

**BRIGHAM YOUNG UNIVERSITY**  
**COLLEGE OF HEALTH AND HUMAN PERFORMANCE**  
**Department of Dance**

Student Syllabus for Dance 230  
Conditioning and Injury Prevention for Dance

Instructor: \_\_\_\_\_ Office: \_\_\_\_\_ Office Hours: \_\_\_\_\_  
BYU Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_ and by appointment

**1. Catalog Course Description:**

Developing conditioning programs specific to dance. Recognizing and resolving dance injuries. Practical application.

**2. Prerequisite(s):**

PDBio 220

**3. Course Alignment with University and Program Mission and Aims:**

This course is designed to provide students with practical knowledge that not only helps them in dance, but also to understand principles that will assist them in taking care of their health and physical condition throughout life. Effort is also made to relate principles taught to spiritual application. During the course they apply the principle and assess that application at the end of the semester so they can see the true nature of what they learned in class.

**4. Required Course Materials:**

None (contained in syllabus)

**5. Course Intended Learning Outcomes:**

To provide the student with the knowledge of how to develop a well rounded conditioning program, and also a knowledge of training and conditioning principles that will help them prevent injury. Each student will create and participate in an actual conditioning program based on principles learned in the class. At the end of the class students will be in better physical condition and have a working knowledge of all aspects of conditioning and injury prevention.

**6. Learning Activities/Course Requirement:**

Topics the class will cover:

- Functional assessment
- Myths of exercise
- Components of a balanced conditioning program
- Basic principles of exercise physiology
- Muscles and muscle functions of the skeletal body
- Principles of aerobic and anaerobic conditioning

- Principles of strength training
- Stretching and flexibility
- Functional vs. traditional exercise
- Core stability exercises
- Over training
- Nutrition and performance
- Injury prevention and early recognition
- Signs and symptoms
- Treatment progression of injury
- Taping procedures
- Types of conditioning equipment

## 7. Assessment Procedures:

### Grading Formula

Grading will be done on a straight point system.

- There will be 4 tests. 50 points each.
- Personal assessment. *There will be 2 assessments taken, one at the beginning of the semester and one at the end.* 25 points each.
- Nutrition log 50 points
- Exercise log 50 points
- Report on research article 50 points
- Regular attendance 50 points

Total points 450

95-100%	A	74-76%	C
90-94%	A-	70-73%	C-
87-89%	B+	67-69%	D+
84-86%	B	64-66%	D
80-83%	B-	60-63%	D-(Passing)
77-79%	C+		

## 8. Course Policies

### Assignments:

1. Personal assessment profile with personal conditioning goals documented that will be worked on during the semester.
2. One page report on a current research article. The report should summarize the article read and state practical implementation of principles learned in the article.
3. Each student will take a 2 week nutrition log of their eating and then note what changes in their eating habits they need to implement to comply with sensible and safe eating habits.
4. Each student will participate in at least 3 conditioning bouts per week. These should be recorded. Conditioning should include exercises that will help meet goals obtained from personal assessment.

This class is a 2 hour class meeting 3 times/week for 1 hour per class. The class will consist of lecture, and conditioning that the students will participate in.

This is not just a lecture class. It is also an activity class. Attendance is very important.

## 9. University Policies

### **Preventing Sexual Harassment:**

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. BYU's policy against sexual harassment extends not only to employees of the university but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, contact the Equal Employment Office at 422-5895 or visit the website at <http://www.byu.edu/hr/eo/info.html>.

### **Students with Disabilities:**

Brigham Young University is committed to providing a working and learning atmosphere that reasonably accommodates qualified persons with disabilities. If you have any disability that may impair your ability to complete this course successfully, please contact the Equal Employment Office at 422-5895 or visit the website at <http://www.byu.edu/hr/eo/info.html>.

### **Church Educational System Honor Code:**

Brigham Young University exists to provide an education in an atmosphere consistent with the ideals and principles of The Church of Jesus Christ of Latter-day Saints. That atmosphere is created and preserved through commitment to conduct that reflects those ideals and principles. Observance of such standards is a condition of employment and admission. Those individuals who are not members of The Church of Jesus Christ of Latter-day Saints are also expected to maintain the same standards of conduct, except church attendance. If you have any concerns, please contact the Honor Code Office at 422-2848. For more information on the following related topics, visit the Honor Code office website at [http://www.byu.edu/honorcode/honor\\_code.htm](http://www.byu.edu/honorcode/honor_code.htm)

- Be honest
- Live a chaste and virtuous life
- Obey the law and all campus policies
- Use clean language
- Respect others
- Abstain from alcoholic beverages, tobacco, tea, coffee, and substance abuse
- Observe Dress and Grooming Standards
- Participate regularly in church services
- Encourage others in their commitment to comply with the BYU Honor Code
- Academic Honesty
- Dress and Grooming Standards