



## DAN2710: SOMATICS 1 / FALL 2023 / 2 CREDIT COURSE

**\*SYLLABUS NOTE/DISCLAIMER:** This syllabus represents current plans and objectives. Through the semester, the constitution of the class cohort, unforeseen events, and schedule changes may dictate shifts. **Such changes, communicated clearly, are not unusual and should be expected. Any amendment to the syllabus will be sent to you, updated on Canvas, and be clearly stated and available.**

**Day:** M/W

**Time:** 08:30am-10:25am

**Location:** Constans, Room G-11

### **INSTRUCTOR OF RECORD:**

Adjunct: *Daina Block*

Office Hours: By appointment

Email: TBA

\* Email Policy: Use ONLY your **UFL.EDU** email account for e-mail correspondence related to class. Please indicate your name and class in the subject line or within the body of all correspondence.

Syllabi are posted here: <http://arts.ufl.edu/syllabi/>

Lab Fees <http://aa.ufl.edu/policies/material-and-supply-fees/>

Canvas (e-learning): <http://elearning.ufl.edu>

**Canvas:** This course is set up on Canvas (e-learning). All students must have access to Canvas on a regular basis to successfully complete the course. Assignments will be due via Canvas submission, or otherwise informed by course instructor. Class announcements, course schedule and timeline will also be posted on Canvas. For help with Canvas, contact the UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

## **COURSE DESCRIPTION:**

### **SOMATICS 1 DAN2710 COURSE DESCRIPTION:**

Rotating topics feature disciplines that support bodily awareness.

**Prerequisite:** Dance majors or minors.

This course will offer learners an introduction to principals and methods from techniques that bring attention to the soma as a synergistic whole for the learner to integrate into one's dance practice. Classes will situate and explore the bodymind as a site for cultivating kinesthetic awareness and curiosity to explore movement and dance as shaped by an experience.

### **Body Manipulation:**

Touch is used to pass on information that would be difficult to verbalize. It is also necessary in order to ascertain the *tone* and *direction* of the various parts of the body. If touch is uncomfortable for you or you have suffered trauma or abuse, parts of this course may be difficult for you. Please contact

me either by e-mail or personal appointment to discuss adaptations and alternatives to hands on work. Students who are extremely uncomfortable with this approach should feel free to drop the class if alternatives can not be successful. (*Statement sourced from Associate Professor Elizabeth Johnson*).

## **COURSE OBJECTIVES/LEARNING OUTCOMES:**

- Understand and apply ideokinesis as an approach to exploring muscle, bones, organs, and imagined movement processes.
- Gain a basic understanding of principals from somatic methods: Alexander Technique, Moshe Feldenkrais, and Irmgard Bartenieff.
- Participate in movement tasks, explorations, and active observation with a conscious and self-reflective mind set.
- Develop a responsibility to listen and dialogue with self and others and contribute to group discussions.
- Synthesize readings, writings, and practice to evolve bodily and conceptual understandings.
- Explore or respond to experiences with a beginners bodymind.
- Integrate somatic approaches to dance practice.

## **TEACHING STRATEGIES:**

To facilitate the learners understanding I will:

- Use visual and tactile sensorial learning aids to iterate class themes.
- Facilitate time and space for the learner's bodymind to integrate experiences through improvisational or structured dance practice.
- Encourage a sustainable and compassionate class community where students can take risks and make mistakes free from unneeded stress, judgment, or harsh criticism. (*Statement sourced from Associate Professor Elizabeth Johnson*).
- Make changes to course that honor access, equity, student experience, and student input. (*Statement sourced from Associate Professor Elizabeth Johnson*).

## **REQUIRED/RECOMMEND READING:**

Other required articles, handouts, or videos are TBD and will be provided on course Canvas site.

## **COURSE POLICIES:**

Dress Policy:

- Attire which is suitable for movement
- Hair needs to be out of the dancer's face
- No hats (unless specific to a choreographic study)
- No large jewelry, necklaces, earrings, & watches
- No chewing gum

Studio Polices:

- No eating or drinking in the studio, besides water
- Please bring a water bottle to every class
- Personal belongings should be pushed to the sides and out of the usable dancing space

- **Silence your cell phones and notifications completely before class begins, and refrain from using them during class time. If there is a reason you need to check your phone during class time, please communicate that with me.**

\*\*Please note that while UF policy allows students to record classes to support your learning process, you may not post anything publicly without permission. You may not record, photograph or post any other students without their permission. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

### **CONTENT WARNING:**

In this course, we may cover content and materials that some might find difficult. It is important that in an artistic discipline course we do not shy away from engaging with materials that may be controversial or challenging. I encourage you to reach out to me if you are struggling with the course materials. In class, if you need to step away for a period of time as we are covering particular content, you may do so without penalty, but I ask that you remember that you are responsible for any information covered in your absence.

### **GRADE SCALE:**

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/#gradestext>

A /100-93

A- /92-90

B+ /89-88

B /87-84

B- /83-80

C+ /79-77

C /76-74

C- /73-70

D+ /69-67

D /66-64

D-/63-60

E, I, NG, S-U, WF /59-0

\*\*Your overall score may be affected by your attendance record.

**A note about deadlines:** Due dates are assigned; however, you may encounter a delay in completing your work. Therefore, email me BEFORE a deadline to communicate an assignment's delay and you will be granted a 48-hour extension. Further extensions will be decided on a case-by-case basis.

## OVERVIEW: COURSE CALENDAR, ASSESSMENTS, AND GRADING

MODULE	OVERVIEW	ATTENDANCE DATES	ASSIGNMENTS	GRADING
Module 1: Week 1-3	Introduction to Somatics: Bones, Muscles, Organs, Imagination, Visualization. Integrate into modes of expression	MON/WED - AUG 23 <sup>RD</sup> , 28 <sup>TH</sup> , 30 <sup>TH</sup> SEPT 6 <sup>TH</sup>	DUE SEPT 8TH: <b>END OF MODULE SUBMISSION OF IN CLASS JOURNAL WRITING.</b>	5 points
Module 2: Week 4-5	Alexander technique: Principles, Readings Practice. Integrate into modes of expression.	MON/WED - SEPT 11 <sup>TH</sup> , 13 <sup>TH</sup> , 18 <sup>TH</sup> , 20 <sup>TH</sup>	DUE SEPT 22ND: <b>END OF MODULE SUBMISSION OF IN CLASS JOURNAL WRITING.</b>	5 points
Module 3: Week 6-9	Alexander technique: Principles, Readings Practice. Integrate into modes of expression.  Feldenkrais: Principles, Readings, Practice. Integrate into modes of expression.	MON - Sept 25 <sup>TH</sup> OCT 2 <sup>ND</sup> , 9 <sup>TH</sup> , 16 <sup>TH</sup>  WED - SEPT 27 <sup>TH</sup> , OCT 4 <sup>TH</sup> , 11 <sup>TH</sup> , 18 <sup>TH</sup>	DUE OCT 20TH: <b>END OF MODULE SUBMISSION OF IN CLASS JOURNAL WRITING.</b>	5 points
Module 4: Week 10-13	Alexander technique: Principles, Readings Practice. Integrate into modes of expression.  Bartenieff: Principles, Readings, Practice. Integrate into modes of expression.	MON - OCT 23 <sup>RD</sup> , 30 <sup>TH</sup> , NOV 6 <sup>TH</sup> , 13 <sup>TH</sup>  WED - OCT 25 <sup>TH</sup> , NOV 1 <sup>ST</sup> , 8 <sup>TH</sup> , 15 <sup>TH</sup>	DUE NOV 17TH: <b>END OF MODULE SUBMISSION OF IN CLASS JOURNAL WRITING.</b>	5points
Module 5 Week 14-16	Final written	MON/WED – NOV 20 <sup>TH</sup> , 27 <sup>TH</sup> , 29 <sup>TH</sup> DEC 4 <sup>TH</sup> , 6 <sup>TH</sup>  IN CLASS PROGRESS NOVEMBER 20 <sup>th</sup> , 27 <sup>th</sup>	1000w paper DUE NOV 29 <sup>th</sup>	20 points
	Final Practical	IN CLASS PROGRESS NOVEMBER 20 <sup>th</sup> , 27 <sup>th</sup>	Somatic Ritual. In class presentation DUE NOV 29 <sup>th</sup> , DECEMBER 4 <sup>th</sup> , 6 <sup>th</sup>	20 points
ATTENDANCE/ PARTICIPTION				40 points
				100 points

## IMPORTANT DATES TO KNOW/FALL 2023 DANCE CALENDAR:

August 23 – Classes begin.

23 – 6:30 pm – 8 pm in G-6 - Welcome Meeting (\*Required for Majors, everyone invited and encouraged to attend)

24 – 4:00-5:00pm SoTD Convocation (Black Box?)

24 – 5:30-6:30pm G-6 Agbedidi 2023 Auditions

28 – 6:30 – 8:30 pm BFA choreographer audition

September

14 – 12:50 – 2:20 pm G-6 – Chad Gaspard Lecture/Dance Class (Ric Rose Alumni Award)

15 – 10:40 – 12:25 pm G-6 – Chad Gaspard Friday Master Class (Ric Rose Alumni Award)

15 – 6:00 – 7:30 pm G-6 – Ric Rose Award Presentation and reception

October

6 – Homecoming (no classes)

13 – 1:00pm – 4:00pm – Dance Area Retreat (curriculum: AI in dance curriculum modification)

15 – 7:30pm Nobuntu @ UFPA 20 – 9am – 4:30pm – BFA Program Auditions

23 – 6:30 8:30pm Unshowing #1 (tentative)

26 – 8:00pm - Limon Dance Company at Santa Fe College

27 – Young Dancer Workshop classes @ UF 9a-4p & 7:30p Showcase A at Santa Fe College

27 – 7:30pm DANB - Swan Lake @ UFPA

28 – Young Dancer Workshop classes @ UF 9a-4p & 7:30p Showcase B at Santa Fe College

30 - 6:30 8:30pm Unshowing #2 (tentative)

November

1 – 7:30pm Ndlovu Youth Choir @ UFPA 10 – Veterans Day (no classes)

13 – 17 – CRAs (1st Years, 3rd Years and 1st Semester Transfers) (Tentative)

22 – 26 – Thanksgiving Break

December

1+2 – 7:30pm – AGBEDIDI Concert, G-6

3 – 2pm – AGBEDIDI Concert, G-6

6 – CLASSES END

7-8 – Reading Days

11 – CRA – Graduating Senior (Tentative) 9-15 – FINAL EXAMS

## SOTD ATTENDANCE POLICY:

### STUDIO COURSES:

#### Classes that meet two times a week:

- Students can take **2** absences with **no documentation** with **no penalty**.
- If the third absence is unexcused, it will result in 5% deduction from the **final grade**.
- Excused or unexcused, on the third absence. A meeting is required with the instructor and/or area faculty to assess the student's continued participation in the course.
- If the fourth absence and all subsequent absences are unexcused, each will result in an additional 5% deduction from the **final grade**.

- **Requirements/opportunities to make up missed material is up to the instructor's discretion.**
- Due to the participatory nature of the course that includes in-class collaboration along with partner and ensemble work, 4 unexcused absences may result in automatic failure of the course.

**For classes that meet three times a week:**

- Students can take 3 absences with no penalty; no documentation is required for the first 3 absences as they are automatically excused.
- If the third absence is unexcused, it will result in 5% deduction from the participation portion of your final grade.
- Excused or unexcused, on the third absence, a meeting is required with the instructor and/or area faculty to assess the student's continued participation in the course.
- If the fourth absence and all subsequent absences are unexcused, each will result in an additional 5% deduction from the final grade.
- Requirements/opportunities to make up missed material for unexcused absences is up to the instructor's discretion.

**Any absence from class for the following reasons must be supported by official acceptable documentation to avoid a grade penalty:**

- Illness—doctor's note must be on official letterhead with address and phone number, noting the date and time of visit and diagnosis verifying that an absence from class is warranted, doctor name and signature.
- Serious family emergencies.
- Special curricular requirements (e.g., judging trips, field trips, professional conferences)
- Military obligation.
- Severe weather conditions.
- Participation in official university activities such as music performances, athletic competition, or debate.
- Court-imposed legal obligations (e.g., jury duty or subpoena).

**\*To help organize accommodations, students should inform the instructor by the end of the second week of classes of religious observances of their faith that will conflict with class attendance this semester.**

**\*\*Barring the above circumstances, students are expected to be in attendance daily and to be on time. Excessive lateness or leaving early will add up to an absence and could affect your grade.**

## **UF ABSENCE POLICY:**

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies, as follows:

Source: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

- Students are responsible for satisfying all academic objectives as defined by the instructor. Absences count from the first-class meeting.
- In general, acceptable reasons for absence from or failure to participate in class include illness, serious family emergencies, special curricular requirements (e.g., judging trips, field trips, professional conferences), military obligation, severe weather conditions, religious holidays and participation in official university activities such as music performances, athletic

competition or debate. Absences from class for court-imposed legal obligations (e.g., jury duty or subpoena) must be excused. Other reasons also may be approved.

- You cannot participate in classes unless you are registered officially or approved to audit with evidence of having paid audit fees. The Office of the University Registrar provides official class rolls to Instructors.
- If you do not participate in at least one of the first two class meetings of a course or laboratory in which you are registered, and you have not contacted the department to indicate your intent, you can be dropped from the course. You must not assume that you will be dropped, however.
- The university recognizes the right of the individual professor to make attendance mandatory. After due warning, professors can prohibit further attendance and subsequently assign a failing grade for excessive absences.

### **CLASS MAKE-UP POLICY:**

- You are responsible for all material covered during any absence.
- There are no makeup options for absences for which you have not communicated with the professor.
- Absences from Written Exams, Quizzes, Mid-Terms, and/or Finals may only be made up with approved documentation.
- To earn credit (amount of credit determined by the instructor) for an excused absence you must do two things:
  - o Immediately after your return to class, turn in approved/legal documentation to instructor. If you need the original documentation, the instructor will accept copies.
  - o Make-up the class with an approved assignment submitted on the required date. If the assignment is to attend another class as a make-up, it must be the same technical level, or lower; student must request permission of that instructor.
  - o Two make-ups will be allowed if needed. In the UF Dance Program, three unexcused absences will reduce your grade one-letter grade (i.e., from B to C). Each subsequent unexcused absence lowers your grade by half letter grade (i.e., from C to C-). Five unexcused absences may result in automatic failure of the course. A student with medical documentation may apply to UF for Medical Withdrawal.

### **STUDENT INJURY AND ILLNESS POLICY:**

The Dance Area of SoTD believes that dance student's physical and mental well-being is paramount to success in all arenas of their dance training, from class to the stage. In the case of injury, fostering a productive and holistic response insures a speedy and effective recovery.

**FIRST:** Please contact the Dance Wellness Clinic through the Canvas site. The protocol for accessing appointments is here: [https://ufl.instructure.com/courses/414412/discussion\\_topics/2671475](https://ufl.instructure.com/courses/414412/discussion_topics/2671475) If the dance student becomes ill or injured to the degree that they cannot attend and participate in dance classes, SoTD sponsored rehearsals, or performances, the 5 steps of the dance student injury and illness policy are to be followed:

1. The student is required to see a health care professional immediately.
2. If the illness or injury prevents the student from participation in dance class, rehearsal, or performance, the student is to request documentation from the health care professional that explicitly projects the duration of the injury, and/or the amount and type of activity recommended for the welfare of the student.

3. Following the appointment with the health care professional, the student is required to bring medical recommendations and related documentation to the attention of his or her instructor(s), choreographer(s), or director(s) as the basis for discussion.
4. Unless otherwise medically advised, the student is prohibited from active participation in all related UF dance activities, classes, events, performances, etc. The student may not personally select one activity as having a higher priority over another. The student is not to dance in any events, activities, performances, or rehearsals if the student is not in dance class. If the infirmity culminates in a medical withdrawal, this is also a withdrawal from all performance related activities.
5. The student is never allowed to sacrifice classroom participation for the demands of a performance. The student will not be allowed to participate in a performance if they miss dance class due to an injury. The student is expected to follow the student injury and illness policy even if performances take place beyond the scope of SoTD, as with another UF, professional, or community performing group, etc.

### **CLASS OBSERVATION POLICY:**

There might be a situation where you're not feeling well or injured but are well enough to come to class to observe. In general, ONE observation day is allowed. In case of unforeseen circumstances, observation days will be discussed on a case-by-case basis. If a student is observing the student is required to take notes and reflect on how observing is supporting your physical learning in class. Notes are to be turned in at the end of the class period.

### **UF POLICIES AND RESOURCES:**

#### **STUDENT ON-LINE EVALUATION PROCESS:**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>.

Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or <https://ufl.bluera.com/ufl/>.

Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>

#### **UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES:**

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352- 392-8565, <https://disability.ufl.edu/>) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

#### **UNIVERSITY POLICY ON ACADEMIC MISCONDUCT:**

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<https://sccr.dso.ufl.edu/process/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any



condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor.

### **ETIQUETTE/COMMUNICATION COURTESY:**

All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats.

**GETTING HELP:** If applicable: For issues with technical difficulties for E-learning in Canvas, please contact the UF Help Desk at: (352) 392-HELP (352-392-4357) - select option 2, <http://helpdesk.ufl.edu/>

### **UF CAMPUS RESOURCES:**

- Health and Wellness U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit <https://umatter.ufl.edu/> to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit <https://counseling.ufl.edu/> or call 352-392-1575 for information on crisis services as well as non-crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need or visit <https://shcc.ufl.edu/>
- Dean of Students: <http://dso.ufl.edu/>
- University Police Department: Visit <https://police.ufl.edu/> or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; <http://ufhealth.org/emergency-room-trauma-center>

### **UF ACADEMIC RESOURCES:**

- E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu)
- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services <https://career.ufl.edu/>
- Library Support: <https://cms.uflib.ufl.edu/> ask various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring. <https://teachingcenter.ufl.edu/>
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. <https://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/>
- On-Line Students Complaints: <https://distance.ufl.edu/student-complaint-process/>

\*\*\*If you have ANY questions about the syllabus don't hesitate to ask me at any time during the semester. I will do my best to answer your questions or direct you to the department/person who can best assist you.