



College of Arts and Sciences
Theatre and Dance

DANC 2140: Aerial Dance I Syllabus

DANC 2140
3 credits

Course Description

Instruction for beginner level aerial silks and lyra (aerial hoop).

Purpose and Goals

The purpose of this class is to build the strength, flexibility, endurance, and movement vocabulary to gain competence in aerial dance. Course goals include providing students with an opportunity to:

- develop the physical conditioning necessary for working in aerial dance;
- perform complex movements introduced in class;
- demonstrate rhythmic ability and artistry;
- explore expressive movement improvisation on aerial equipment;
- appreciate the development of aerial dance as an art form.

Major Course Topics

Full body warm-up; deep stretch; strength in the body core, upper body and legs; cardio and endurance training; lyra and silks movement vocabulary; musicality on the aerial equipment; guided improvisation; aerial dance as a performing art form.

Learning Outcomes

At the completion of this course, the student is expected to:

- exemplify both the physical discipline and the performing art of aerial dance;
- employ and demonstrate understanding of aerial dance vocabulary and positions;
- demonstrate rhythmic ability and synchronization on the aerial equipment;
- illustrate a cooperative approach when working with fellow students in performing choreographed ensemble movement.

Dress Code:

- Remove ALL JEWELRY; jewelry is dangerous for you, and can damage rigging. Please take ALL JEWELRY OFF, even if it is covered by clothing.
- Please do not use heavily perfumed or scented lotions or other products on days when you will be using the equipment or being in the studio. In particular, don't put any lotion on your hands, legs, arms or feet on the days you'll be up in the air. This will keep you considerably happier and safer!

- Wear clothing that fits you snugly. This is so that it will not fly up on your when you go upside down. You'll also want your armpits, belly and the backs of your knees covered. You will not need any special shoes, as we work barefoot.

General Expectations:

- Work as a member of an ensemble.
- Help create and maintain a safe, positive, and creative environment. Participate in technique building exercises and combinations.
- Participate in movement that explores the use of rhythm, energy, individual artistic expression, and spatial awareness.
- Use technique terminology during discussions of aerial dance.

Electronic Devices:

Please silence all electronic devices and remove headphones before the start of class.

Academic Misconduct:

Plagiarism, cheating, and other forms of academic dishonesty are prohibited. Students guilty of academic misconduct, either directly or indirectly, through participation or assistance, will receive an "F" or a zero ("0") for the exercise or examination. In addition, notification of misconduct may be reported to the Dean of Students and, if applicable, Student Athlete Advisors. Any subsequent infraction will result in an "F" in the course. For more information: [Academic Misconduct Policy](#)

Insurance:

If a student is not covered by insurance, he/she should check with the Business Office regarding the student insurance policy. The University is not responsible for any medical bills students might incur.

Disability Services:

Any student with a special need for an accommodation in course activities should make arrangements with the office of Disability Services and the instructor. Please bring a Faculty Accommodation Form from Disability Services authorizing your accommodation. Please note that this is a performance-based course and an essential part of the course is the ability to participate in the various dance exercises. While reasonable accommodations will be made as required by law and by university policy, the participation in dance exercises is required by all students. For more information: [Disability Services](#)