

Texas A&M University Dance Program Observation Policy

Dance is a physical activity that requires practice. A student must be present and participating in class to reach their technical goals and proficiency. Continued practice is important to master the technique to move onto the next level. When a dancer becomes injured or ill participating in technique class can be difficult. The following procedures are in place to ensure that dancers are returning to dance in a safe way as well as learning something about their injury as they heal.

A few notes:

1. Observations may or may not be consecutive. An observation day is an observation day whether it be an illness at the beginning of the semester and an injury at the end of the semester. For example if you are sick the second week of class and take one observation day and later in the semester need to observe again, you will be starting with observation two.
2. A student must participate in class at least 80% of the time to receive a grade in the course. You must take an incomplete if you miss more than 20% of the class.
3. You are expected to attend each class period even if you are unable to participate fully, unless the student is too ill to attend class and they should bring a doctor's note the following class. If you are out for more than one observation you will observe class while doing a specific exercise program on the side. If approved by your instructor, you may also work in the Pilates lab if the studio is available. This exercise program can consist of a conditioning program set by your doctor or if you need to avoid the injured area all together, it should consist of other areas of weakness.
 - a. Example: If you have a second-degree ankle sprain and you are in a temporary cast you can work on abdominal exercises, back exercises, arms, etc.

Observation One

****Ask instructor which question(s) they would like you to focus on for this observation.**

With instructor approval, choose one or more of the following questions to answer as you sit out and observe class. This may be hand written and must be turned in at the end of the class period. This will count as your participation grade for the day. These should be written in full paragraph format and should be thought provoking.

1. Mention three observations from the teacher. How do these observations apply to you? Are the students responding to the teacher's feedback? Be specific.
2. Is someone in the class inspiring to you? Why? Be specific.
3. What have you learned from your observation? Be specific. How would you apply what you learned today in other classes? Be specific.
4. Analyze the class from the teacher's perspective. Be specific.

Observation Two

NOTE: Beginning on the second observation (consecutive or not) you need a doctor's note to be able to observe class. On your second observation you need to fill out an *Injury Form*. When returning back to dance you will need to fill out the *Return to Dance* form.

Create an exercise plan choosing from option A or B. (this should be dependent upon doctor's instructions) This should be typed, clearly laid out and long enough to last an entire class period.

Option A

- Create an exercise plan that conditions your injury back to health. This can be based on exercises given by your physical therapist or doctor. (This should be the focus IF you are allowed to work the injured area. This is dependent on the note provided by your doctor)

Option B

- Create an exercise plan that avoids the injured area and works on other areas of the body that need improvement. For example if you sprain your ankle you should be able to work on abdominal strength, back extensors and arm strength. (This should be the option if your doctor has told you to avoid the use of the injured area for any specific area of time)

Upon approval from your instructor and studio availability, this exercise plan can either be done in the Pilates Lab or in class while observing (perhaps using props such as therabands, rotator discs, pinky balls, physioballs, rollers, etc).

Observation Days Beyond Two

Research your injury and write a page paper addressing the injury. (see paper guidelines below) Answer the following:

- Define the injury
- Cause of the injury
- Prevention
- Care and rehabilitation of the injury including exercises

Paper Guidelines:

All papers should be:

- Single spaced
- 10, 11 or 12 times roman font
- 1" margins
- cover page to include name, course title, date, title of paper
- Name ONLY in top right hand corner of each page
- One page for each observation day over 2 with a 2 page minimum.
 - For example: Day 3 of observation – two pages, Day 4 of observation – three pages, Day 5 of observation – four pages and so on.

**Papers not following these guidelines will not be accepted.