

# Pedagogy: Imagery

## Semester 1: PBS 2019 - 2020

**Text Book: Conditioning for Dance,  
by Eric Franklin**

Supplemental Video's on YouTube

### **Course Description:**

An Introduction to teaching and working with your own body to improve technique through the awareness of ones own body and the use of imagery.

### **Program and/or LE Learning Outcomes**

1. Understand whole body approach to learning and teaching dance technique.
2. Utilizing different types of imagery used within a dance technique class.
3. Understanding the different types of muscle contractions and use of props such as Therabands for increased mobility and strength.
4. Deepening the dancers awareness of relaxation as a tool for power and balance.

### **Weekly Schedule**

Weeks 1-3: Chapter 1: Mind Body Conditioning  
Week 5-7: Chapter 2: Embodied Imagery  
Weeks 8-10: Chapter 3: Reflexive Balance  
Weeks 11-13: Chapter 4: Relaxed Flexibility

### **Course Learning Outcomes/Chapters**

1. Mind-Body Conditioning.
2. Embodied Imagery.
3. Reflexive Balance.
4. Relaxed Flexibility.

### **Evaluation Instruments Used**

Class discussions and presentations.  
  
Quizzes.  
Final Exam.

### ***Class Attendance and Participation Policy***

All grades and evaluations earned by the student and issued by the faculty are based upon the quality of the student's overall academic performance both in and out of class. Students are expected to attend and participate in class regularly, and to assume responsibility for meeting all requirements as specified in the course syllabus.

### ***Academic Honesty and Honor Code***

I promise to refrain from every form of dishonesty and cheating in my academic and artistic life, and will strive to create a spirit of honesty and honor. Failure to do so is considered a breach of trust toward the faculty, student, and artistic community. I accept this commitment as a personal responsibility to refrain from and to report all forms of dishonesty and cheating.

### ***Grading System***

Academic progress and graduation honors are both determined by grades submitted by the instructors at the conclusion of each semester. Final grades represent the cumulative quantity and quality of a student's course work for that semester.

*The grading system is as follows:*

<i>Grade</i>	<i>Interpretation</i>	<i>Quality Points</i>	
<i>A</i>	<i>Excellent</i>	<i>4</i>	A grade of "A" signifies an exceptional, clear, and creative grasp of the concepts of the course with demonstrated ability to apply this knowledge to specific problem situations. It also means that the student has actively participated in class activities and has completed all material in a neat and timely manner. The material indicates that the student spent extra time, personal energy, and critical reflection in an effort to demonstrate exceptional work.
<i>B</i>	<i>Good</i>	<i>3</i>	A grade of "B" signifies a solid understanding of the major concepts of the course and the ability to apply those concepts. It also means that the student's effort and class participation have exceeded the minimal basic requirements for the course. All assignments were judged to be solid in content and were completed in a timely manner.
<i>C</i>	<i>Average</i>	<i>2</i>	A grade of "C" signifies a satisfactory understanding and application of the concepts of the course as well as minimal participation in class activities. It also indicates that the student completed the appropriate assignments that satisfied the basic course requirements.
<i>D</i>	<i>Poor</i>	<i>1</i>	A grade of "D" signifies a below average demonstration and application of the concepts of the course and/or inadequate preparation in class activities. It may also indicate that assignments were not completed in a satisfactory or timely manner.
<i>F</i>	<i>Failure</i>	<i>0</i>	A grade of "F" signifies that the student has not demonstrated adequate understanding or application of the course material. It may also indicate that the student has not met the attendance or assignment requirements.

4.0	97-100	(A)	3.4	89	2.4	79	1.4	69			
3.9	95-96		3.3	88	(B+)	2.3	78	(C+)	1.3	68	(D+)
3.8	93-94		3.2	87		2.2	77		1.2	67	
3.7	92	(A-)	3.1	86		2.1	76		1.1	66	
3.6	91		3.0	85	(B)	2.0	75	(C)	1.0	65	(D)
3.5	90		2.9	84		1.9	74		0.9	62-64	
			2.8	83		1.8	73		0.8	59-61	
			2.7	82	(B-)	1.7	72	(C-)	0.7	57-59	(D-)
			2.6	81		1.6	71		0.0	0-56	(F)
			2.5	80		1.5	70				

### ***Instructional Activities***

The course will require discussion of assigned readings and material given in class through lecture format, Frequent discussions of material and student lead presentations.

### ***Class participation***

Students will be expected to formulate and communicate ideas and/or opinions demonstrating comprehension of the specified material. Students are expected to contribute to in-class discussions.

### ***Due dates***

All assignments will be given due dates and **will not be accepted after the due date** (with the exception of a doctor's excuse). All written assignments must be submitted to the instructor in class

**IT IS THE DUTY OF THE STUDENT TO DETERMINE IF S/HE HAS MISSED AN ASSIGNMENT DUE TO TARDINESS OR ABSENCE. ALL ASSIGNMENTS WILL BE GIVEN A DUE DATE. NO ASSIGNMENT WILL BE ACCEPTED LATE** (An exception will be made with a physicians excuse).

### ***Attendance Policy for this Course:***

All classes are mandatory. Students are responsible for class materials and work missed due to absences; make up work for missed exams and assignments will only be accepted if the absence has been excused by the instructor. Students are expected to arrive on time so as not to disrupt the class. Turn off electronic devices (i.e. mobile phones, pagers, games, etc.).

## **Course Evaluation Instruments and Grading**

<b>Course Evaluation Instruments</b>	<b>Weighting</b>
Quizzes and Final Exam	20%
In class Presentations	80%

**In Class Presentations** – Students will giving weekly presentations in class to assess and practice the knowledge gained.

**Class Participation –**

- A. Reading assignments are to be completed by the date listed for discussion in class. Students are expected to participate in class discussion.
- B. Attendance at all classes is mandatory. Students are responsible for class materials and work missed due to absences or tardiness; make-up work for missed exams and missed assignments will be accepted only if the absence has been excused by the instructor.
- C. Students are expected to respond in a professional manner, especially demonstrating maturity in working manners.

Weekly Reading	Discussion Points	Class Presentation
Chapter 1: Pgs 1-11	Whole Body, Overload, Neurogenic v Myogenic change, Types of muscle contraction, Warming up and cooling down	
Chapter 1: Pgs 12-15	Theraband work	
Chapter 2: Pgs 16-19	Consciousness and control, Ideokinetic v Intuitive Imagery	
Chapter 2: Pgs 20-24	Seed Imagery, MSM, Applying Imagery effectively	
Chapter 2: Pgs 24-28	Developing Personal Imagery	
Chapter 3: Pgs 29-32	Training the eyes for balance	
Chapter 3: Pgs 33-35	Balanced Muscle Development	
Chapter 3: 36-43	Balancing specifics for each part of the body	
Chapter 3: Pgs 44-49	Use of specific training tools: balls and therabands	
Chapter 4: Pgs 50-55	Flexibility-Tension Connection	
Chapter 4: Pgs 56-57	Muscle action on a cellular level	
Chapter 4: Pgs 58-67	Creating release in the lower limbs for pile, shoulders for port de bra and neck for balance and turns	
Chapter 4: Pgs 68-82	Specific release work for the neck and back in arabesque, and lower limbs for jumps	