

## Freshman Year Portfolio Assignment #2: Due October 23, 2013, Worth 30 points

### Grading Criteria:

- The essay is formatted according to MLA guidelines, typed, and 2-3 pages in length plus a works-cited page: 5 points
- The essay is researched-based and includes in-text citations from multiple academic sources: 10 points
- The essay is well developed with a clear intro & thesis statement, body paragraphs with analysis of the research, and a conclusion: 10 points
- The essay is well-written with few grammatical errors (proofread!): 5 points

MLA Guidelines:

<http://und.edu/academics/writing-center/files/docs/mla-format-and-documentation.pdf>

### Freshman Assignment

#### *Anatomy/Kinesiology for Dancers Essay*

You will first need to research in books, scientific journals, and peer-reviewed online articles about the topic: Misalignments and Muscular Imbalances Common in Dance. Two questions are paramount in the assessment and identification of misalignments and muscular imbalances in the body. First, "Have I accurately identified the source of the problem?" Second, "Is the source of the problem changeable?" Explore common misalignments/muscular imbalances, including some of the following: pronation of the tarsus, variance in leg length, tight hip flexors, flat feet, lumbar lordosis, scoliosis, pectoralis minor syndrome, hyperextended or hyperflexed knees, etc.

After completing thorough research from a variety of sources, develop an outline of your essay, focusing on the THREE misalignments/muscular imbalances that you are most interested in writing about for this essay.

#### Guidelines for Your Outline/Development of Your Essay

Introduce topic, perhaps explaining why this is important information for dancers and how it can impact training.

Thesis Statement: \_\_\_\_\_

1<sup>st</sup> Body Paragraph: 1<sup>st</sup> Misalignment/Muscular Imbalance: \_\_\_\_\_

- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for corrective approaches to this issue

2<sup>nd</sup> Body Paragraph: 2<sup>nd</sup> Misalignment/Muscular Imbalance: \_\_\_\_\_

- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for corrective approaches to this issue

3<sup>rd</sup> Body Paragraph: 3<sup>rd</sup> Misalignment/Muscular Imbalance: \_\_\_\_\_

- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for corrective approaches to this issue

Conclusion: As you begin to write your conclusion, consider asking yourself: "What am **I** going to do with this information?" It is important to identify limitations which can be transformed into capacities through exercise and training, but also to accept those limitations which cannot be changed and learn to work with them, not against them. Take responsibility for modifying limitations which can be changed. Improvement is only to be found through self-direction and self-discipline. What final thoughts do you want to leave with your reader?

## Sophomore Year Portfolio Assignment #2: Due October 23, 2013, Worth 30 points

### Grading Criteria:

- The essay is formatted according to MLA guidelines, typed, and 2-3 pages in length plus a works-cited page: 5 points
- The essay is researched-based and includes in-text citations from multiple academic sources: 10 points
- The essay is well developed with a clear intro & thesis statement, body paragraphs with analysis of the research, and a conclusion: 10 points
- The essay is well-written with few grammatical errors (proofread!): 5 points

### MLA Guidelines:

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### Assignment

#### *Nutrition/Balanced Body Analysis Essay*

Understanding what constitutes healthy behavior (including healthy nutrition and physical activity) and developing a healthy and accepting attitude about one's body image can lead to a healthier and happier life. Dancers often strive for "perfection" in their craft, and since their body is their instrument, this can lead to a tremendous amount of pressure to conform to their perception of how society wants them to look. This pressure, whether self-imposed or external, leads many dancers to participate in unhealthy behaviors. The goal of this assignment is to help expand your understanding of healthy nutrition and to think critically about your own attitudes and perceptions about a "balanced body."

You will first need to research in books, scientific journals, and peer-reviewed online articles about the topic: Nutrition Concepts and Controversies. Explore common controversies/nutrition concepts, including but not limited to some of the following : Who is the best-qualified expert on nutrition; Sugar: is it "bad" for you; Sugar Substitutes and Artificial Fats; Food, Mood, and Time of Day; Vitamin Supplements; Eating Disorders; Are Fat Calories More Fattening; Strategies for Consumers, etc.

After completing thorough research from a variety of sources, develop an outline of your essay, focusing on the THREE nutrition concepts/controversies that you are most interested in writing about for this essay.

#### Guidelines for Your Outline/Development of Your Essay

Introduce topic, perhaps explaining why this is important information for dancers and how it can impact training.

Thesis Statement: \_\_\_\_\_

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1<sup>st</sup> Body Paragraph: 1<sup>st</sup> nutrition concept/controversy: \_\_\_\_\_

- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for corrective approaches to this issue

2<sup>nd</sup> Body Paragraph: 2<sup>nd</sup> nutrition concept/controversy: \_\_\_\_\_

- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for corrective approaches to this issue

3<sup>rd</sup> Body Paragraph: 3<sup>rd</sup> nutrition concept/controversy: \_\_\_\_\_

- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for corrective approaches to this issue

Conclusion: As you begin to write your conclusion, consider asking yourself: "What am **I** going to do with this information?" It is important to identify how this information can be applied to you personally and/or to dancers in general. What final thoughts do you want to leave with your reader?

### Resources for additional research/info:

- MyPyramid Menu Planner assesses meal items you input according to MyPyramid food group recommendations. [www.mypyramidtracker.gov/planner/launchPage.aspx](http://www.mypyramidtracker.gov/planner/launchPage.aspx)
- MyPyramid Tracker allows creation of a profile to keep track of food intake and physical activity over time; also performs dietary analysis and physical activity analysis reports. [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)
- MyPyramid Personalized Plan gives MyPyramid food group recommendations based on estimated calorie needs. [www.mypyramid.gov/mypyramid/index.aspx](http://www.mypyramid.gov/mypyramid/index.aspx)
- The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions website. [www.fns.usda.gov/tn/resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/resources/power_of_choice.html)
- Are You Label Able? from 10 Topics and Activities. [www.fns.usda.gov/tn/resources/POC\\_topics-activities.pdf](http://www.fns.usda.gov/tn/resources/POC_topics-activities.pdf)
- Nutrition Facts Cards may be cut out (and laminated) for use with above activity. [www.fns.usda.gov/tn/resources/POC\\_topic6.pdf](http://www.fns.usda.gov/tn/resources/POC_topic6.pdf)

## Junior Year Portfolio Assignment #2: Due October 23, 2013, Worth 30 points

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- The essay is well developed with a clear intro & thesis statement, body paragraphs with analysis of the research, and a conclusion: 10 points
- The essay is well-written with few grammatical errors (proofread!): 5 points

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### Assignment

#### *Dance Science/Somatics Explorative Essay*

The central objective of most somatic approaches is the encouragement of easeful, mindful, efficiency of motion which simultaneously promotes health, balance, and achievement of one's potential. The need for somatic techniques is critical in dance. Some somatic approaches that are popular in the dance world include: Pilates-Based Conditioning, Rolfing, Feldenkrais, Alexander Technique, Ideokinesis, Body-Mind Centering, Bartenieff Fundamentals, and Laban Movement Analysis. This list could also be expanded with the addition of yoga, Reflexology, Posturology, Applied/Educational Kinesiology, Trager Menastics, Postural Integration, and many others.

You will first need to research in books, scientific journals, and peer-reviewed online articles about the topic: Dance Science and Somatics. Explore career options and complete research from a variety of sources. Then, select THREE somatic approaches that interest you. Develop an outline for your essay before you begin writing.

#### Guidelines for Your Outline/Development of Your Essay

Introduce topic, perhaps explaining why this is important information for dancers and how it can impact training.

Thesis Statement: \_\_\_\_\_

1<sup>st</sup> Body Paragraph: 1<sup>st</sup> somatic approach: \_\_\_\_\_

- Provide background information about this approach and how it can be applied to dance training/physical therapy for dance
- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for how dancers can apply this information, and/or where they can receive training for further study

2<sup>nd</sup> Body Paragraph: 2<sup>nd</sup> somatic approach: \_\_\_\_\_

- Provide background information about this approach and how it can be applied to dance training/physical therapy for dance
- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for how dancers can apply this information, and/or where they can receive training for further study

3<sup>rd</sup> Body Paragraph: 3<sup>rd</sup> somatic approach: \_\_\_\_\_

- Provide background information about this approach and how it can be applied to dance training/physical therapy for dance
- Cite at least 2 supporting quotes/facts about your topic for this paragraph
- Include commentary on the research that you've cited in this paragraph
- Provide suggestions for how dancers can apply this information, and/or where they can receive training for further study

Conclusion: As you begin to write your conclusion, consider asking yourself: "What am **I** going to do with this information?" It is important to identify how this information can be applied to you personally and/or to dancers in general. What final thoughts do you want to leave with your reader?

### Additional Resources:

#### Journal of Dance and Somatic Practices

<http://www.ingentaconnect.com/content/intellect/IDSP/2009/00000001/00000001/art00002>

#### Somatics in Dance Education (from the Journal of Dance Education)

[http://www.tandfonline.com/doi/abs/10.1080/15290824.2002.10387219?journalCode=ujod20#.UkiCT\\_Pn-YE](http://www.tandfonline.com/doi/abs/10.1080/15290824.2002.10387219?journalCode=ujod20#.UkiCT_Pn-YE)

## Senior Year Portfolio Assignment #2: Due October 23, 2013, Worth 30 points

### Grading Criteria:

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- The essay is researched-based and includes in-text citations from multiple academic sources: 10 points
- The essay is well developed with a clear intro & thesis statement, body paragraphs with analysis of the research, and a conclusion: 10 points
- The essay is well-written with few grammatical errors (proofread!); 5 points

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### Assignment

*Critical Essay on Dance Topic of Choice (working towards publication in a dance journal and/or publication on our new Dance Blog on [www.nevadauniondance.com](http://www.nevadauniondance.com))*

Explore some of the links provided below for excellent examples of research-based dance papers. For your senior year, you can select the topic of your choice related to dance. At the college level, your paper would be between 3-15 pages in length (as required for the "Student Literary Award"), and demonstrate thoughtful research and commentary. This essay will help to prepare you for these types of collegiate assignments.

Choose a topic that you feel passionate about or that has impacted you as a dancer. Student papers that have been published include topics such as: What Happened to the Left Side? Overemphasis of the Right Side in Choreography; The Psychology of the Competitive World of Dance; Sleep Patterns in High School/Collegiate Dancers; Developing a Wellness Plan for High School/Collegiate Dancers; and many, many more!

Follow the grading criteria above to complete a researched-based essay on the topic of your choice. I strongly recommend that you complete an outline (identify your thesis, main points for each body paragraph, etc.) prior to writing the essay.

Links:

National Dance Education Organization: Journal of Dance Education

[http://www.ndeo.org/content.aspx?page\\_id=22&club\\_id=893257&module\\_id=53093](http://www.ndeo.org/content.aspx?page_id=22&club_id=893257&module_id=53093)

AAHPERD – "Student Literary Award"

<http://www.aahperd.org/dance/prodev/studentliteraryaward.cfm?renderforprint=1>

NU Delta Journal

[http://www.aahperd.org/dance/nudeltaalpha/upload/NDA\\_Journal\\_Vol4-3.pdf](http://www.aahperd.org/dance/nudeltaalpha/upload/NDA_Journal_Vol4-3.pdf)

Dance Research Journal

<http://www.jstor.org/action/showPublication?journalCode=danceresearchj>

IADMS: International Association for Dance Medicine and Science

<http://www.iadms.org/displaycommon.cfm?an=1&subarticlenbr=250>

Chapman University e-Research: A Student Journal

<http://journals.chapman.edu/ojs/index.php/e-Research/article/view/379/739>

Stance on Dance (A Great Blog!)

<http://stanceondance.com/>