Objective:
This course is designed to give students a proficient knowledge of Modern Dance and for students who have already taken the intro class.

How the Class Works:
Every class will begin with a warm up. The warm up is the most important part of class because we are preparing our bodies to do things that it doesn’t usually do. It will consist of stretching, strengthening, and conditioning. It is designed to be a “full-body” warm up, and should prepare your body for any movement or activity being taught in class.

Course Fee:
A course fee is applied.

Attire:
1. No jeans or jewelry
2. Comfortable clothing that does not restrict movement

Evaluation
1. This class is Pass/Fail.
2. After three (3) absences, the student will lose class credit and receive an “F” grade. Three (3) unexcused tardies will equal one (1) absence.
3. Excused absences are allowed if the instructor is notified before the absence and if it is a valid excuse (University or doctor approved).
4. Students not participating will earn an “absence” for that day.

Other:
If you experience any of the following symptoms, stop all activity and alert your instructor.

*Lightheaded/Dizziness *Allergic Reactions *Nausea
*Unusual Fatigue *Severe Breathlessness *Chest Pain/Tightness

**DO NOT SEEK PRIVACY**

Notice:
Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

Students MUST sign the Release Form on Canvas – BEFORE they can participate!