

COURSE SYLLABUS

Course Title	Course Code	Semester	Course Hour/Week		Credit	ECTS
Body Conditioning I Wednesday, 3pm-6.50pm	CDNC 220	SPRING 2024-2025	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
--------------------------------	---------

Course Instructor(s)	Sen. Ins. Yıldız Güventürk	E-mail: yildiz.guventurk@arucad.edu.tr Office: ES OFF04
Course Objectives	This course is designed for students who are interested in training their bodies in developing stamina, strength and flexibility for their professional and/or recreational physical activities. Students will be introduced to a variety of movement series which includes stretching, strengthening and cardio; with emphasis on basic anatomy, kinesthetic function and endurance.	
Course Learning Outcomes	At the successful completion of this course students will gain the skills of: <ul style="list-style-type: none"> - Warming up and safely participating in a physically demanding activity - Increase their cardiovascular fitness - Increase their range of motion (developing flexibility with strength) - Knowing and applying basic anatomy into body conditioning practice 	
Course Content	Course methodology includes readings, viewings, application of class concepts, journaling, in-class work/assignments, discussions and exercises.	

COURSE OUTLINE/SCHEDULE*

**70% attendance to the courses is required. Absences due to illness will not be excused. Students may only make up missed midterm or final exams if they have a doctor-approved note from a health institution.*

Week	Topic	Implementation (theory/practice)	Reading/Viewing/Assignment Due
1. Feb 26	Introduction to body conditioning	T/P	Viewing: The Best Way To Understand Conditioning

			https://youtu.be/4TTRCBOHfOM?si=BPf93HdVtO6AMIB
2. Mar 5	What is body conditioning? What is "work out?" - Basic Anatomy: Muscles and Endurance	T/P	Reading: Franklin p.1-7 - Journal #1
3. Mar 12	Basic Anatomy: Muscles and Endurance - Cardiovascular training In class exercises	T/P	Reading: Franklin p.7-15 - Journal #2
4. Mar 19	Student presentations	T/P	Presenation #1: Choose one muscle in the upper body , prepare Powerpoint presentation, explaining the following: 1. Point of origin, point of insertion 2. Function, action 3. How to stretch and how to strengthen this muscle 4. Why you chose this muscle. Your Powerpoint should consist of 4-6 slides. Your presentation should be 6-10 minutes.
5. Mar 26	Cardiovascular training - Strength Training In class exercises	T/P	Reading: "Balance Training in Modern Dancers" https://www.jstor.org/stable/48715013 - Journal #3
6. Apr 2	Cardiovascular training - Strength training In class exercises	T/P	Worksheet I - Journal #4
7. Apr 9	Strength training - Creating your own work out In class exercises	T/P	Journal #5
8. Apr 16	Midterm	T/P	Project #1
9. Apr 23	<i>No class – National Holiday</i>	T/P	
10. Apr 30	Midterm checkin	T/P	Reading: Franklin p. 50-55 - Journal #6
11. May 7	Creating your own workout - Flexibility training In class exercises	T/P	Reading: Franklin p.56-62 - Journal #7
12. May 14	Flexibility training In class exercises	T/P	Worksheet II -

			Journal #8
13. May 21	Student presentations	T/P	Presentation #2: Choose one muscle in the lower body , prepare Powerpoint presentation, explaining the following: <ol style="list-style-type: none"> 1. Point of origin, point of insertion 2. Function, action 3. How to stretch and how to strengthen this muscle 4. Why you chose this muscle. Your Powerpoint should consist of 4-6 slides. Your presentation should be 6-10 minutes.
14. May 28	Creating your own workout - In class feedback session In class exercises	T/P	Journal #9
15. Jun 4	Creating your own workout - In class feedback session In class exercises	T/P	Journal #10
16. Jun 11	Student Presentations In class exercises		Presentation #3:
17. Jun 18	Semester recap - Preparation for final In class exercises		
18. Jun 25	Final		Project #2

Required Course Material(s) / Reading(s)/ Text Book(s)	<ul style="list-style-type: none"> - Franklin, Eric. 2004. <i>Conditioning for Dance</i>. Human Kinetics. - The Best Way To Understand Conditioning https://youtu.be/4TTRCBOHfOM?si=BPfi93HdVtO6AMIB - Tekin, Demet, Ani Agopyan, and Gul Baltaci. "Balance Training in Modern Dancers: Proprioceptive-Neuromuscular Training vs Kinesio Taping." <i>Medical Problems of Performing Artists</i> 33, no. 3 (2018): 156–65. https://www.jstor.org/stable/48715013. - IntervalTimer (application for iOS or Android) https://apps.apple.com/us/app/interval-timer-tabata-timer/id406473568 https://play.google.com/store/apps/details?id=com.intervaltimerfree.app&hl=en_US
Recommended Course Material(s)/ Reading(s) /Other	<ul style="list-style-type: none"> - Best Conditioning Strategies For Strength Athletes https://youtu.be/kbfcNmNSISM?si=o8hn_wbq2mCwBp3Z -

Journals, Mid Term, Class Reflection and Final
Assignment(20%):

- **Journals:** A journal entry is due, to be submitted to Teams (.doc or .docx format), **on Thursday** of the week **by 23.59** (before midnight). In **250-300 words**, write a brief description of the exercise and reflect on your kinesthetic experience. Some of the questions you may answer are “What does the exercise consist of? Where do I feel the effect of this exercise? What is this exercise meant for?”
- **Presentations:** Instructions for each presentation are provided in the topical outline.

Mid Term(25%): Worksheet I (30%), Participation (30%), Project #1 (40%)

Project #1: Create a 5-minute work-out sequence which consists of 1)cardiovascular activation, 2)muscle stretch and 3)strengthening. For 2 and 3, have a clear targeted muscle/muscle groups. Use the IntervalTimer application for timing your workout.

Final(55%): Worksheet II (30%), Participation (30%), Project #2 (40%)

Project #2: Create a 10-minute work-out sequence. In addition to previous elements of project #1, add a section for movement improvisation, that is separate from cardiovascular activation. Use the IntervalTimer application for timing your workout.

ASSESSMENT								
Learning Activities			NUMBER	WEIGHT in %				
Mid-Term			1	30%				
Quiz								
Assignment			1	25%				
Project								
Field Study								
Presentation / Seminar								
Studio Practice								
Other								
Contribution of Final Examination/Final Project/ Dissertation to the Final Grade			1	%45				
TOTAL				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 era 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 works 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 well as Encourage students to develop as reflective, critical, independent thinkers who will go on to learn and enthusiastically engage with the wider world.				
9	Comprehend the history of dance, the development of various dance and body-mind techniques and 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)	15		4	60
Preliminary Preparation and self- study	14		4	56
Mid-Term	1		8	8
Quiz				

Assignment	1		4	4
Project				
Field Study				
Presentation / Seminar				
Studio Practice				
Final Examination/ Final Project/ Dissertation	1		8	8
Other				
TOTAL WORKLOAD				136
TOTAL WORKLOAD / 25				5,44
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 the courses is required. Absences due to illness will not be excused. Students may only make up missed midterm or final exams if they have a doctor-approved note from a health institution.

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. Socks are allowed, although you may be asked to remove them occasionally, for the sake of feeling your weight (center of gravity) better.

Etiquette/Participation

During our shared time together, bring your attention and energy to the practice at hand. Please be ready to dance at class start time, silence and put away all cell phones, remove your shoes before entering the studio, and refrain from eating or chewing gum. Students arriving more than 15 minutes after class start time will be asked to observe class. Any student observing class due to illness, injury, or tardiness will be asked to engage in class through observation and discussion. Participation will be assessed by the criterias mentioned above and will count towards midterm and final grade.

Body Inclusion and Positivity

This class demands high physical participation and is challenging for the cardiovascular respiratory system. If you encounter physical difficulty and feel unwell, take a break and drink enough water. Embrace this opportunity to grow as a mover. Every person improves in their own speed. Refrain from comparing your process to others' and making negative comments about the bodies in space, including your own. Have an attitude that is respectful and encouraging to yourself and others.

Safety During the Study of Dance

The study of dance involves intensive physical challenges. Every effort is made to provide a supportive and reasonably safe learning environment. To aid in this regard, students enrolled in dance 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.

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.

PREPARED BY	Sen. Ins. Yıldız Güventürk
UPDATED	February 2025
APPROVED	Assist. Prof. Dr. Handan Ergiydiren