

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)