

COURSE SYLLABUS						
Course Title	Course Code	Semester	Course Hour/Week		Credit	ECTS
Body Conditioning	CDNC 221	SPRING	Theory 2	Practice 2	3	5
Course Type	Compulsory Courses	Department Elective	Faculty Elective	University Elective	CoHE (YÖK) Compulsory	Other
	x					
Level of Course	Associate Degree (Short Cycle)		Undergraduate (First Cycle)		Graduate / Doctoral (Second / Third Cycle)	
			x			

Language of Instruction	English
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Course Instructor(s)	Sen.Ins. Bekir Şimşek	E-mail: bekir.simsek@arucad.edu.tr
Course Objectives	<p>This course is designed to enhance dancers' physical capacity through structured conditioning practices that support strength, endurance, flexibility, mobility, and injury prevention.</p> <p>The course focuses on developing a balanced and sustainable training routine tailored to the needs of performing artists. Emphasis is placed on core stability, muscular endurance, joint alignment, cardiovascular capacity, and recovery strategies.</p> <p>Students will explore conditioning methodologies drawn from functional training, Pilates-based strength work, mobility systems, and athletic conditioning approaches. The aim is to build resilient, efficient, and performance-ready bodies while increasing anatomical awareness and movement safety..</p>	
Course Learning Outcomes	Students will able to	Teaching Methods
Remember	Define key anatomical and conditioning terminology (e.g., alignment, core	Direct Instruction
		Evaluation Methods
		Midterm: Practical Conditioning Assessment

	<p>stability, flexibility, endurance).</p> <p>Identify major muscle groups relevant to dance performance.</p> <p>Recall fundamental principles of strength, mobility, and injury prevention.</p>		<p>Final: Individual Conditioning Program & Performance Test</p>
Understand	<p>Explain the relationship between alignment and efficient movement.</p> <p>Describe how strength, flexibility, and endurance contribute to dance performance quality.</p> <p>Discuss basic principles of safe training and injury prevention.</p>	<p>Direct Instruction</p> <p>Demonstration</p> <p>Guided Practice</p> <p>Circuit Training</p> <p>Individual Feedback</p> <p>Progressive Training Programs</p>	<p>Midterm: Practical Conditioning Assessment</p> <p>Final: Individual Conditioning Program & Performance Test</p>
Apply	<p>Perform conditioning exercises with proper alignment and technique.</p> <p>Apply core stabilization principles during movement sequences.</p> <p>Integrate strength and flexibility training into dance practice.</p>	<p>Direct Instruction</p> <p>Demonstration</p> <p>Guided Practice</p> <p>Circuit Training</p> <p>Individual Feedback</p> <p>Progressive Training Programs</p>	<p>Midterm: Practical Conditioning Assessment</p> <p>Final: Individual Conditioning Program & Performance Test</p>
Analyze	<p>Analyze personal posture and movement patterns to identify muscular imbalances.</p> <p>Differentiate between effective and ineffective exercise execution.</p>	<p>Direct Instruction</p> <p>Demonstration</p> <p>Guided Practice</p> <p>Circuit Training</p> <p>Individual Feedback</p> <p>Progressive Training Programs</p>	<p>Midterm: Practical Conditioning Assessment</p> <p>Final: Individual Conditioning Program & Performance Test</p>

	Examine the impact of conditioning on performance efficiency.		
Evaluate	<p>Assess personal fitness progress using measurable criteria (strength, endurance, mobility).</p> <p>Evaluate exercise programs in terms of safety and effectiveness.</p> <p>Provide constructive feedback on technique and alignment.</p>	<p>Direct Instruction</p> <p>Demonstration</p> <p>Guided Practice</p> <p>Circuit Training</p> <p>Individual Feedback</p> <p>Progressive Training Programs</p>	<p>Midterm: Practical Conditioning Assessment</p> <p>Final: Individual Conditioning Program & Performance Test</p>
Create	<ul style="list-style-type: none"> Design a personalized conditioning program aligned with dance performance goals. <p>Develop a structured warm-up and cool-down sequence.</p> <p>Create a progressive training plan targeting specific physical needs.</p>	<p>Direct Instruction</p> <p>Demonstration</p> <p>Guided Practice</p> <p>Circuit Training</p> <p>Individual Feedback</p> <p>Progressive Training Programs</p>	<p>Midterm: Practical Conditioning Assessment</p> <p>Final: Individual Conditioning Program & Performance Test</p>

COURSE OUTLINE/SCHEDULE			
Week	Topic	Implementation (theory/practice)	Required Reading, Preliminary preparation
#1 02-06.02.26	Introduction to Body Conditioning	T/P	Course overview, physical assessment, posture analysis
#2 09-13.02.26	Principles of Strength Training	T/P	Muscle groups, overload principle, safe technique
#3 16-20.02.26	Core Stability & Alignment	P	Deep abdominal activation, pelvic stability
#4 23-27.02.26	Lower Body Strength	P	Glutes, hamstrings, quadriceps, ankle stability

#5 30.02.26 03.03.26	Upper Body Conditioning	P	Shoulder girdle strength, back support, arm endurance
#6 06-19.03.26	Mobility & Flexibility	P	Dynamic stretching, joint range development
#7 13-17.03.26	Midterm Assessment	P	Strength & endurance evaluation
#8 20-24.03.26	Cardiovascular Conditioning	P	Interval training, stamina development
#9 27.03.26 01.04.26	Functional Training for Dancers	P	Multi-planar exercises, balance & coordination
#10 04-08.04.26	Injury Prevention Strategies	T/P	Common dance injuries, recovery methods
#11 11-15.04.26	Plyometrics & Power	P	Explosive strength, safe landing mechanics
#12 18-22.04.26	Recovery & Regeneration	P	Cool down techniques, mobility flow, breathwork
#13 25-29.04.26	Designing Personal Conditioning Plans	T/P	Program structuring principles
#14 01-05.05.26	Final Program Rehearsal	P	Individual preparation
#15 08-12.05.26	Final Assessment	P	Performance test & program submission

Required Course Material(s) / Reading(s)/ Text Book(s)	<ul style="list-style-type: none"> Instructor's lecture notes
Recommended Course Material(s)/ Reading(s) /Other	<p>Science of Dance Training – Matthew Wyon</p> <p>Anatomy of Movement – Blandine Calais-Germain</p>

	Dance Anatomy – Jacqui Greene Haas
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ASSESSMENT		
Learning Activities	NUMBER	WEIGHT in %
Mid-Term	1	%40
Quiz		
Assignment		
Project		
Field Study		
Presentation / Seminar		
Studio Practice		
Other		
Contribution of Final Examination/Final Project/ Dissertation to the Final Grade	1	%60
TOTAL	1	100

CONTRIBUTION OF COURSE LEARNING OUTCOMES TO PROGRAMME LEARNING OUTCOMES

No	PROGRAMME LEARNING OUTCOMES	Level of Contribution (1- lowest/ 5- highest)				
		1	2	3	4	5
1	Have an overview of and understanding of the art of movement and dance in a contemporary manner in terms of aesthetic, social and artistic impacts on our time.	█				
2	Enable students to develop body and mind control, to coordinate body parts to achieve wanted movement patterns in choreography.			█		
3	Gain refined ability to apply various techniques such as ballet, modern dance techniques, contemporary dance techniques, improvisation and contact improvisation to their own body to perform different dance styles on stage.					█

4	Establish a firm sense of rhythm, space and effort both in theory and practice.								
5	Have an awareness of their being through movement as an artistic and creative tool as well as a medium of narration or expression.								
6	Be able to use improvisation, design principles and devise techniques to contribute creative process as collaborative artist personae.								
7	Develop creative and leading skills for group works to choreograph dances or design performances related to body and movement.								
8	Enable students to think deeper and alternatively to react or respond to all global human issues as artists. Encourage students to develop as reflective, critical, independent thinkers who will go on to actively and enthusiastically engage with the wider world.								
9	Comprehend the history of dance, the development of various dance and body-mind techniques their impacts on contemporary dance practices.								
10	Take responsibility for the pioneering local community and global society towards performing arts both as followers and creative collaborators.								
11	Develop advanced skills in building a unique artistic identity and promoting their name and works through digital/social media.								
12	Have an awareness of teaching methods and pedagogical approaches for dance and movement.								

ECTS / STUDENT WORKLOAD				
ACTIVITIES	NUMBER	UNIT	HOUR	TOTAL (WORKLOAD)
Course Teaching Hour (X weeks * total course hours)	14		4	56
Preliminary Preparation and self- study	14		4	56
Mid-Term	1		8	8
Quiz				
Assignment				
Project				
Field Study				

Presentation / Seminar				
Studio Practice				
Final Examination/ Final Project/ Dissertation	1		8	8
Other				
TOTAL WORKLOAD				128
TOTAL WORKLOAD / 25				5.12
ECTS				5

ETHICAL RULES WITH REGARD TO THE COURSE

Plagiarism Disclaimer

Detected and undetected plagiarism is a serious offense at any time and it could have devastating effects on your degree result and future professional lives. Plagiarism is easy to avoid if you make sure to identify and acknowledge your sources thoroughly and do not copy directly from visual examples, designs, or notes that have in turn been taken word for word from your sources.

Attendance

70% attendance to courses is required. In case of absence, health reports are invalid. Only if the Midterm or Final exam cannot be taken due to health problems, doctor-approved reports brought from any health institution will be accepted as valid.

Attire

Please wear clothing that you feel comfortable moving in. Avoid wearing any clothing that will distract you and limit your movement capacity (such as skirts, jeans, shorts etc.) Since we will be engaging in floorwork practice, wearing long sleeves and sweatpants are highly encouraged. Taking off wrist bands and/or watches is recommended but not required.

Safety During the Study of Movement and Site

The study of movement in site involves physical challenges. Every effort is made to provide a supportive and reasonably safe learning environment. To aid in this regard, students enrolled in movement courses are responsible for the following standards: (1) All members of the class, including the instructor, are to be treated with respect. No one may intentionally hurt themselves, another person or the physical space and its contents at any time. (2) Students have the right to egress from any class activity, to step out of work that they believe may compromise their well-being. (3) Students will not abuse the privilege of egress, a privilege that will be respected by the classroom community. (4) Students are responsible for informing faculty of anything that might limit their full participation in the class (injuries, restrictions, etc.).

Appropriate physical contact, between student and student, as well as student and instructor, can be expected. A student who does not wish to be touched, for whatever reason, is responsible for informing the instructor. Failure of students to meet these standards may result in disciplinary and academic consequences.

Studio Rules

During class hours:

1. Do not bring any food or drink other than water.
2. Do not enter or practice wearing shoes (including sports shoes and sneakers) or slippers.
3. Always practice either in socks or barefoot.
4. Leave your bags and clothing in the lockers located in the changing rooms.
5. Do not use the sound or heating systems under any circumstances.
6. Do not touch the mirrors under any circumstances.
7. Do not place any items in front of or behind the doors.
8. Do not leave any personal belongings in the studio.
9. Do not leave any trash in the studio (e.g., plastic water bottles).












Outside of class hours:







Studios may only be used for dance or similar physical activities and only with the permission of the Head of Department.

(Times and days for students' independent practice will be scheduled.)

ASSESSMENT DETAILS AND EVALUATION CRITERIA:

Final Grades will be determined according to the Course Learning Activities and Final Examination/ Project/ Dissertation Assessment Details as below, and comply with the Education and Examination Regulation set by the University.

	SDG 1: No Poverty	
	SDG 2: Zero Hunger	
	SDG 3: Good Health and Well-Being	X
	SDG 4: Quality Education	X
	SDG 5: Gender Equality	X
	SDG 6: Clean Water and Sanitation	
	SDG 7: Affordable and Clean Energy	
	SDG 8: Decent Work and Economic Growth	
	SDG 9: Industry, Innovation and Infrastructure	
	SDG 10: Reduced Inequalities	
	SDG 11: Sustainable Cities and Communities	

	SDG 12: Responsible Consumption and Production	
	SDG 13: Climate Action	
	SDG 14: Life Below Water	
	SDG 15: Life on Land	
	SDG 16: Peace, Justice and Strong Institutions	
	SDG 17: Partnership for the Goals	X
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UPDATED	20.02.2026	
APPROVED	Asst.Prof.Dr. Handan ERGIYDIREN	