

UF School of Theater and Dance

DAA 2711 Somatics 2

I. COURSE NUMBER AND TITLE: DAA 2711 Somatics 2 (Pilates)

Semester & Year: Spring/2022

Meeting Days and Times: M/W 8:45am-10:15am

Building and Room: G-11

Class Zoom link if needed:

<https://ufl.zoom.us/j/95827714659?pwd=VFBhL2ZPQlE0d2tEQVNwR05RUFJmUT09>

II. INSTRUCTOR:

Name: Isa Garcia-Rose

Email: isa@ufl.edu

Phone: 352-294-0457

Office Hours: Wednesday 10:30-12:30pm & by appointment request

Zoom Link: <https://ufl.zoom.us/j/3724118694>

Office: Nadine McGuire Theatre & Dance Pavilion T-211

III. COURSE DESCRIPTION:

Systematic achievement of strength, tone, flexibility and posture for optimal physical performance in dance.

IV. LEARNING OUTCOMES:

1. Learn through practice the basic principles supporting the Pilates method and apply them to Pilates mat work.
2. Work to resolve individual alignment issues through those applications and be able to help each other find these issues.
3. Learn basic anatomical terms and their functions that will also relate to dance technique and quality of life.

V. REQUIRED TEXTS AND MATERIALS:

*Readings will be used as an element of contextualization of the physical experiences generated through class.

Reading 1: <https://www.pilatesfoundation.com/pilates/the-history-of-pilates/>

Reading 2: <http://www.everybodypilates.info/blog/understanding-different-pilates-styles/>

VI. COURSE REQUIREMENTS AND POLICIES: Expectations:

Student will

- Attend classes regularly, be on time and ready to work for the entire class period.
- Maintain a professional working attitude.
- Participate in all in class activities, engaging fully both mentally and physically.
- Strive to improve individual progress by demonstrating increased strength, flexibility and an increased awareness of body alignment, timing and spatial pathways.
- Observe dance class etiquette (cell phone use, dress code, lateness policy etc...)
- Strive to apply given corrections and concepts to movement.

Assignments: Listed on Weekly Schedule

Performance Assignments: N/A

Exams: Listed on Weekly Schedule

Presentations: N/A

Attendance: Mandatory unless excused and made up through written assignments

For Studio Courses

For 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 for unexcused absences 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, 2 unexcused absences may result in automatic failure of the course.

Tardy Policy: You are late after role has been taken/class has begun.

- Points will be deducted for being late or leaving early for any reason.
- There will be a 5 minute grace period.
- 3 tardies for regular class meetings equal 1 unexcused absence.

Make-up Policy

- Excused absences (those that can be documented) may be made-up in the following manner:
 - Approved Performance Event/Written Assignment (Due 2 weeks after excused absence)
 - <http://www.shcc.ufl.edu/excuse.shtml> (Infirmary)
 - <http://dso.ufl.edu/> (Dean of Students)
 - If unable to dance, you may 'actively' observe one time for full credit.
 - You will complete an observation paper due at the end of class.

Requirements / opportunities to make up missed material for unexcused absences is up to the instructor's discretion

Injuries are special cases. If an injury occurs see/contact me immediately regarding absences, make-ups or possible withdrawal from the class.

Late assignments: Unless otherwise indicated, all homework assignments are due in class on the date listed on the syllabus. An essay received after the due date is late.

Studio Rules of Conduct:

In effort to keep our dance space a peaceful, safe and clean environment for our students we ask that you observe the following:

- No gum- this is also for safety reasons since we don't want dancers choking.
- No talking, food or quick pick-me-ups during class. However, you may keep water bottles inside the studio for hydration provided they have caps to prevent spills.
- Turn off all cell phones before entering the studio. Please make this a habit. All phone calls must take place outside of the studio and NEVER during class time. If you have an emergency situation you should inform the instructor prior to the start of class. Ringing cell phones, texting etc. are disruptive to classroom activity. Please be considerate.

Note: 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. 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 and when the return to class activity is expected, 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).

VII. COURSE SCHEDULE AND TOPIC OUTLINE:

Class schedule is subject to modification, but not without prior notification.
Please note class material is sequential and comprehensive. Please take time to review movement sequences before and after class.

Week One	• Introduction • Basic Principles of Pilates
Week Two	• Postural Analysis
Week Three	• Postural Analysis Continued
Week Four	• Pilates Essential Mat work
Week Five	• Pilates Warm Up Assignment
Week Six	Pilates Mat with Props (Theraband)
Week Seven	Pilates Mat with Props (Theraband)
Week Eight	• Pilates 30 Minute Mat Assignment

Week Nine	• Spring Break
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Week Ten	• Intermediate Pilates Mat with Fascia Release
Week Eleven	• Ankle Tubing Pilates
Week Twelve	• Pilates on the Bosu
Week Thirteen	• Mini Ball Pilates
Week Fourteen	• Athletic Pilates Workout
Week Fifteen	• Pilates 50 Minute Final Assignment
Week Sixteen	Finals Week No regular class.

VIII. GRADING CRITERIA:

Final Course Grade:

Your final grade is determined by your performance on a number of different tasks:

Alignment evaluation (students will be assessed on their understanding of their own alignments) (Jan 10 & 12)	10%
Teach your partner a warm-up (students will be assessed on their knowledge of class material = specific Pilates exercises learned in class) (Feb 2)	10%
Teach a half hour mat class (students will be assessed on their knowledge of class material = specific Pilates exercises learned in class) (March 2)	15%
Plan a 50 minute mat class (students will be assessed on their knowledge of class material = specific Pilates exercises learned in class) (April 18 & 20)	15%
Participation = active engagement in learning class material , active engagement in class discussions, active physical engagement with the class material	50%
TOTAL	100%

Letter grades translate to percentages as follows:

Grades

93 – 100	A
90 – 92	A-
87 – 89	B+
84 – 86	B
80 – 83	B-
77 – 79	C+
74 – 76	C
70 – 73	C-
65 – 69	D+
60 – 64	D
59 and below	F

Semester Calendar – Dates to Know

****UnShowings #1 & #2** are yet to be determined – dates will be shared as soon as possible.

Please check your emails daily for Dance Area Headquarters Canvas site updates!

January

05 – Dance Welcome Meeting 6:30pm-7:30pm

12 – BFA Showcase Auditions 6:30-8:30pm – G-6

17 – UFPA dance event: Tango Fire, 7:30pm – Phillips Center

23 – Fathom Dance event - Bolshoi Ballet: Jewels (Balanchine) 12:55pm Regal Butler Town Center, Gainesville. <https://www.fathomevents.com/categories/performing-arts>

27 – UFPA dance event: Tango Fire 7:30 pm – Phillips Center

28 – BFA Program Audition – all day/online

February

10 – SoTD Town Hall #1 2-3:15pm - Zoom
14-16 – Spacing rehearsals for Dance 2022 6:30-10:30pm – Constans Theatre
17 – Dance 2022 Company Orientation and Crew Watch 6-9:30pm – Constans Theatre
18 – Dance 2022 Tech #1 6:45-10:30pm – Constans Theatre
20-21 – Dance 2022 Tech #2 and #3 7-10:30pm – Constans Theatre
22-23 – Dance 2022 Dress Rehearsals #1 and #2 7:30-10:30pm – Constans Theatre
22 – Bagels and Ballet! 8:45-10:15am Ballet classes.
24-26 – Dance 2022 performances 1-3 7:30pm – Constans Theatre
27 – Final Dance 2022 performance and strike 2-4:30pm – Constans Theatre

March

1 – UFPA dance event: Pilobolus: BIG FIVE OH! 7:30pm – Phillips Center
2 – BFA Showcase Production Meeting 4-5pm - Zoom
5-13 – SPRING BREAK
6 – Fathom Dance event – Bolshoi Ballet: Swan Lake 12:55pm Regal Butler Town Center, Gainesville. <https://www.fathomevents.com/categories/performing-arts>
12 –15 at FSU - ACDA
21 - Open Conversation 6:30pm-8pm
23 – Spring 2022 Town Hall Meeting 10:45 - Noon
30 - 7:30pm - BFA Showcase

April

2 – 7:30 pm – BFA Showcase
3 – 1:30 pm and 4 pm – BFA Showcase
18 - 6:30pm-8:30pm Final Unshowing
18 2nd Years, 4th Years (non-graduating) and first semester transfer students-CRAs
19 2nd Years, 4th Years (non-graduating) and first semester transfer students-CRAs
20 Graduating Seniors-CRAs

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/ugrad/current/regulations/info/attendance.aspx>

- 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.

MAKE-UP POLICY:

Dance Technique Class – Makeup Policy

- You are responsible for all material covered during any absence
- There are no makeup options for unexcused absences
- 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:
 - 1) Immediately after your return to class, turn in approved/legal documentation to instructor. If you need the original documentation, the instructor will accept copies. You can email these to your instructor.
 - 2) 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, the student must request permission of that instructor.

If the student cannot attend class due to illness, the student may read fifteen pages from our required book and complete a reaction paper. These may be turned in through canvas as soon as the student is well or two weeks after the absence.

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 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 via [ufl.bluera.com/ufl/](https://gatorevals.aa.ufl.edu/public-results/). Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

UF Policies:

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.

COUNSELING AND WELLNESS CENTER CONTACT INFORMATION:

<http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

NETIQUETTE: 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/>
Please take advantage of these services:

Campus Resources:

- Health and Wellness U Matter, We Care: If you or someone you know is in distress, please contact 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 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/>
- 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>

Academic Resources

- E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at 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/>

General Information

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.

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.

Continuing Dance Program COVID protocols:

COVID-19 Precautions

- **All people inside of UF facilities/SoTD are expected to wear masks** in community spaces in buildings, including common areas in our office suites, when we are not in our individual offices or workspaces, **even if you are vaccinated.**
- **With the highly contagious Omicron variant proliferating, personal purchase of KN95 or N95 masks are recommended. Surgical masks will still be provided but along with cloth masks are not as effective in reducing the spread of Omicron.**
- **Your ONE.UF account must show a “Cleared for Campus” status** in order to attend in-person. I will check my roster before each class meeting.
- **Some synchronous online options may remain with announcements regarding applicable dates (simultaneously on Zoom and in person).** Unless otherwise specified, all courses are considered IN PERSON with attendance taken.

Students, Faculty, and Staff are trusted to foster healthy SoTD class and creative environments through adherence to the following guidelines:

- If you are not vaccinated, get vaccinated. If you are vaccinated, get the booster. UF Provost’s office has emailed the campus with available/ongoing resources.
- Students are welcome to use hand sanitizer or wash hands at the top of each class, rehearsal or production activity in shared spaces.

- Stay home and seek medical help for COVID-19 symptoms or exposure (persistent cough, fever 100.4+, new loss of taste or smell, muscle pain/headaches, shortness of breath, sore throat, chills, diarrhea, or feeling generally ill). The culture of hiding illness or the "show must go on" mentality must be avoided.
- Wipes and sanitation supplies will be available to sanitize individual props, costumes, chairs, ballet barres, music stands, tables, individual projects etc.
- Dispose of personal trash in appropriate bags/containers.