

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

Student Syllabus for Dance 359
Dance and Health

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

1. Catalog Course Description:

This course is one in a series of four different topics that relate to dance. The focus in this section is based on selected health issues that may impact a dancer in his or her career or personal life. The student is educated academically and spiritually to make future wise choices concerning their health.

2. Prerequisite(s):

Dance 243, 244, and 261

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

This course is in correlation with the AIMS document of a BYU education by continual dialogue concerning spiritual matters, as it relates to health issues, current information on selected health issues, personality and character traits, attitudes, and the positive health effects of altruism. The final for the course is to provide three hours of service.

4. Required Course Materials:

- Diet for Dancers: A Complete Guide to Nutrition and Weight Control, by Robin D. Chmelar & Sally S. Fitt. Located in the BYU Bookstore.
- D-359 - Dance and Health Syllabus, created by Colleen West.
- Mind/Body Health - The Effects of Attitudes, Emotions, and Relationships , by Brent Q. Hafen, Keith J. Karren, Kathryn J. Frandsen, and N. Lee Smith.

SELECTED BOOKS FOR READING ASSIGNMENTS:

- Mind/Body Health, The Effects of Attitudes, Emotions, and Relationships by Brent Q. Hafen
- The Healthy Mind, Healthy Body Handbook by David S. Sobel and Robert Ornstein
- Toward a Healthier Lifestyle by Gary M Booth
- The Color Code by Taylor Hartman
- Unbearable Weight Feminism, Western Culture and the Body by Susan Bordo
- The 22 (Non-Negotiable) Laws of Wellness by Greg Anderson

5. Course Intended Learning Outcomes:

- nutrition for dancers
- personality traits and the gift of character

- body image
- eating disorders
- time management
- stress management
- depression and anxiety
- sleeping disorders
- humor, laughter and positive attitude
- healing power of spirituality
- meditation and relaxation techniques
- communication skills
- altruism

6. Learning Activities/Course Requirement:

- lecture/discussion on the above listed health topics
- professionals from the community may address the class in the following topics: eating disorders, time management, types of cancer, depression and anxiety, and alternative medicine
- videos on the topics of eating disorders
- recovering eating disorder patients from the "Center for Change" to address the class
- providing three hours of service to someone in need in the community
- participate in the "Y-Be-Fit Wellness " fitness program for diagnosis of body fat, flexibility, cardiovascular, muscle strength, endurance and back flexibility
- readings in the LRC located in the SFH
- permanently change an already established unhealthy behavior
- Three hours of service

7. Assessment Procedures:

Grading Formula

- two written exams (25% each)
- five-page research paper on a health topic of interest to the student; the topic is expected to be well researched, documented and presented in proper writing format. (20%)
- participation in class: students are expected to be on time to class, come prepared to discuss the various aspects of health and the assigned reading. (10%)
- a selection of an unhealthy behavior to change, indicate in written form: 1) an explanation of why your particular behavior was chosen, 2) a justification for the change and list resources used to support the benefits of the change, 3) a description of particular strategies, motivators, etc. to help reach your goal, 4) indicate a time frame that you would like the goal to be accomplished, 5) your reaction to the change (or if the change did not happen) and how you feel about its permanent inclusion in your lifestyle. (10%)
- Final Exam: Altruism - the act of giving of oneself out of a genuine concern for other people has been called one of the healthiest of human attributes. Provide three hours of service. Past ideas were: babysitting for a sister-in-law so she could attend the temple, spending the afternoon with a grandma by reading books and cleaning her house, helping

out at a retirement facility or a home for the disabled, picking up garbage off the streets in a community, etc. (10%)

Answer the following questions:

What did you choose for your service and why?

Did you feel a boost in your immune system, nervous system?

What was your stress level?

How did your service impact the relationship with your person or community?

What personality traits were discovered through your service?

What emotions did you feel?

How does altruism play a role in good health?

8. Course Policies

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

- 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