Introduction to ballet technique for dancers; series of barre exercises progressing to center work, explanation of positions of the body and port de bras; understand proper body alignment as it relates to ballet technique; appreciation of ballet as an instrument of expression; for minors and majors only.

Intermediate study of ballet; historical background and the knowledge and understanding of its cultural heritage; increased level of difficulty in barre, center and across the floor; concentration and continual refinement of body/spatial awareness, musicality, alignment and execution of correct classical technique; for minors and majors only; Prerequisite: DCED 160 or approval of instructor.

Technical study of classical and contemporary ballet; elevated barre work, traditional components including turns, footwork, adagios, advanced center/floor phrases; study of Cecchetti, Vaganova, and collaborative methods; focus on strength, concentration and correct technique on performance combinations; for minors and majors only; Prerequisite: DCED 161 or approval of instructor.

Study and understanding of modern dance concepts; lateral curve, contraction, spiral, high curve, high release, rotation versus parallel, body alignment, moving in and out of the floor, fluidity of phrase work, musicality and kinesthetic awareness; for minors and majors only.

Intermediate study of modern dance; reviews, historical background and its development within society; continual study and understanding of modern dance concepts; fall/recovery, contract/release, use of breath and weight, spine work, inversion and spatial awareness; for minors and majors only; Prerequisite: DCED 171 or approval of instructor.

Physical and artistic exploration of both traditional and contemporary training methods; understand and utilize three dimensional spine work, inversion, floor work and dynamics; for minors and majors only; Prerequisite: DCED 172 or approval of instructor.

301. Dance History. (3-0). Credit 3.
Overview of current dance scene, career fields, education; development of theatrical, social, educational dance from lineage based to contemporary cultures; emphasis on dance in America, genres, roots, heritage, pioneers, crusading artists; impacts, influences, growth, development, trends and continual metamorphosis in the art world.

302. Dance Production. (3-0). Credit 3.
Overview of philosophy, major aspects and common elements in producing dance concerts; lighting, sound, stage design, terminology, costuming, management, production designs, practical experience with on-stage performances. Prerequisite: Junior or senior classification; must have prior dance experience or approval of instructor.

Focuses on health issues common to the dancer; basic anatomy in relation to proper dance technique, misalignments, imbalances and injuries common to the dancer; proper nutrition for dancers based on their rehearsal/performance schedules.
Introduces choreographic devices in solo and duet movement studies; exploration of design principles; creating multiple movement studies using various elements of choreography. Prerequisites: KINE 172 or DCED 172; or approval of instructor.

400. Dance Composition II. (2-0). Credit 2.
Introduces choreographic devices related to group movement studies; explore and create movement studies as a means of first and second function art, use choreographic tools in the dance making process as it relates to group work. Prerequisites: DCED 306; KINE 175 or approval of instructor.

401. Dance Pedagogy. (3-0). Credit 3.
Study of dance pedagogy; major aspects of a dance teacher including knowledge of injury prevention, correct technique, preparation, presentation, evaluation of dance materials, levels and technique class; focus on various teaching methods, tools, planning, communication/instructional skills and learning experiences/styles. Prerequisites: DCED 200; 301 and 400 or approval of instructor; junior or senior classification.

402. Dance Composition III. (2-0). Credit 2.
Choreograph, design, and produce a senior concert; accumulation of previous course work in composition should be used to bring the elements of the choreographic process to a final product. Prerequisites: DCED 400 or approval of instructor.

KINE

175. Gender Neutral Partnering. (0-2). Credit 1.
Explores the fundamental principles of partnering; explores the properties of momentum, weight sharing, contact improvisation, breath, timing and trust; develops movement phrases on the principles of impromptu and partnering. Prerequisite: KINE 172 or DCED 172; or approval of instructor.

Half lecture; half activity; student choice of designated fitness or strength related activities; lecture portion covers current health topics.

199. (PHED 1151, 1152, 2155, 2255, any PHED activity course) Required Physical Activity. (0-2). Credit 1.
Selection from a wide variety of activities designed to increase fitness and/or encourage the pursuit of lifetime activity.

Introduces the study of Pilates apparatus work as designed by Joseph H. Pilates; works with the five basic principles of Pilates including breathing, pelvic and ribcage placement, scapulae stabilization, head and cervical alignment; uses apparatuses such as reformer, cadillac, chair, and barrel; incorporates the use of props such as rollers, mini balls, physioballs, blocks, therabands and pinky balls into apparatus work; Prerequisite 198 Pilates Mat I.

History, principles, objectives, current concepts of kinesiology.

Application of current technology in the areas of health and kinesiology; fundamentals of computers and their use; application of commercial software to health and kinesiology settings; use of computer networks for communications and research. Prerequisite: Freshman or sophomore classification in health or kinesiology. Cross-listed with HLTH 240
Understand body alignment through ballet technique; assess individual muscular and skeletal
imbalances during a ballet technique class; video references of proper body alignment;
anatomical explanation and assessment of individual’s use of lateral rotation in ballet technique;
for majors only; Prerequisite DCED 160.

Understand body alignment through modern dance; assess individual muscular and skeletal body
imbalances during a modern dance class; introduction of how to work with imbalances in the
body while executing proper dance technique; understand the structural and muscular alignment
of parallel versus lateral rotation; for majors only; Prerequisite DCED 171.

304. Psychology of Sport and Physical Activity. (3-0). Credit 3.
The relationship of psychology to sport; topics include history, application of learning principles,
social psychology, personality variables, psychological assessment, youth sport, women in sport,
the psychology of coaching, sports law and ethics. Prerequisite: Junior classification. Cross-listed
with PSYC 304.

Provide an understanding of optimal nutritional intake in support of peak performance in sport
and dance; address food as fuel and which fuels are most important to specific sport/dance
activities; the role nutritional supplements can play; fluid balance; weight management for
athletes and dancers. Prerequisite: NUTR 202 or equivalent

318. Athletic Injuries. (3-0). Credit 3.
Introduction to the profession of athletic training; comprehensive analysis of the theories and
practices in preventing, recognizing and treating common athletic injuries. Prerequisites: HLTH
216; BIOL 319; BIOL 320; junior or senior classification.

361. Movement Lab – Ballet II. (0-5). Credit 2.
Self evaluation of correct body alignment and imbalances while executing proper ballet
technique; observation and assessment of the student’s progression throughout the semester in
regards to proper alignment and technique; for majors only; Prerequisite DCED 161.

372. Movement Lab – Modern Dance II. (0-5). Credit 2.
Self evaluation of correct body alignment and imbalances while executing proper modern dance
technique; observation and assessment of the student’s progression throughout the semester in
regards to proper alignment and technique; for majors only; Prerequisite DCED 172.

403. Dance Wellness. (3-0). Credit 3.
Using scientific methods to evaluate the dancer’s body; implementation of dance screening
process and creation of programs to address specific dance related injuries, imbalances or
misalignments; study of current research in dance medicine/science and application of this
knowledge to increase longevity of movement. Prerequisites: must be admitted to the professional
phase; BIOL 319, BIOL 320, DCED 303; junior/senior classification

Learning in psychomotor domain; motor learning theories, physiological bases of skill behavior,
motor and skill learning, state of performer and application of instructional techniques in motor
learning and skill performance. Prerequisites: Junior or senior classification; admission to
professional phase of program or approval of instructor for non-kinesiology majors.

462. Movement Lab – Ballet III. (0-5). Credit 2.
Peer evaluation of body alignment, imbalances and biomechanics of movement; explanation of
kinesthetic principles and injury prevention through ballet technique; develop conditioning
program for a peer’s imbalances and improper technique in a ballet class; for majors only;
Prerequisite DCED 162.
473. Movement Lab – Modern Dance III. (0-5). Credit 2.
Peer evaluation of body alignment, imbalances and biomechanics of movement; explanation of kinesthetic principles and injury prevention through modern dance technique; develop conditioning program for a peer’s imbalances and improper technique in a modern dance class; for majors only; Prerequisite DCED 173.

433. Physiology of Exercise. (3-0). Credit 3.
Physiological bases of exercise and physical conditioning; measurement of metabolic efficiency during exercise, neuromuscular efficiency and body composition. Prerequisites: Junior or senior classification; admission to the professional phase of program or approval of instructor for non-kinesiology majors.

482. Seminar. (1-0). Credit 1.
Acquaint students with current research and the research process in their chosen field of study (kinesiology). May be taken 4 times for credit. Prerequisites: Admission to professional phase of program or approval of instructor; junior or senior classification.