

A - New Course Proposal V. 7.2022 : Entry # 3494**DEAN Decision**

Approved

Date

09/25/2025

Is this course intracollegiate or intercollegiate?

Intracollegiate

SCHOOL EPC Decision

Approved

Date

10/14/2024

Begin Form**Today's Date**

06/24/2025

Your Name:

Lindsey Howie

Your Email:lhowie@highpoint.edu**Are you a Department Chair?**

No

Department Chair Name

Doug Brown

Email address of your Department Chairdbrown@highpoint.edu**By checking below, I certify that my department chair has seen and approved the new course that I am proposing.**

Yes

Please select the appropriate school overseeing this proposal:

Arts & Design

When should this proposal take effect?

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Fall 2026

Information for the Registrar**Choose the department designator from the list below.**

DNC

Proposed Course Number?

2400

Is this course cross listed?

No

Does this course replace a current course?

No

What is the title of the new course?

Somatic Studies and Dance

Write the catalog description of your proposed course:

An introduction to human anatomy and kinesiology concerning movement and dance. The course explores the study of skeletal structure and the function of muscles and joints for proper alignment while focusing on the dancing body. Students study the history and application of various somatic practices.

How many credit hours will this course be?

2

How will the course be graded?

Letter grade

Please select the course repeat option for this course:

Not repeatable for credit

What is the offering cycle for this course?

Spring semester

Does your course have any prerequisites?

No

Is this new course being proposed because of a new or revised major or minor proposal?

No

Any other comments for the Registrar at this time?

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No

Gen Ed and Academic Programs**Is this course part of Gen Ed?**

- No

Does this course count towards a major or a minor?

Yes

Please list the Major / Minor and if it is Required or Elective

DNC Major-Elective

Is this course part of an academic program?

- This course does not fulfill academic program requirements

Does this course include any community engagement?

No

Does this course participate in the GoGlobal Program?

No

Information for Curriculum Review**Rationale and evidence for new course's consistency with departmental mission:**

A somatic studies in dance course directly supports the dance program outcome requiring students to develop kinesthetic awareness of their physical and aesthetic capabilities. Through somatic practices, dancers gain essential tools for body awareness, injury prevention, and enhanced artistic expression that complement their technical training in rehearsal and performance.

List all student learning outcomes for this course.

1. Analyze the skeletal structure and muscular systems of the human body, demonstrating knowledge of proper alignment principles specific to dance movement. (In-class assignments)
2. Apply somatic practices to improve body awareness, movement efficiency, and injury prevention in dance technique. (Reflections)
3. Evaluate the historical development of various somatic methodologies and their relevance to contemporary dance training. (Final Project)

List any units or content areas that will be required for all sections of this course.

Unit 1:
Foundations
Anatomical Terms, Skeletal System, Muscular System

Basic anatomical terminology and movement concepts

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Bone structure, joints, and joint mechanics
Muscle properties, contraction, and movement analysis

The Spine
Spinal Structure and Function

Vertebral anatomy and spinal movements
Core muscles and spinal alignment
Dance applications: spinal articulation, core stability

Unit 2:
Pelvis and Hip
Pelvic Girdle and Hip Joint

Hip anatomy, muscles, and mechanics
Pelvic alignment and common deviations
Dance applications: turnout, hip extensions, pelvic placement

Knee and Ankle and Foot
Knee and Patellofemoral Joints

Knee structure, stability, and movement
Common knee problems and injuries
Dance applications: plié mechanics, jumping technique
Foot and ankle anatomy and function
Foot alignment and arch support
Dance applications: pointe work, relevé, foot articulation

Unit 3: Upper Extremity
Arms, Shoulders, and Hands

Upper body anatomy and mechanics
Shoulder stability and mobility
Dance applications: port de bras, partnering

Movement Integration
Movement Analysis and Applications

Full-body movement analysis framework
Injury prevention and conditioning strategies
Integration of anatomical principles in dance technique

List any assignments, tests, or other assessments that will be required for all sections of this course.

Each unit will consist of:

- Reflections
- Check-Ins (quizzes)
- Textbook/In-Class Assignments

List any readings or other materials that will be required for all sections of this course.

The Dance Anatomy Coloring Book: A Visual Guide to Form, Function, and Movement (Anatomy Coloring Books) by Tricia Zweier

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Dance Anatomy and Kinesiology, Third Edition by Karen Clippinger

List any course policies that will be required for all sections of this course.**Attire**

Every dance environment has different values and rules surrounding attire in class. To enhance your understanding of living alignment, please wear form-fitting clothing. As the instructor, I will be able to help you most if I can see the landscape of your structure. This does not mean I require you to wear a leotard and tights, however, baggy t-shirts and pants are not acceptable. For the safety of you and your peers, please remove all jewelry before class. Bring a water bottle with you as well.

Attendance Policy

Learning is an active process that requires your participation. Your presence and your contributions help build a community of learners with diverse viewpoints that enrich the educational experience. Active participation is a base-level expectation that requires your presence and is representative of core life skills such as collaboration, teamwork, and accountability. In recognition of the challenges of life and the need to have personal days for mental or physical health, you are allowed to miss up to 3 days of participation during the semester without it affecting your participation grade. After that, your participation grade will be reduced by 5 points for every absence after the third.

Once you have accumulated 4 absences, the instructor will submit an attendance flag in Starfish to remind you of your number of absences. When you reach five absences, the instructor will raise a second flag. Upon the second flag, you are required to meet with your advisor and professor to discuss your current standing and strategies to help you succeed. When you reach six absences, the instructor will raise a third flag. Upon the third flag, you are required to meet with your advisor and professor again to discuss your current standing and strategies to help you succeed. You will receive a failing grade if seven absences are acquired.

Professionalism in the Classroom

Professional Behavior: High Point University students have a responsibility to uphold the University Honor Code, Conduct Code, and all other rules and processes as noted in the Undergraduate Bulletin and the Student Guide to Campus Life. These rules apply to the entirety of the campus, especially in academic spaces (e.g., classrooms, and faculty offices). You are responsible for being fully aware of the contents of these documents.

- Behaviors or methods of communication that hinder an “inclusive environment that encourages the exchange of ideas and the intellectual and creative development of faculty and students” (Mission of the School of Arts and Design) will be addressed immediately and tracked via Panther Success Network. The degree of offense could include civility education, withdrawal from the class, or expulsion. The School of Arts and Design partners with the Office of Student Life in dealing with these concerns.
- Plagiarism, cheating, etc. will not be tolerated. When in doubt, always ask before submitting an assignment, project, exam, or any other product to be evaluated. Procedures, consequences, etc. may be found in the Student Guide to Campus Life.

Intellectual Property: Please note that all materials distributed in this course are the intellectual property of the professor. This includes exams, study guides, presentations, handouts, and assignment/project instructions. These materials are meant solely for the use of the students in this classroom. The posting or sharing of these materials is prohibited and considered a violation of the Honor Code.

If you would like to specify how requirements for contact hours must be met for all sections of this course, please indicate below. (e.g., if any experiential learning activities will replace seat time)

NA

Is there anything else the reviewing parties should know about this new course proposal that hasn't been addressed?

NA

Sample Syllabus

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- [Somatic-Studies-and-Dance.docx](#)