Course Information
DANC 1142  Body Conditioning  Tuesday/Thursday 10:30-11:30am

Professor Contact Information
Micki Saba  Phone: 972-860-4122  mSaba@dccc.edu

Course Pre-requisites, Co-requisites, and/or Other Restrictions
None

Course Description
Stretching and toning of the dancer’s instrument. This course is cross-listed as DANC 1341. The student may register for either DANC 1141 or DANC 1341 but may receive credit for only one of the two. (1 Lec., 1 Lab.)

In this class, students will use concepts of Pilates, Yoga, weight training, and other body techniques to tone, strengthen and lengthen major muscle groups.

Student Learning Outcome:
- Explain and demonstrate proper body alignment and placement.
- Identify and access core muscle groups.
- Increase strength, flexibility and balance.
- To learn a variety of ways to achieve a higher fitness level

Lectures/Discussions/Learning Units/Lessons
- Describe and demonstrate basic Pilates-based principles.
- Describe and demonstrate basic Yoga-based principles.
- Describe and demonstrate basic weight training techniques.
- Learn proper body alignment and placement while performing various exercises.
- Learn how to increase strength and flexibility through various exercise techniques

Grading Policy
Grade Value
40% Class Participation
40% Attendance
20% Final

Grade Scale
A= 90-100
B= 80-89
C= 70-79
D= 60-69
F= 0-59
Course Requirements, Assignments, Tests & Instructor Policies

**Attendance 40%:**
Attendance is mandatory. The student will receive 3 daily class points for every class attended. Please be on time, the student will be considered late if they arrive after the warm up has begun. If the student arrives after roll has been taken it is the student’s responsibility to remind the instructor they attended class. Failure to do so could result in an absence recorded and applied for that day. If the student arrives after the warm up has begun they will receive a 1/2 point deduction from their daily class points. The student may not physically participate if they arrive more than 15 minutes late, and will receive a 1 point deduction from their daily class points. In order to receive the other 2 daily class points the student must sit and observe class. While observing class the student must take notes on the class (corrections, what was done etc...) and turn their notes in to receive their other 2 points. Classes may be made up, please speak to the instructor for various options. The student will be allowed to make up 4 excused absences. Written documentation that includes the day and time of the make up class and the make up instructor’s signature must be turned in to receive proper credit. All classes must be made up before the last week of classes.

**Participation 40%:**
Participation is graded on the student's participation in the class, learning material given, effort, and preparedness for class (including proper attire), proper etiquette and their own personal growth. Each class has a value of 3 daily class points awarded by attending class and fulfilling the preceding requirements. The student must be present to receive points for that day. Points may be deducted if any of these requirements are unfulfilled. If the student arrives after the warm up has begun they will receive a 1/2 point deduction from their daily class points. The student may not physically participate if they arrive more than 15 minutes late and they will receive a 1 point deduction from your daily class points. In order to receive the other 2 daily class points the student must sit and observe class. While observing class the student must take notes on the class (corrections, what was done etc...) and turn their notes in to receive their other 2 points.

**Final 20%:**
The final exam will consist of performing/teaching a series of exercises (in small groups) that have been learned and practiced in class. More details will be given closer to the exam date. There may also be a written test given in lieu of teaching in front of the class. The student and instructor will determine at a later date which final will be taken.

**General Class Etiquette and Attire**
All students are expected to conduct themselves professionally. A courteous and respectful attitude towards instructor, musician and classmates must be shown at all times.

- **NO JEWELERY**
- Hair away from face
- No chewing gum
- Closed liquid containers (water only)
- No sitting down during class, if you do you may not participate in the rest of class.
- No talking while dancing or during demonstrations of exercise.
- No leaving the studio without teacher approval.

You are required to wear dance or work out clothes. Loose fitting street clothes are not appropriate. Acceptable attire: leotards, jazz pants/capris, yoga pants/capris, tight fitting T-shirts or tank tops, leggings, sweat shirts may be worn for warm up. The student should be able to expose their shins for various skills.

Do not correct your fellow students.
Points may be deducted from your daily grade for inappropriate attire or etiquette.
PART II

DROP/WITHDRAWAL POLICY: Withdrawing from a course is a formal procedure which YOU must initiate; the instructor cannot do it for you. You may do this in Admissions or Counseling. If you stop attending class and do not withdraw, you will receive a performance grade, which can result in an “F.” Students sometimes drop courses when help is available that would enable them to continue. Please discuss your plans with the instructor if you feel the need to withdraw.

INTERNAL TRANSFER: A credit student may transfer to non-credit status after the refund period and on or before the final drop date of the semester. No student will be permitted to transfer after that date. Please consult with your instructor if you wish to utilize this transfer process.

RELIGIOUS HOLIDAYS: A student shall be excused from attending classes, or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this provision may not be penalized for that absence and shall be allowed to take an examination or complete an assignment within a reasonable time after the absence. A “religious holy day” means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. A student who is excused under this section may not be penalized for the absence, but the instructor may appropriately respond if the student fails to satisfactorily complete the assignment or examination. Further information is available at http://www.thecb.state.tx.us/index.cfm?objectid=3BBA5600-AB9B-55C7-1A1C6ED6B09A1FD7 under Sub Chapter A, General Provisions §4.4 (Texas Education Code 51.911).

ADA STATEMENT: Any student who feels that he/she may need any special assistance or accommodation because of an impairment, disability, or handicap, please contact Special Services Office in Room S124 or at 972-860-4847. Information can be found online at http://www.brookhavencollege.edu/studentsvcs/special-services/.

ACADEMIC INTEGRITY: The purpose of the Student Code of Conduct is to provide guidelines for the educational environment of The Dallas County Community College District. Such an environment presupposes both rights and responsibilities. Disciplinary regulations at the college are set forth in writing in order to give students general notice of prohibited conduct. Students should be aware of disciplinary actions for all forms of academic dishonesty, including cheating, fabrication, facilitating academic dishonesty, plagiarism and collusion. The entire Student Code of Conduct (rev. 6/29/12) is online at https://www1.dcccd.edu/catalog/ss/code.cfm?loc=2 and scroll down to Responsibility (#3), for detailed information.

FINANCIAL AID STATEMENT: Students who are receiving any form of financial aid should check with the Financial Aid Office prior to withdrawing from classes. Withdrawals may affect your eligibility to receive further aid and could cause you to be in a position of repayment for the current semester. Students who fail to attend or participate after the drop date are also subject to this policy. Please note: If you are receiving Financial Aid grants or loans, you must begin attendance in all classes before the certification date. You also must attend or participate
after the drop date in order not to be marked as non-attending in the event that you fail the course. Do not drop or stop attending any class without consulting the Financial Aid Office. Changes in your enrollment level and failing grades may require that you repay financial aid. By Texas law, students may drop only six classes during their undergraduate career.

**IMPORTANT NOTICE REGARDING DROPPED COURSES:**
Section 51.907 of the Texas Education Code applies to students who enroll in a Texas public institution of higher education for the first time in fall 2007 or later. This includes dual credit and Early College High School students.

Based on this law, DCCCD or any other Texas public institution of higher education may not permit a student to drop more than six courses during their entire undergraduate career. All courses dropped after the official drop and add period for the course are included in the six-course limit, including courses dropped at another Texas public institution of higher education, unless it qualifies as an exception. Contact your college’s counseling/advising office for further details related to exceptions.

Policies and procedures for implementation of this law will be developed and published as soon as the Texas Higher Education Coordinating Board finalizes its rules associated with this statute. Students affected by this law who plan to attend another institution of higher education should become familiar with the institution’s policies on dropping courses.

All DCCCD websites are subject to change. Please go to [http://www.dcccd.edu/](http://www.dcccd.edu/) for further information.