

The University of North Carolina at Greensboro
School of Health and Human Performance
Department of Dance

DCE 476: Dance Wellness

1 Credit	Fall 2009	T & TH 12:30 – 1:45 (see course calendar)	319 HHP
Aaron King	atking@uncg.edu	Office hours M 2-3, W 1-2, TH 2-3 or by appointment	239 HHP

For Whom Planned: Dance B.F.A., B.A, and Minor students

Course Description: Lecture course with selected activity experiences regarding principles and methods of dance wellness. Development and implementation of personal dance wellness habits for improved dance performance.

Prerequisites: An open mind and an interest in the subject matter.

Student Learning Objectives:

1. Increase individual knowledge of concepts in dance wellness and personal health.
2. Discuss dance wellness and personal health attitudes and their effects on dance performance.
3. Evaluate health beliefs as they relate to personal health and dance wellness concepts.
4. Apply dance wellness concepts to personal dance performance.

Required materials: Access to Internet and Blackboard

Teaching strategies: Course will utilize a lecture format with class discussion and small group work

Course requirements:

WKABI	64 points/each SLO 1-3
Written reflections	10 points/each SLO 1-4
In-class presentation	20 points SLO 1-4
Other items as assigned	varies

Percentage Earned

90-100
80-89.99%
70-79.99%
60-69.99%
< 60%

Letter Grade

A
B
C
D
F

Attendance & Missed Work Policy: Each student is expected to **attend every class** and be **on time**. Missing or tardiness for class for any reason more than 2 times will result in a 2% deduction in the final grade for each subsequent absence. If you must miss a class, you are responsible for any assignments given. **No late or make-up work will be accepted.**

NO EXTRA CREDIT WORK TO IMPROVE GRADE WILL BE ALLOWED IN THIS CLASS.

UNCG Academic Integrity Policy/Academic Honor Policy: Students in this course are expected to follow the Academic Integrity Policy as described in the UNCG Student Calendar/Handbook and the Academic Honor Policy as described in the UNCG Undergraduate Bulletin. The policies can also be reviewed online at

Assignments:

- **Wellness Knowledge, Attitudes, and Beliefs Inventory (WKABI):** The WKABI will be administered in class at the beginning and end of the semester. It will be used to assess the impact of course content on students by measuring changes in knowledge and application of knowledge. The WKABI uses the areas of physical activity, nutrition, and stress management to measure knowledge, attitudes, and behaviors on three separate scales.
- **Guided Reflections:** Weekly written reflections will be completed focusing on the covered course topics. Reflection prompts will be given at the end of each class session and also posted on Blackboard. Written reflections are to be between 1-2 pages, 12-point font, and double-spaced. They are due in the digital dropbox on Blackboard before the next class session. The purpose of this assignment is to familiarize yourself with topics in dance wellness and consider how they relate to your personal experiences with dance for improved dance performance.
- **Student Presentations:** Students will complete a 10-minute in-class presentation on a common dance injury, treatment, and rehabilitation. Further details will be discussed in class, and a rubric will be posted on Blackboard at a later date.
- **Participation in study:** Participation in the study titled “The Effects of a Dance Wellness Course on Academic Dance Students’ Wellness Knowledge, Attitudes, and Beliefs” is voluntary but completion of the WKABI and guided reflections are mandatory for a course grade.

Cell phone policy: Cell phones are not permitted to be on during class period. Cell phones that disrupt class will result in a deduction in the student’s grade. Please respect your classmates and the learning environment and turn your cell phone completely off for the duration of the class.

DCE 476 Calendar Fall 2009

<u>Week</u>	<u>Topic</u>
August 24	Introduction to Class
August 31	WKABI
September 7	Aerobic training and fitness
September 14	Anaerobic training and fitness
September 21	Injury prevention and treatment
September 28	Injury prevention and treatment
October 5	Nutrition
October 12	Nutrition
October 19	Eating disorders and management
October 26	Alcohol and substance use and abuse
November 2	Alcohol and substance use and abuse
November 9	Psychological health and stress management
November 16	Psychological health and stress management
November 23	In-class presentations
November 30	In-class presentations
December 7	WKABI

Schedule is tentative and subject to change