

Bergen Community College
Division of Arts, Humanities & Wellness
Department of the Performing Arts

Course Syllabus

Yoga Dance DAN 109

Date of Most Recent Syllabus Revision: September 1, 2014
Course Typically Offered: Fall ___ Spring ___ Every Semester X Other ___
Syllabus last reviewed by: BCC General Education Committee _____
Curriculum Committee _____

Basic Information About Course and Instructor

Semester and Year:
Course and Section Number:
Meeting Times and Locations:

Instructor:
Office Location:
Phone:
Email:
Performing Arts Departmental Secretary: Barbara Bliss
Department Location: W225
Phone: (201) 447-7143
Office Hours: by appointment

Course Description

Yoga Dance integrates the principles of yoga with the fundamentals of dance. The course offers a stimulating workout that combines stretch and strengthening with the enjoyment of dancing. Students will develop awareness, experience the flow of energy, improve alignment and core strength, and enhance creative expression. The course is open to students of all levels and aims to promote health and balance by improving the body as an instrument of communication. 2 labs, 1 credit

No prerequisites and/or co-requisites.

Student Learning Objectives: As a result of meeting the requirements of this course, students will

1. Describe the appropriate meditative practices that can create better focus and promote well-being.
2. Describe the application of yoga techniques to dance.
3. Identify the application of yoga and movement to enhancing core strength.
4. Explain how yoga and movement develop a union of physical, mental, and spiritual states to relaxation response.
5. Describe proper body alignment, body mechanics, balance, and flexibility relative to selected yoga and dance techniques.

Student Learning Outcome Assessments: In support of the above-mentioned goals, each student will be assessed as follows

1. Through writing, as well as demonstration, students will describe selected meditative techniques.
2. Through physical demonstration, students will show how yoga techniques are applied to dance.
3. Through writing and physical demonstration, students will describe selected related yoga movements.
4. Through written and oral means, students will describe how yoga and movement can be used in stress management.
5. Through physical demonstration, students will show proper alignment, mechanics, balance, and flexibility during yoga movement.

Course Content

Yoga Dance is designed to introduce students to an awareness of life energy as presented in the practice of yoga postures and meditation, and to relate this awareness to dance as a form of self-expression. In addition to exploring energy, students will study and practice

correct body alignment, muscle development, and mental discipline relevant to both yoga and dance. This course is primarily concerned with the practice rather than the theory of yoga and dance, therefore, journal writing and the chronicling of personal development forms the analytic portion of the course with texts listed in the suggested reading list as supplemental. Each class will include the following components: meditation, physical warm-up, demonstration and practice of yoga postures, exploration of movement sequences and dance improvisation. The course will build in complexity with increasingly challenging yoga postures, and dance sequences and improvisations that progress from individual to partners to group interaction.

Technological Literacy

Technological literacy and/or information literacy is a key component to this course. Students will be required to view video clips online as well as through the BCC Library's Dance Data Base.

Course Texts and/or Other Study Materials

Required: No text is required for this course.

Supplemental:

Anderson, Sandra and Sovik, Rolf, *Yoga: Mastering the Basics*. Himalayan Institute, 2011.

Kirk, Martin; Boon, Brooke; DiTuro, Daniel, *Hatha Yoga Illustrated: For Greater Strength, Flexibility, and Focus*. Human Kinetics, 2006.

Manocha, Ramesh M.D., *Silence Your Mind*, Hachette Australia, 2013.

Miller, Olivia H., *Essential Yoga: An Illustrated Guide to Over 100 Yoga Poses and Meditations*. Chronicle Books, 2003.

Nachmanovitch, Stephen, *Free Play: Improvisation in Life and Art*. Penguin, 1991.

Todd, Mabel Elsworth, *The Thinking Body*, Princeton Book Company, 1937.

Technological: YouTube.com, various DVDs of yoga and dance.

Grading Policy

The final grade in this course will be determined by a student's overall mastery of the subject matter as evidenced by attendance/punctuality, active participation in class, physical demonstration of skills with regular assessment, and regular journal writing with specific content relative to meditation and at-home practice of techniques learned in class.

Attendance/Punctuality

30%

Participation & Effort	30%
Skill Demonstration	30%
Journals	10%

Criteria for Evaluation:

Attendance/Punctuality:

Attendance is mandatory and students will be expected to arrive prepared and ready to begin at the start time of class. It is advisable for students to purchase their own Yoga mats for use at home. For ease of movement and safety students should wear comfortable clothes (no jeans) and remove bulky jewelry. Chronic lateness and/or missed classes will negatively impact this portion of the student's grade and may affect overall grading. Missed classes may be made up with the permission of the instructor in other BCC dance or WEX classes.

*Special Note: It is best not to eat at least one hour before practicing Yoga postures.

Research, Writing & Analytical Thinking:

All students will engage in one or more writing assignments designed by the instructor. This may include a recording journal, an investigative report and/or a summative analysis of class experience as it pertains to the objectives.

Skill Demonstration, Class Participation & Effort:

The participation grade attempts to measure the level of involvement in the student's effort to actively create an understanding of communication in his or her own life. The participation grade includes the quality and duration of in-class participation, verbal and nonverbal interest in the class, attentively listening to classmates, using time given for class exercises to focus on the task at hand, demonstration of knowledge of assigned readings and active participation in class discussions. Daily attendance is mandatory and student participation is a key component to the learning and evaluation process.

**90-100 = A 86-89 = B+ 80-85 = B 76-79 = C+ 70 - 75 = C 65-69 = D
E =Unofficial Withdrawal W =Official Withdrawal INC=Incomplete 0-64 = F**

Civility/Classroom Conduct:

As a college of choice, Bergen Community College provides a comfort level that enables students of all abilities to mature as learners and engaged citizens. Therefore, it is important that this class provide a stimulating, rigorous, and inclusive learning environment. To that end, students must demonstrate respect to others and to ideas and opinions expressed in the class. Use of cell phones and laptops is prohibited, unless special permission is granted. Anyone not following these standard procedures may be asked to remove him/herself from the class.

Attendance Policy

BCC Attendance Policy:

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes. Instructors must include a specific policy regarding the deduction of points or grading penalties for attendance and lateness.

Students will be evaluated on attendance and participation in class using the following criteria: consistent attendance; evidence of out-of-class practice; completed assignments; quality classroom participation and responses.

Bergen Community College Academic Policies

Student and Faculty Support Services

Bergen Community College is committed to academic integrity – the honest, fair, and continuing pursuit of knowledge, free from fraud or deception. Students are responsible for their own work. Faculty and academic support services staff will take appropriate measures to discourage academic dishonesty. The college recognizes the following general categories of violations of academic integrity whenever a student does one or more of the following: uses unauthorized assistance in any academic work, copies from another student's exam, gives unauthorized assistance to another student, fabricates data in support of an academic assignment, inappropriately or unethically uses technological means to gain academic advantage, and commits plagiarism. Please review the college catalogue or student handbook for further information on this topic.

Bergen Community College has adopted an internal grievance procedure to provide for prompt and equitable resolution of complaints alleging any action prohibited by federal regulation implementing Section 504 of the Rehabilitation Act of 1973, as amended and the Americans with Disabilities Act of 1990 (ADA). Please review the college catalogue for further information on this topic.

Bergen Community College is committed to providing its students and employees with an academic and work environment free from sexual harassment or discrimination. Sexual harassment in any form constitutes prohibited, unprofessional, and unacceptable conduct, and is a violation of Title VII of the Civil Rights Act of 1964 and 1990, as amended Title IX of the Education Amendments of 1972, The New Jersey Law Against Discrimination, established case law, and State policies. The policy applies to all persons: faculty, staff, students, guests, and visitors are all. Please review the policy prohibiting sexual harassment in the college catalogue.

Please review the statement on acceptable use of BCC technology in the college catalogue.

Faculty are available to meet with students as requested and/or by appointment. Students are encouraged to seek out their faculty member for academic needs.

All students are encouraged to visit and use the BCC Library. There are electronic references in the area of dance available to our students.

Students are encouraged to use the student support services of the college including the Writing Center, the Tutorial Center, the Office of Specialized Services, and ELRC.

The Distance Learning Office – for any problems you may have accessing your online courses	Room C-334	201-612-5581 psimms@bergen.edu
Smarthinking Tutorial Service	On Line at:	www.bergen.edu/library/learning/tutor/smart/index.asp
The Tutoring Center	Room L-125	201-447-7908
The Writing Center	Room L-125	201-447-7908
The Online Writing Lab (OWL)	On Line at:	www.bergen.edu/owl
The Office of Specialized Services (for Students with Disabilities)	Room S-131	201-612-5270
The Sidney Silverman Library – Reference Desk	Room L-226	201-447-7436

Course Outline:

Note to Students: This Course Outline and Calendar is tentative and subject to change, depending upon the progress of the class and at the discretion of the instructor

Yoga Dance Course Outline

Week	Topic/Activity	Learning Objectives	Assignments/Events
1	Introduction Meditation and Energy Flow	1, 3	
2	Meditation & Energy Flow Warm Up & Core Connected Movement	1,2,3,4,5	

	Asana & Vinyasas with emphasis on Balance and Gentle Stretch Following the Energy into Dance – Individual, Partnered, Group Gather		
3	Continuation of above	1,2,3,4,5	Journal entries and summaries due
4	Continuation of above	1,2,3,4,5	Dream or story due
5	Meditation & Energy Flow Warm Up & Core Connected Movement Asana & Vinyasas with emphasis on Balance and Strength Dance – Dreams and Stories Gather	1,2,3,4,5	
6	Continuation of above	1,2,3,4,5	Journal entries and summaries due
7	Continuation of above	1,2,3,4,5	
8	Continuation of above	1,2,3,4,5	
9	Meditation & Energy Flow Warm Up & Core Connected Movement Asanas & Vinyasas with emphasis on Balance, Strength, Energy Dance – following Internal & External Cues Gather	1,2,3,4,5	Journal entries and summaries due
10	Continuation of above	1,2,3,4,5	
11	Continuation of above	1,2,3,4,5	
12	Continuation of above	1,2,3,4,5	
13	Meditation & Energy Flow Warm Up & Core Connected Movement Asanas & Vinyasas with emphasis on Integration and Energy Dance – Inegration of semester’s work Gather	1,2,3,4,5	Journal entries and summaries due
14	Continuation of above		
15	Continuation of above		Demonstration by

			students of Asana/Vinyasa, Dance and Assessment
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