



## DANC 2360

**Division:** Fine Arts

**Department:** Dance

**Course:** DANC 2360

**Title:** Experiential Anatomy and Physiology

**Catalog Description:**

This course is an experiential approach to human anatomy and physiology. It examines the notion that form follows function through close examination of the skeletal and muscular systems. It simultaneously promotes an understanding of body mechanics while nurturing self-awareness. This course is required for dance majors.

**General Education Requirements:** N/A

**Semesters Offered:** Spring

**Credit/Time Requirement:** Credit: 3; Lecture: 2; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Prerequisites:** None

**Corequisites:** None

**Justification:**

Students will examine various systems of the human body to discover how the operation of bones, joints, muscles, respiration, metabolism--to name a few--influence the mechanics and competence of the body in motion. This course is taught in most college and university dance departments throughout Utah and the US.

**Student Learning Outcomes:**

Students who successfully complete this course will accomplish the following outcomes:

- Know both the way human anatomy is structured and how human physiology works as one fulfills functional and expressive purposes in the world.
- Be able to define and identify the common vocabulary of the diverse human systems and to draw on this information for an understanding of the body in action.

**Content:**

Coursework will include lecture, discussion, video viewing, and experiential exploration via movement practice in the lab. The following content will be covered in this course:

I. Function and Form in Human Dynamics

- II. Reacting Mechanisms
- III. Mechanical Forces, Functional Adaptation and Structural Change
- IV. The Working Skeleton
- V. Dynamic Mechanisms
- VI. Balancing Forces to Stand Erect
- VII. Balanced Forces in Walking
- VIII. Breathing
- IX. The Proprioceptive System
- X. Physiological Balances and Unbalances

**General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will be able to apply their knowledge of human anatomy and physiology in accordance to their own physical economy. They will explore and employ optimal alignment, postural support, and efficiency in movement and understand how these are important to a healthy lifestyle. The instructor will assess student progress through observation and feedback.

**Key Performance Indicators:**

This is an experiential course, thus attendance and complete participation are necessary. Assignments will provide evidence of student comprehension of the concepts as well as their ability to articulate personal preference, experience and/or viewpoint. The midterm test and final exam will test theoretical knowledge.

The approximate percentage breakdown for computing the final grade follows:

Attendance / Participation 40%

Assignments 30%

Midterm and Final Exams 30%

**Representative Text and/or Supplies:**

*Anatomy of Movement* by Blandine Calais-Germain, Seattle: Eastland Press, current edition

*The Thinking Body* by Mabel Todd, New Jersey: Princeton Book Co., current edition

**Optimum Class Size:** 12

**Maximum Class Size:** 20

**Signatures:**

I hereby submit this course syllabus:

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Patricia Meredith, MFA, Assistant Professor

I hereby find this course consistent with the goals and resources of the Dance Department:

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Patricia Meredith, MFA, Assistant Professor, Chair

I hereby find this course consistent with the goals and resources of the Fine Arts Division:

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Vance Larsen, MM, Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)