

**ELAC Dance Department**  
Course Syllabus

**Professor:** Kimberly Rabins **Office Hours:** T/TH 12:00pm – 12:30pm (by appointment only)

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**General Course Information**

Dance Techniques 570/571 – Conditioning for Dance I/II

FALL 2021 (1 unit)

S2 Building – S2-106 Dance Studio

**Course Description/Objectives:**

This course provides students with practical experience in conditioning techniques for a dance company/team. Through discussion and movement, the course emphasizes the development of a dance company/team, conditioning program, technical and performance skills. The conditioning program, choreography, and class dance techniques studied in this course will be in a variety of genres. This will help the student understand the importance of a conditioning program for all types of dance activities, keep the student active and engaged and learn how to maintain this type of healthy lifestyle.

**Student Learning Outcomes:**

\*Students will articulate terminology directly related to this type of dance technique, and they will recognize the qualities as related to the five components, which make this type of dance technique uniquely different from other types.

\*Students will demonstrate a marked improvement in flexibility throughout the semester.

\*Students will demonstrate the mastery of combinations of specific movement exercises delivered throughout the semester.

**Email:**

All ELAC students should have an ELAC email. This email will be utilized by ELAC for communication purposes that are pertinent to registration, class status and assignments.

**Supplies/Requirements:** Dance Attire and/or fitness attire– leotard and tights, all attire should be form fitting. Hair should be pulled away from face and tightly secured. All students are required to have jazz shoes or dance sneakers, a face mask (required to attend class), yoga mat or a large towel, thera-band and water bottle.

All students are required to read the syllabus and any other required paperwork and have their proper attire prepared for the class, in the first week of the course. The student should read and make sure they understand all pertinent class materials.

**Discount Dance Supply – Great place to get needed dance attire for any dance class.**

\*Discount Dance Teacher Code - **TP27386**

**Membership:**

“FACEBOOK” – Become a member

1. **East Los Angeles College Dance Department**
2. “LIKE” - *The Let's Dance Company Page*

**Evaluation and Grading:**

**90-100 = A, 80-89 = B, 70-79 = C, 60-69 = D, 50-59 = F**

### **Basic Skills – (35 points)**

Syllabus

Participation

Attire/Shoes

### **Performance Skills (35 Points)**

Assessment/Evaluation

Midterm

Final Exam

### **Written Components (35 points)**

Initial Forms – Dance experience

Assessment/Evaluation Forms

### **Total Points – 105**

*Final Exam – Tuesday, December 14, 2021*

**Policies and Procedures:** The student is expected to attend every meeting of all classes for which he or she is registered. Whenever absences, “in hours”, exceed the number of hours the class meets per week the student may be excluded from class by the instructor. **If the student stops attending a class, it is the student’s responsibility to officially drop the class.** It is the student’s responsibility to consult with his or her instructor regarding any absences that would alter his or her status in the class. Tardies: Two (2) tardies will be considered the equivalent of one class absence. Leaving class early is not permitted without permission and participation points will be deducted accordingly. Sitting out/observing class is only permitted with an official medical excuse and participation points will be deducted accordingly.

### **Finding your Path**

Find your path to fulfilling careers and/or transfer opportunities. The career and transfer programs at ELAC are organized into 8 Career and Academic Pathways (CAPs), according to areas of interest. Explore pathways within an interest area to see what program is best for you. Each degree/certificate program has an Academic Map, a tool for you to plan your pathway with a Counselor. The Academic Map also has information about scheduling, pre-requisites, career and transfer options, and recommendations from the department. Meet with a Counselor at each step in your academic journey to find your path, stay on your path and complete your goals at ELAC.

To explore the CAPS and Academic Maps, go to the ELAC website at: <http://elac.edu/Explore/Career-and-Academic-Pathways>

To meet with a Counselor, make an appointment at:  
<https://www.elac.edu/Student-Services/Academic-Counseling>

To meet with a Career Counselor, make an appointment at:  
<http://elac.edu/Student-Services/Career-and-Job-Services>

### **Disability Accommodation Statement**

Students with a verified disability who may need a reasonable accommodation(s) for this class are encouraged to notify the instructor and contact the DSPS Office or the Office for Special Services as soon as possible. All information will remain confidential.

### **District Academic Dishonesty Policy**

9803.28 Academic Dishonesty. Violations of Academic Integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one’s identity for the purpose of enhancing one’s grade.