boulevard**  
**Downey, CA 90241**  
**(562) 861-8211**

**Directions:**

**91 East to 605 North, exit Firestone Blvd, Turn Right: 8435 Firestone Blvd**

**FINAL EXAM / PAPER – Due May 31, 2018**

This exam will be an entirely physical exam where students demonstrate Yoga and Pilates exercises. The final in class reflection paper will be submitted during the last class session and will not be returned unless requested in advance. No emails are accepted. Missing the final exam will result in a failing grade for the entire exam. There are no make-up exams. Any student who wishes to obtain any graded assignments or has requests after the conclusion of the semester, must be requested within seven (7) days of the final exam. No course work will be kept by Professor Powell past seven (7) days of the final exam.

**GRADING:** (No make-ups classes, quizzes or exams are permitted)

33 classes - Attendance & Participation - 99 pts. (No make-ups are permitted)

(2) Part Midterm Exam - 100 pts.

Dance Concert Attendance/Program - 100 pts.

Final Technique Exam / Paper -101 pts.

## **GRADING SCALE**

400-350 =A

349-299 =B

298-248= C

247-197 =D

196-0 =F

## **INJURIES / EMERGENCIES**

In any physical activity, injury is always a possibility. A healthy diet, substantial water intake, a positive outlook and adequate rest will minimize risk. Slow stretching before and after class minimizes soreness and increases flexibility. IN CASE OF INJURY, notify Professor Powell immediately, see a nurse and/or call the Student Health Center at (562) 938-4210. Call 911 for emergencies.

## **ACADEMIC HONESTY**

“It is our goal to establish an academic environment in which inquiry is nurtured, individual responsibility is rewarded and academic dishonesty, cheating and plagiarism are not tolerated. It is our goal to establish an academic environment in which inquiry is nurtured, individual responsibility is rewarded and academic dishonesty, cheating and plagiarism are not tolerated. Lack of honesty in the classroom is considered a very serious offense. Any form of cheating on tests, turning in of work which is not one’s own (plagiarism), talking during tests, furnishing false information to instructors or knowingly misrepresenting one-self to the college is grounds for disciplinary action. The consequences of cheating are severe and may include the possibility of expulsion. Disciplinary action can include the following: warnings, reprimands, probation, suspensions, expulsion, restitution, and loss of financial aid.”

## **THERE IS NO EXTRA CREDIT IN THIS COURSE. STUDENTS WILL RECEIVE THE GRADE THAT THEY EARN!!**

*\*\*This class may be taken for credit/no credit or Pass/No Pass. To receive credit, you must earn at least 250 points. All exams are required. Go to the admissions office to fill out the appropriate form by the college deadline.\*\**

## STUDENT COURSE AGREEMENT

**This agreement of understanding must be completed after thoroughly reading the course syllabus.**

**Please initial each understanding, sign, date & return this document to**

**Professor Powell prior to the first class session.**

- 1) I understand that if any class sessions in the first 3 weeks of the semester or any 2 consecutive weeks of class during the semester are missed, the instructor will drop me from the course. \_\_\_\_\_
- 2) I understand that the standards in this course are high and that I am responsible for monitoring my own health, learning and academic standing throughout the semester. \_\_\_\_\_
- 3) I understand that Pilates technique, anatomy, critical reading/writing are expected in this course. \_\_\_\_\_
- 4) I understand that I am responsible for being prepared with a positive attitude in each class session. \_\_\_\_\_
- 5) I understand that no handwritten or late course work is accepted in this course. \_\_\_\_\_
- 6) I understand the basis on which the final grade will be determined. (Attendance, Midterm Exam, Reformer Practice Hours, Dance Concert Program, Final Exam, Paper) \_\_\_\_\_
- 7) I understand that the course requires consistent classroom attendance/active participation and that points per class session absence and tardy will be deducted from the final course grade. \_\_\_\_\_
- 8) I understand that I will be responsible for district and Dance program Pilates equipment that is heavy, metal and hazardous. I will be careful, respectful and helpful before, during and after each class session. \_\_\_\_\_
- 9) I understand that the Dance Concert Program (100 points) is a required assignment and by not submitting this program could result in a full letter grade reduction, in addition to any points lost due to exam scores or absences. I am aware of the Dance 41 requirements. \_\_\_\_\_
- 10) I understand that there is no extra credit or class make-ups offered in this course. \_\_\_\_\_
- 11) I understand that Midterm and Final Exam grades will be graded based on a Rubric. \_\_\_\_\_
- 12) I understand that Exams will be administered only on the dates listed on the syllabus. \_\_\_\_\_
- 13) I understand the point system for the course grade evaluations is listed on the syllabus. \_\_\_\_\_
- 14) I understand that any disrespectful in class outbursts, emails, notes or voicemails will be immediately forwarded to the Department Chair, Dean, and the Dean of Students. \_\_\_\_\_
- 15) I understand that any cheating, plagiarism or course work submitted that is not my own, will result in a failing course grade and I will be immediately dropped from the course. \_\_\_\_\_
- 16) I understand that a copy of the course syllabus is accessible on the LBCC website at all times and can be downloaded at any time if the distributed syllabus is lost or destroyed. \_\_\_\_\_
- 17) I understand that Professor Powell is available for students during office hours by appointment, via telephone (562-938-4881) and via e-mail (spowell@lbcc.edu). \_\_\_\_\_

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