Course Number
ADA-120-01

Course Description
In our fast paced technology driven world, it is easy to move through our day disconnected from our physical body. What would it feel like to move with a greater understanding of our bodies? Integrating the science of anatomy with movement studies, this course provides students with experiential learning at the interface of biomechanics, exercise physiology, and cognitive neuroscience. Through lectures, labs, and movement workshops students will gain a greater understanding of human anatomy and kinesiology, as well as begin to critically evaluate personal movement patterns. This course includes a required weekly laboratory and counts towards the SCLB common curriculum requirement.

Academic Term
22/SP

Instructor
Cawley, Laurie
Kirkton, Scott

Location & Meeting Time
Henle Dance Pavilion-DANS T/TH 09:00AM-10:45AM LEC

Petition
Y

Credits
1.00

Capacity
12

Total Students
12

Common Curriculum
SCLB Science w/Lab

Interdisciplinary Programs
Science w/Lab

Academic Department
Dance

Field Of Study
Dance (ADA)