**DAN 3775  DANCE IN MEDICINE**

Fall 2012 Per. 8-9 (3:00-4:55pm)  
Wednesdays: CON G-11  
Mondays and Fridays: assigned clinical rotations

**Instructors:**  
Jill Sonke  
UF Ofc. 352.273.1488  
Shands Ofc 352.7330880  
UF Office: McGuire 234  
Shands Ofc: 1302 Shands Cancer Hospital  
Cell 352.219.6208  
jsonke@ufl.edu

Rusti Brandman  
Cell 352.328.7522  
drdance@ufl.edu

**We are about to embark on a great adventure together--Welcome!**

**Description:** This experiential course explores the links between the creative and the healing arts, focusing on the many ways that dance and movement can be used to address health and wellness in healthcare and community settings. It includes studio workshops in movement, lecture/discussion, video viewing, readings/literature research, group project work, and site-based experience in a clinical or community setting. This course is appropriate for students of the arts and/or of health related fields who are willing to access their creative potentials through movement. Instructor approval is required for registration.

**Objectives:**

1. To become acquainted with the ways in which dance has been used to enhance health and healing (e.g.; dance therapy, dance in traditional healing rituals) as a context for the contemporary theory and practice of the arts in healthcare.  
   *Students will have access to this information through assigned reading, class lecture and discussion, group research, and consulting listed resources.*

2. To identify and develop knowledge and skills necessary to function as an artist in a healthcare or community setting, including gaining/strengthening/maintaining personal creative process; learning to work within healthcare procedures and environments; discovering ways to engage patients in their own creative processes; etc.  
   *Students will participate in class movement experiences, homework assignments, and clinical or community site work, including orientation procedures.*

3. To become familiar with the theory and practice of the arts in healthcare field through practical experience.  
   *Students will view films, read assigned literature, and participate in class lectures, assignments, discussions, and practical sessions as well as in on-site experiences.*
**Course Format**

The course will involve class meeting sessions, homework, individual and group research, and on-site experience in a clinical or community setting. Class meetings will be on Wednesdays and some Mondays; on-site experiences will be on Mondays and/or Fridays in September and November. Class sessions will consist of lectures, presentations, information sharing, movement, video viewing, and sharing of on-site experiences. Each session will include work on the major topic of the day as well as time for questions and for sharing individual experiences with the class content and/or with on-site work. Some classes will include exercises focusing attention inward for accessing creative awareness. Some people find such experiences spiritual in nature. We celebrate the connection of art and spirituality but do not design our exercises nor expect their results to be specific to or exclusive of any particular religious doctrine. The course is designed to prepare you to work creatively with healthcare and community populations and we have found that this purpose is best served when the class develops into a functional support community where creative and personal expression are valued. Therefore, we expect full and consistent participation from all students in an atmosphere of mutual respect exhibited by open non-judgmental participation, attention and confidentiality.

On-site observation and experiences will occur in the first and third months of the course, and require your compliance with the following structures:

- Completion of the orientation procedures, as required by the site at which you will work in November (if applicable).
- Scheduling of on-site work: You may schedule your on-site work at any time that fits your schedule. Mondays and Fridays at the designated class time are provided for you to use in the month of November, but you may also schedule outside of this time.
- You must sign in and out of every on-site experience using a sign-in log as provided by the site. If the site provides no log or sign-in process, you may create your own log and have a supervisor or staff member at the site sign after each session.

**Policies**

1. **Attire:** Dress appropriately for the specific activity.
   a. Movement sessions: regular dance attire or loose, comfortable clothing that will not inhibit your movement in any way (no skirts). Long hair should be secured away from the face.
   b. On-site work: Dress according to site policies, always erring on the side of more conservative.
2. **Attendance:** **Attendance is mandatory.** This is a highly experiential course, and the only way you can acquire the information and gain the practical experience is to be present at the class or on-site session. There will be no way to make up work missed in class.
3. **The adulthood clause:** It is the student’s responsibility to contact an instructor promptly concerning any missed work, etc. Please do not let any questions or concerns you have go unattended.

4. **The spontaneity clause:** Due to the experiential nature of this course, the instructors retain the right to alter this syllabus as needed to accommodate class pace, interests, and/or special challenges or opportunities that may arise.

5. **The R-E-S-P-E-C-T clause:** In order for all to have a positive experience in this (or any) course we must all demonstrate respect for each other in our deportment. This includes common courtesy, contemporary courtesy (cell phones and other personal technologies are only allowed in class when specified), observation of site protocols, and respect for patient and community member confidentiality.

6. **The “if it’s due it’s due” clause:** Requests for make-up tests, assignment presentations, or acceptance of late written assignments must be accompanied by documentation of extenuating circumstances.

7. **Academic Honesty:** All students sign the following statement upon registration at the University of Florida: “I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University.” As instructors for this course, we fully support the intent of the above statement and will not tolerate academic dishonesty.

8. **Disabilities:** Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the instructor when requesting accommodation.

**Assignments and Evaluation:**

**Total Points:**

2 cr. = 200 points
3 cr. = 250 points

**Course Grading Scale:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>94-100%</td>
</tr>
<tr>
<td>A-</td>
<td>91-93%</td>
</tr>
<tr>
<td>B+</td>
<td>88-90%</td>
</tr>
<tr>
<td>B</td>
<td>84-87%</td>
</tr>
<tr>
<td>B-</td>
<td>81-83%</td>
</tr>
<tr>
<td>C+</td>
<td>78-80%</td>
</tr>
<tr>
<td>C</td>
<td>74-77%</td>
</tr>
<tr>
<td>C-</td>
<td>71-73%</td>
</tr>
<tr>
<td>D+</td>
<td>68-70%</td>
</tr>
<tr>
<td>D</td>
<td>64-67%</td>
</tr>
<tr>
<td>D-</td>
<td>61-63%</td>
</tr>
</tbody>
</table>
Major Assignments

1. **Group Research Project** (50 points, 25% of grade): In a group of 3-4 other students, you will develop a written plan for an “ideal” dance program that addresses health or well-being in a specific population. Your work will include researching best practices, reviewing the literature, and writing the program plan and a short formal literature review. Due October 7. See *Group Research Project Assignment Guide* on E-Learning for detailed requirements. Students earning three credits for the course will write a more extensive literature review and if completed satisfactorily, can earn up to 25 additional points (see guide for details).

2. **Experiential Project and Presentation** (50 points, 25% of grade): Individually or in small groups, you will develop and implement a four-week dance for health project in a healthcare or community setting. This project includes a proposal for approval by the course instructors and site, implementation of the project (site work), interaction record keeping (these will be submitted as a part of your self-study), and a final in-class presentation. See *Experiential Project Assignment Guide* on E-Learning for detailed requirements and due dates for specific project components. Students earning three credits for the course will undertake an additional 12 hours of project work and, if completed satisfactorily, may earn an additional 25 points.

3. **Self-Study** (50 points, 25% of grade): Using your daily dancing, in-class exercises, creative process blog, assigned and suggested readings, facilitation of your experiential project, and your experiential project interaction records, you will submit a 1500 word paper describing what you have learned about your creative process in various contexts. See Self-study Guide for detailed requirements.

Other Assignments and Homework

1. **Daily dancing** (no points, but serves as an essential base for other assignments): You are expected to dance on your own for a minimum of 10 minutes per day. This assignment provides the research for the Creative Process Paper described below. See the *Guide to Daily Dancing*.

2. **Creative Process Blog** (25 points, 12.5% of grade): You will create and maintain a blog on the E-Learning site focused on your creative process. Your blog should include journal-type entries describing your exploration of your creative process, including impetus or motivation for movement, environmental conditions, and other
reflections. The blog may also include photos, videos, and other media. See the Creative Process Blog Guide for detailed requirements.

3. **Creative exercise** (25 points, 12.5% of grade): You will devise an exercise suitable to use in a workshop and lead the class through it. The exercise should be designed to elicit imaginative responses and engage participants in a creative process to be expressed primarily in movement. See Guide to Creative Exercises.

Attendance

There will be ONE “stuff happens” allowance. All absences beyond that will result in a deduction of 4 points from your final grade. Incomplete participation (tardiness, leaving early, etc.) will result in a loss of at least 1 point per occurrence.

**Required Texts:**

Brandman, Rusti and Sonke, Jill. *Dance in Medicine Handbook* (located on the Sakai site)


**Recommended Texts:**
