



SACRAMENTO  
STATE

# Course Change Proposal Form A



<b>Academic Group (College):</b> Arts and Letters	<b>Academic Organization (Department):</b> Theatre and Dance	<b>Date:</b> 4/15/08
<b>Type of Course Proposal:</b> New ___ Change <u>X</u> Deletion ___	<b>Department Chair:</b> Linda Goodrich	<b>Submitted by:</b> Lorelei Bayne
<b>Does this course fulfill a requirement for single-subject or multiple subject credential students? Yes ___ No <u>X</u></b>	<b>For Catalog Copy: Yes <u>x</u> No ___</b> <b>CCE: Yes ___ No ___</b>	<b>Semester Effective:</b> Fall <u>X</u> Spring <del>2008</del> <u>2009</u>

<b>This course replaces experimental course Subject Area (prefix) and Catalog Number (course number):</b>	
<b>This Catalog Number (course number) is being replaced:</b>	

**Change from:**

<b>Subject Area (prefix) &amp; Catalog No. (course no.):</b> DNCE 142	<b>Title: Dance Performance Skills</b>	<b>Units: 1</b>
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**Change to:**

<b>Subject Area (prefix) &amp; Catalog No. (course no.):</b> DNCE 142	<b>Title: Dance Performance Skills</b>	<b>Units: 2</b>
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**JUSTIFICATION:**

Adding a second unit to this course will allow a longer class period which allows further exploration of dance skills, techniques, styles and student experiences that will culminate in influencing the final performance project. Because the subject matter varies by semester, out of class assignments will constitute a portion of the work that should be adequately reviewed and critiqued; thus the added unit will provide more available time and recognize the students' work product.

**NEW COURSE DESCRIPTION: (Not to exceed 80 words, and language should conform to catalog copy. See <http://www.csus.edu/acaf/univmanual/crspsl.htm> - Guidelines for Catalog Course Description)**

<b>Same-name and description does not change.</b>	
<b>Note:</b>	
<b>Prerequisite:</b> Enforced at Registration: Yes ___ No ___	
<b>Corequisite:</b> Enforced at Registration: Yes ___ No ___	
<b>CAN (California Articulation Number):</b>	
<b>Graded: Letter ___ Credit/No Credit ___</b>	<b>Instructor Approval Required? Yes ___ No ___</b>
<b>Course Classification (e.g., lecture, lab, seminar, discussion):</b> C12	<b>Title for SIS+/CMS (not more than 30 characters)</b>
<b>Cross Listed?</b> Yes ___ No ___	<b>If yes, do they meet together and fulfill the same requirement, and what is the other course.</b>
<b>How Many Times Can This Course be Taken for Credit? ___! ___</b>	
<b>Can the course be taken for Credit more than once during the same term? Yes ___ No <u>X</u></b>	

**\*FOR NEW COURSE PROPOSALS OR SUBSTANTIVE CHANGES ONLY:**

**Description of the Expected Learning Outcomes:** Describe outcomes using the following format: "Students will be able to: 1), 2), etc."  
See the example at <http://www.csus.edu/acaf/example.htm>

The student will be able to:

- Understand basic Yoga terminology
- Develop an awareness of the body and the mind/body/spirit connection
- Identify in words and postures/exercises, the rationale for the sequence of a basic yoga class
- Have an understanding of the origins of Yoga
- Be an enlightened consumer when searching out a Yoga class, able to discern different styles and schools of thought
- Develop a personal practice that can be done alone and used over a lifetime to increase quality of life in as well as out of the dance field


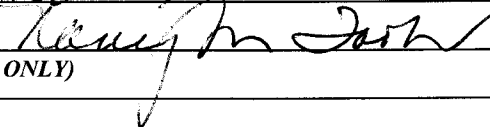
**\*\*Attach a list of the required/recommended course readings and activities [Note: it is understood that these are updated and modified as needed by the instructor(s).] This attachment should be forwarded only to your Dean's office, not Academic Affairs.**

**Assessment Strategies:** A description of the assessment strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above:

1. In class discussions of style, content, interpretation and movement according to the assigned dance subject.
2. Regular attendance and participation in class discussions and critiques.
3. Attendance and written review/observation paper of performance, class or activity related to the particular dance subject assigned.
4. Mid-Term and Final Project (graded) dependent on subject matter. Students will lead the class in an appropriate dance activity and submit final written review of same.

For whom is this course being developed?  
 Majors in the Dept  Majors of other Depts  Minors in the Dept  General Education  Other   
 Is this course required in a degree program (major, minor, graduate degree, certificate)? Yes  No   
 If yes, identify program(s):  
  
 Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer facilities, faculty, etc.)? Yes  No   
 If yes, attach a description of resources needed and verify that resources are available.  
  
 Indicate which department or programs will be affected by the proposed course (if any). Theatre and Dance  
  
***The Department Chair's signature below indicates that affected programs have been sent a copy of this proposal form.***

**Approvals:** If proposed change, new course or deletion is approved, sign and date below. If not approved, forward without signing to the next reviewing authority, and attach an explanatory memorandum to the original copy.

Signatures:	Date
Department Chair: 	08-04-08
College Dean or Associate/Dean: 	8-5-08
CPSP (for school personnel courses ONLY)	
Associate Vice President and Dean for Academic Programs	

**Distribution:** Academic Affairs (original), Department Chair and College Dean. Dean's office to send original after approval to Academic Affairs, at mail zip 6016. An electronic copy must also be sent.

# College of Arts and Letters Curriculum Committee CHECK-OFF LIST FOR COURSE APPROVAL

Name of Department Theater and Dance ,Effective Date Fall 2008  
Proposed Course Number DNCE 142 Course Name: Dance Performance Skills  
Contact Person (Instructor) Lorelei Bayne Email: baynel@saclink.csus.edu Phone 278-7033  
Projected Enrollment 25 Units of Credit 2  
Has the course been offered before? Yes If yes, under what number? DNCE 142  
Suggested Course Classification C12 Unit distribution: lecture  lab  activity

List the prerequisite(s) for the proposed course.

For which students or programs is the course designated?

- Majors in the department  
 Minors in the department  
 Majors of other departments (e.g., An A&L course designed for Business Administration majors)  
 General Service  
 Other (specify)

If approved by the A & L Curriculum Committee, will this course be submitted for consideration in the General Education Program?  Yes  No

Method of Presentation:

- Lecture  Lecture/Activity  Lecture/Discussion  Lecture/Laboratory  
 Activity  Laboratory  Seminar  Films and/or other visuals  
 Performance  other (specify)

If different amounts of credit will be available for the proposed course, indicate differences in course requirements for earning the units. N/A

N/A

If the course can be taken more than one time for credit, what is the justification for the repetition? How will the two (or more) experiences differ?

N/A

**What courses currently offered in Arts and Letters or other colleges/departments most closely resemble the proposed course?** Please *list* these other courses and justify why the proposed course will not duplicate them. Not all approved courses are shown in the current catalog so please consult faculty/chair in other schools/departments where duplication might occur. Please list persons you consulted.     None

- 1.
- 3.
- 2.
- 4.

**Can the course be implemented within the existing departmental allocation?** YES

If the proposed course will require an expenditure of \$100 or more, append a breakdown of expenditure and source of funding.

N/A

**If this is a new course, how will it be integrated into your present allocation?**

1. Will you be giving up another course to make room for the proposed course? No.
2. What course(s) could you alternate in the schedule with the proposed course? None.
3. How often would you schedule the proposed course? Within the normal schedule rotation.
4. What full-time faculty can teach the course? What other course would they give up in order to teach it? This course would fit into the normal faculty workload; no adjustment necessary.
5. Realistically, what fiscal impact might the proposed course have? (*e.g., operating expense, faculty cost, staff cost, student assistants, equipment, etc.*)  
None.

**List the objectives/goals/expected learning outcomes.**

**Dependent upon subject matter offering of that semester's course.**

**What student assessment tools will be used?** (*e.g., exams, papers, portfolios.*)

1. In class discussions of style, content, interpretation and movement according to the assigned dance subject.
2. Regular attendance and participation in class discussions and critiques.
3. Attendance and written review/observation paper of performance, class or activity related to the particular dance subject assigned.
4. Mid-Term and Final Project (graded) dependent on subject matter. Students will lead the class in an appropriate dance activity and submit final written review of same.

***In addition to filling out the Check-Off List form, please submit a course syllabus containing the following information:***

- I. Course Content and Objectives  
(Brief discursive overview of major topics and goals)
- II. Required Texts  
(*e.g., textbooks, class handouts, journals, newspapers, web pages, videos, etc.*)
- III. Course Format  
(*e.g., lecture, lecture-discussion, seminar, composition, activities, studio, etc.*)
- IV. Course Requirements
  - A. Class Participation
  - B. Examinations
  - C. Research Paper or Term Project or Short Papers, etc.
  - D. Attendance
  - E. Other Policies
- V. Student Evaluation: How are the requirements in IV weighted in determining the course grade?  
(*e.g., attendance 10%, midterm 23%, etc.*)
- VI. Semester Outline  
(Course topics ordered weekly)

Department of Theatre & Dance

**DNCE 142 - DANCE PERFORMANCE SKILLS**

2 Units

Professor Lorelei Bayne Office- Shasta 257

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baynel@saclink.csus.edu

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**CATALOG COURSE DESCRIPTION**

Elements of advanced technique with an emphasis on performance skills are used to develop and aesthetic understanding of the execution of performance oriented movement and an awareness of movement as an art form. **The subject matter varies from semester to semester.**

This semester, we will study the somatic practice of Yoga - that informs and enhances the performance and longevity of the dancer/performer.

*Yoga has existed in some form for thousands of years, and is a branch of Indian philosophy. The Sanskrit word yoga has many meanings, among which is "to unite" –referring to the union of the individual self with the universal consciousness. Yoga describes the union of the physical body with the mind and spirit as a method of transcending the limitations of the ego and reaching enlightenment.*

**Hatha (physical) Yoga** uses a combination of physical postures, breathing exercises, cleansing processes and mindful awareness. It is a practice that can be done by everyone because it can be modified for individual needs. Yoga can be incorporated into the life of the dancer and have many benefits including- lengthening of the performing career, better awareness of the breath in relation to moving with ease, increasing discipline and stamina, improving alignment, steadying the nerves and centering, decreasing injury, etc...

**TEACHING METHODOLOGY**

This course IS experiential, requiring the students' participation in the practice of asanas (postures), pranayama (breathing exercises) concentration and meditation. This course also involves lecture/discussion and video as appropriate. This practice is non-competitive. We will approach our Yoga practice with the knowledge that we will be lifelong students. Handouts will be provided for reference and we will use these for class discussions and quizzes.

**STUDENT OUTCOMES**

*The student will be able to:*

- Understand basic Yoga terminology
- Develop an awareness of the body and the mind/body/spirit connection
- Identify in words and postures/exercises, the rationale for the sequence of a basic yoga class
- Have an understanding of the origins of Yoga
- Be an enlightened consumer when searching out a Yoga class, able to discern different styles and schools of thought
- Develop a personal practice that can be done alone and used over a lifetime to increase quality of life in as well as out of the dance field

**Course Requirements**

1. Loose fitting clothing to move in, bare feet, hair tied back
2. **Yoga mat/block/strap**, towel, socks
3. Being present, punctual and with full concentration and participation
4. **Notebook/ journal** for handouts and notes
5. Try not to eat large amounts before class, relieve bladder and bowels
6. No Lateness

Over, please

7. **ATTENDANCE**- More than **three (3)** absences will result in a drop of one letter grade for each additional absence. Three late arrivals (more than 10 min.) will count as an absence.
8. **Out of Class experience.** Each student will attend a Yoga or Pilates mat class off campus and write a two page response/observation paper, typed, 12 font, double spaced. Due the week of March 27<sup>th</sup>.
9. **Mid-Term and Final Project.** Each student will lead the class in one asana (for mid-term) and one asana (for final) with all verbal cueing, etc. and give the instructor a typed write-up of it. (To be determined by instructor)

#### Guidelines Concerning Practice

- Check with your doctor if you have any problems
- Daily/Weekly practice is important, same time same place and before meals
- Perform slowly and smoothly and concentrate on inner awareness and breath
- Breathe into the postures and don't strain

#### Some Objectives and Benefits of Yoga

- Relieves and manages stress
- Firms, tones and stretches muscles
- Aids in alignment of body and spine
- Increases flexibility
- Extends range of joints attaining greater mobility
- Improves concentration
- Increases energy
- Sleep quality may be improved
- Decreases injuries and prevents back problems
- Heightens self-awareness
- Increases self-esteem
- Enhances positive feelings
- Greater sense of control
- Improved sense of balance
- Discipline of practice leads to self-discipline
- Improves breathing

#### ***COURSE REQUIREMENTS/CONTENT*** (\*Flexible depending on class needs)

Introduction/syllabus

#### Included in Yoga Unit

Discussion of different types of yoga, Sun Salutations, Video(s), Pranayama, Basic Asanas, Variations, Standing pose flow, Inverted postures, Personal sequences, Discussion of methods of meditation, Class sequence, -mid-term - lead class in executing one asana (determined by instructor).

Recommended texts- The Art and Practice of Moving into Stillness by E. Schiffman, [yogajournal.com](http://yogajournal.com)

#### ***EVALUATION***

100 points	Attendance/ participation
15 + 15 (total 30) points	Notebook for handouts, notes (mid-term and final)
20 points	Mid-Term project
20 points	Final project
30 points	<u>Out of class experience</u>
200 Total points	

A-184-299, B-168-183, C-148-167, D-126-147

***PLEASE NOTE THIS CLASS REQUIRES ACTIVE PARTICIPATION. PLEASE DON'T HESITATE TO CONTACT ME FOR ANY REASON.***

**No late work, under any circumstances, will be accepted! No papers accepted via e-mail!**  
**In class performance/attitude** is based on the dancer's ability relative to an absolute standard of excellence. This standard is reflected by class attendance, ability to assimilate corrections, individual growth, and willingness to take risks.

*\*Handouts will be provided. Video will be used in class occasionally.*

*\*Please feel free to make an appointment with me for any questions or concerns you may have regarding this course and its requirements at any time during the semester.*

***\*\*\*Student Tutorial on how not to plagiarize:  
<http://library.csus.edu/content2.asp?pageID=353>***