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### DANC 191.02: Oula

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**Course:** CRN 35000 – DANC 191.02 ST: Oula  
**Credits:** 2 credit course

**Location:** PARTV 005  
**Days and class time:** MWF 12:10-1:00 PM

**Instructor:** *Kathryn Kelly*  
[kathryn.marie.kelly@gmail.com](mailto:kathryn.marie.kelly@gmail.com)

**Overview:** DANC 191.02 OULA is an introduction to aerobic dance fitness. Students will study choreographed dances to top 40's songs by breaking down the movement and sequences. As the semester progresses, students will learn to master the routines and be able to put more effort and energy into each dance aiming for a high intensity cardio workout.

**Objectives:**

1. Demonstrate improved endurance by being able to execute vigorous, nonstop movement
2. Establish sharpened coordination and rhythm by performing the dances taught in class
3. Enjoy dancing to music while benefiting from a spectacular workout!

**Requirements:**

**Attire:** Come to every class prepared to dance and workout. Any student unable to participate due to inappropriate attire will be marked absent for the day.

**Equipment:** Gym shoes are recommended, preferably training shoes that allow for all types of movement. Bring water and a towel, we will be sweating!

**Grading & Attendance:** Attendance is important in any field, but vital in the field of dance. Learning to dance requires that your body do it. You won't gain in flexibility, and strength, or in your ability to pick up choreography by hearing about what happened from a classmate, watching a film of the dance or reading about it in a book. In other words, there is no way to make up the material you miss. So, the Dance Faculty EXPECTS STUDENTS TO BE IN EVERY CLASS. However, knowing that unpredictable circumstances can arise, **students may make up 3 classes**. Make-ups are determined by the instructor.

To earn an A, students:

- \* Have excellent attendance -students are permitted 2 excusable absences
- \* Demonstrate excellence in the areas of: presence, commitment, body alignment, mastery of the movement, musicality, flexibility & strength and most importantly adding to the class energy showing your enjoyment for dance by singing & smiling.

To earn a B, students:

- \* Have good attendance - 3 absences
- \* Demonstrate good work, most of the time in the areas listed above.

To earn a C, students,:

- \* Have average attendance - 4 absences
- \* Demonstrate average work and show development in areas listed above.

To earn a D, students:

- \* Have poor attendance - 5 absences
- \* Demonstrate below average work and do not exhibit development in areas listed above.

To earn a F, students:

- \* Have rarely attended - 6+ absences
- \* Have not learned the movement or sequencing of movement to be able to understand proper alignment, musicality or safe execution of the dance form.

If you are taking the class for Credit/No credit **you must not miss more than 6 classes** in order to receive credit.

Note: Locker rentals are available for all students in the dance classes. WE RECOMMEND THAT YOU DO NOT LEAVE PERSONAL BELONGINGS UNATTENDED IN THE DRESSING ROOMS, HALLWAYS, OR DANCE STUDIOS, AS THEFTS FREQUENTLY OCCUR. Lockers may be rented for \$7.00/semester, or \$13/two semesters (see Dance Program administrative assistant—door across from women’s dressing room and then up the stairs).

### Academic Misconduct and the Student Conduct Code:

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at [http://www.umt.edu/vpsa/policies/student\\_conduct.php](http://www.umt.edu/vpsa/policies/student_conduct.php).

### Accommodations:

Students with disabilities may request reasonable modifications by contacting me. The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). “Reasonable” means the University permits no fundamental alterations of academic standards or retroactive modifications. For more information, please consult <http://life.umt.edu/dss/>.

### Safety:

Let me know if you have any preexisting injuries or if you’re pregnant. Immediately report any in-class injuries to me. Listen to your body and go at your own pace.

There is inherent risk involved in many Theatre & Dance classes as they are very physical in nature. Please proceed through class, shop time, or rehearsal with caution. Always be mindful of your personal safety and the safety of others. Students participating in class/shop/rehearsal/performance do so at their own risk.

Due to safety considerations, at **no** point during a student’s time spent in class or serving on a production (in any capacity) should non-enrolled persons be guests of that student **without my consent**. Presence of such unauthorized persons in a class, shop, or any backstage/off-stage area will negatively affect a student’s grade.

### Handbook:

All Theatre & Dance students must have an in-depth knowledge of the practices and procedures outlined in the School of Theatre & Dance *Student Handbook*. The *Handbook* is available online at <http://www.umt.edu/umarts/theatredance/About/handbook.php>.

A little bit about OULA...

funnest. workout. ever.™

OULA® is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are epically filled with sweat, joy, and total inspiration! OULA® is Dancemania for the Soul.

What is the OULA Magic?

Every person, every human, everyone wants & has a deep desire to feel & be connected. It is in connection we are seen, heard, felt, loved. The place of connection is where trust is built and freedom is allowed. It is here in the individual that creativity, confidence & growth expand. OULA is connection, with self & others. OULA is community.

Because our focus is on “how you feel” rather than “how you look,” our participants experience the freedom of a non-judgement (of self and of others) environment and community, rather than competition. Our approach to fitness is incredibly refreshing and healthy in the traditionally image-obsessed fitness industry. Our participants experience transformation from the inside out, and embrace our philosophy that when you feel good, you look amazing.

