Dance Fitness and Conditioning

Fall Semester 2023

Tuesday/Thursday 8:30-9:20am

Instructor’s Name: Jamie McCord Trial

Phone Number: 678-416-7621

Email: Jamie.trial@reinhardt.edu

Office Hours: Monday/Wednesday 10-11am, Tuesday/Thursday (by appointment only)

Course Description:

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| Gain an understanding of the best ways to stay in shape, healthy, and active in a way that will support your career and life. We will explore a variety of exercise types, diet, hydration, and mental wellness. |

Course Materials:

1. **ATTIRE** – Wear workout clothes you are comfortable working out in. (something that makes you feel good, and you can move and stretch in.)

2. **SHOES** – wear athletic shoes to class, although much of what we will do in the studio will be done barefoot.

3. **EXERCISE EQUIPMENT**- you should purchase an exercise mat or yoga mat for class and ankle weights for additional strength training.

4. **WATER BOTTLE** – it is crucial to your wellness that you always have a water bottle with you.

5. **JOURNAL**

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| Classroom Policies:  -No food, gum, or smoking is permitted in the Studio. A bottle of water is acceptable, and a towel is recommended.  -All cell phones should be kept in a bag or with the student’s belongings and placed on “silent” for the entire class.  Attendance Policy:  Active participation is essential to success in this course. Only **TWO ABSENCES** during the semester will be permitted. There is no distinction between excused and unexcused absences. After 2 absences, your grade will drop one letter grade for each absence. For each class missed due to illness or injury, students will be required to write a 3-page paper discussing health/wellness topics. This includes a student who wishes to “sit out” due to injury. It is impossible to gain the skill of strength or dance by sitting, so students will be encouraged to move as much as possible and modify movement safely through most injuries.  **Late arrival & early departure:** Students that are not dressed and in studio to begin after a 10-minute window may be marked **ABSENT** for the class. Students that leave class early may also be marked **ABSENT** from class that day.  \*\***Note:** Overall grade in the course will be affected by attendance and participation/preparation (see rubric below). If you are absent points will be deducted under attendance and participation/preparation, as it is not possible to participate if you are not present in class.  Grading Policy:  **Final grades will be calculated according to the following rubric:**  Attendance 50%  Participation & Preparation 40%  Mid-Term/Final 10%  Participation & Preparation: This grade is subjective and at the sole discretion of the instructor.  Each student begins the semester with a Participation & Preparation score of **zero**.  A prepared and participating student:  • Is dressed appropriately before class begins.  • Is in the space, free of “stuff” and outside distractions before class begins.  • Is an active participant in all class discussions, practices, and performances.  • Is supportive and kind to their classmates.  • Is willing to fail.  • Always has an attitude of “yes!” |
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**ACADEMIC INTEGRITY POLICY**

I will seek to maintain a high standard of honesty and truthfulness for myself and for the college. I will neither give nor receive any unauthorized aid in my academic work nor will I permit such action by any member of this community. I will respect the persons and property of the community, and I will not condone discourteous or dishonest treatment of these by my peers.

**PLEASE NOTE**

This syllabus is subject to change in response to the needs of the class as it develops over the semester. Students will be informed of any changes that might affect the grading policy, or the nature of individual assignments.

Changes in the syllabus and/or calendar/schedule may be made at the discretion of the instructor.

DISABILITIES

Please speak with the instructor if you have a documented physical or learning disability requiring academic accommodation. Students with disabilities should be registered with the Office of Student Support Services and must present legitimate documentation to demonstrate that an accommodation is appropriate.