

Department of Performing Arts *DANCE*

**HANDBOOK**

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## I.

Welcome to the Dance Program in the Department of Performing Arts! Whether you decided years ago to major in dance, or you are taking dance classes with an eye towards a dance minor degree, we look forward to working with you in classes and rehearsals and want to get to know you as an individual. The Dance Program provides study in dance technique, creative courses, and academic studies. We offer many opportunities for our students to perform on campus, for the community and at festivals. Our graduates are working in the field throughout Northern Utah and go on to related fields, such as physical therapy, administration and education.

Dance is a beautiful and ancient art form that continually evolves. Dance students challenge themselves to grow in many ways: they develop physical and mental discipline, self-expression, ability to work with others, self-confidence, poise, written and oral communication skills, leadership, creativity, and organizational skills.

Being in a Department of Performing Arts – where Dance, Music and Theatre occur side by side – there are opportunities to collaborate with other performing artists.

This handbook can help you navigate your time at Weber State University. The more you know about the possibilities and requirements regarding your dance education, the more you can get out of it.

Feel free to speak to our faculty when you need help. We are here for you!

**WSU Dance graduates have gone on to work as:**

High School Dance Educators  
Physical Fitness and Wellness Program Facilitators  
Physical Therapists  
Arts Administrators  
Dance Performance Artists  
Choreographers  
Private Sector Dance Educators and Studio Owners

**WSU Dance Faculty are dedicated to:**

*Helping* students grow intellectually, creatively, technically, socially and personally.

*Giving* WSU Dance students opportunities to perform, choreograph, write, collaborate, teach, and create.

*Mentoring* students as individuals and taking interest in their abilities, needs, and particular areas of focus.

*Using* students' time efficiently. Wherever possible, faculty try to make effective use of student time and keep course workload consistent with credit hours. Of course, technique classes and rehearsals are by nature more time intensive than those of other disciplines, and students should understand this about the performing arts.

*Serving* as a resource for students through advising, mentoring and helping student achieve her/his goals.

### **Dance Program Overview**

The primary goals of the Dance area of the Department of Performing Arts are:

1. To develop aesthetically aware and artistically discriminating citizens;
2. To promote cultural understanding of ourselves and others through the study of dance;
3. To encourage appreciation of dance through critical thinking;
4. To engage the community in a range of dance experiences;
5. To foster an understanding of, and engagement in, the creative process through dance performance, improvisation, choreography, pedagogical studies, technology, and collaborative endeavors;
6. To provide the guidance, class work, and experience necessary to prepare teachers, performing artists, and scholars.
7. To prepare students for careers or advanced study that require creativity, collaboration, and an understanding of the human experience as explored in the study of dance.
8. Provide dance technical training.

Two majors are offered:

1. Bachelor of Arts in Dance, with a focus on creativity in performance and choreography.
1. Bachelor of Arts and Bachelor of Science in K-12 Dance Education, with a focus on education and pedagogy.

BA in Dance majors follow a program based on growth beginning with foundational theory courses, technique courses appropriate to each dancer's ability, and a culminating senior project.

BA and BS Dance Education K-12 majors follow a program based in the knowledge and understanding of dance education in relation to secondary education and/or studio teaching, focusing on pedagogy, choreography, history, and performance. The Dance Education major prepares students to be teachers of dance in the public sector, private

sector, and non-profit environments. Education majors seeking secondary certification and elementary endorsement must satisfy all requirements for the Licensure Program as outlined by the Jerry and Vickie Moyes College of Education (including a minimum GPA of 3.0 for admission to the Education Program).

Two minors are offered:

1. Dance, with a focus on performance and choreography
2. Dance Teaching

Dance minors follow a program that provides for study in technique, creative and theoretical coursework. A minimum of eighteen (18) credit hours (GPA of 2.25 or better) must be completed in the Dance Area courses.

Dance Teaching minors must complete 16-18 credit hours (GPA of 2.25 or better) from the Dance Area courses. This program is comprised of a dance-teaching core (7-8 hours), dance history, technique in ballet and modern dance, additional dance forms and creative work. In addition, teaching minors seeking secondary certification must satisfy all requirements for the Licensure Program as outlined by the Jerry and Vickie Moyes College of Education (including a minimum GPA of 3.0 for admission to the Education Program). Dance teaching minors are strongly encouraged to select teaching majors in subject areas that are needed in Utah secondary schools.

## **II. Important Department of Performing Arts Information**

Dance Program Faculty, Staff and Offices

3950 West Campus Drive Dept. 1905

Val A. Browning Center for the Arts, Room 213

Ogden Utah 84408-1905

Department of Performing Arts Location and Office Hours

3950 West Campus Drive Dept. 1905

Val A. Browning Center for the Arts, Room 331

Ogden Utah 84408-1905

Phone: (801) 626-6437

Fax: (801) 626-6811

School Hours Monday -Friday: 8 AM to 5 PM Summer

Hours Monday- Friday: 8 AM to 4 PM

Val A. Browning Center for the Arts Building Hours [https://weber.edu/browningcenter/Accessibility\\_Info.html](https://weber.edu/browningcenter/Accessibility_Info.html)

Monday-Friday: 7 am to Midnight (closes 8 PM during summers)

Saturday: 7 AM to 6 PM

Sunday: CLOSED

(801) 626-7000

#### Facilities for Dance

Val A. Browning Center for the Arts <https://www.weber.edu/browningcenter/>

Swenson Gymnasium [https://weber.edu/strombergcomplex/rooms\\_studios.html](https://weber.edu/strombergcomplex/rooms_studios.html)

#### University Accommodation Policy

Any student requiring accommodations or services due to a disability must contact Services for Students with disabilities (SSD) in room 181 of the Student Service Center. SSD can also arrange to provide course materials (including this HANDBOOK) in alternative formats if necessary.

#### Student Email Accounts

All students are assigned an email address upon entering the university. The Dance program uses email as an important means of communicating with the students in our programs. Therefore, it is extremely important that you get into the habit of checking your Weber Email regularly.

To forward YourName@mail.weber.edu to any address of your choice:

1. Log in to mail.weber.edu
2. At the top of the screen just under the date is an OPTION box— CLICK on it
3. Select the MAILBOX MANAGEMENT tab
4. Look for the FORWARD ALL NEW MESSAGES option— CLICK on YES
5. Below that write your address in the box
6. Lastly— CLICK the SAVE button on the bottom of the page

Dance Faculty and Staff

Assistant Professor Joseph Blake

Val A. Browning Center for the Arts, Room 213C

(801) 626-6479

[jblake@weber.edu](mailto:jblake@weber.edu)

Professor Amanda Sowerby, Dance Advisor

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Professor Erik Stern, Dance Advisor

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Staff

Patricia Coan, Department

of Performing Arts,

Secretary

(801) 626-6437

Jean-Louise England, Costume Studio Manager

(801) 626-7768

[jeanengland@weber.edu](mailto:jeanengland@weber.edu)

Mark D. Maxson, Media Lab Guru

(801) 626-7802

[mmaxson@weber.edu](mailto:mmaxson@weber.edu)

Christopher Philion, Dance Technical Director

[christopherphilion@weber.edu](mailto:christopherphilion@weber.edu)

## Department Studios and Facilities

The Val A. Browning Center houses the Austad Auditorium, the Allred and Eccles Theaters, movement rooms, costume and scenic construction spaces, theatre and musical rehearsal rooms and classrooms in its more than 150,000 square feet.

## Performing Spaces

Mark Evans Austad Auditorium: Proscenium w/balcony – 1580 seats

M. Thatcher Allred Theater: Proscenium – 290 seats

George S. and Dolores Dore Eccles Theater: Black Box -175 seats Quick

Stats:

17 dressing room 1-25 stations – 125 performers

16 classrooms, 17 music rehearsal rooms Costume

Complex, Scene Shop

More than 120 separate educational, community and professional events annually

The DPA Media Lab is a full service computer lab consisting of Macintosh computers. It is a closed lab available only to students and faculty of the Department of Performing Arts. Fees paid by students of the performing arts maintain the lab. These computers have DVD and CD burning capabilities for music and video editing capabilities. Software available accommodates all areas of the Performing Arts Lab peripherals and are state-of-the-art.

Additionally, 2 dance studios are located in the Swenson/Stromberg Gym. This facility has the equipment you need to maintain peak condition. You can stop by the gym and lift weights, run the track, play racquetball, swim, or engage in many other physical activities.

## **III. Admissions and Auditions**

Students wishing to declare the BA in Dance or BA/BS in Dance Education, including freshman and transfer students, must audition for admittance to the program.

A step by step guide to the Weber State University admissions process can be found at:  
<https://www.weber.edu/Admissions/apply.html>



## Tips for Success in the Department of Performing Art's Dance Program

Declare your major.

Dance students should obtain and fill out the Major Declaration form in the main office, BC 331, during their first semester of coursework once accepted into the program.

Keep track of deadlines!

Consult frequently with your Dance and General Education advisors.

Debbie Murphy- College of Arts and Humanities Academic Advisor EH 437,  
[ddmurphy@weber.edu](mailto:ddmurphy@weber.edu) (801) 626-6631

As a college student, it is ultimately your responsibility to be responsible for your degree program— your advisors are there to help you along the way, but successfully completing all requirements is up to you. Consult your advisors during the course of your studies to make sure you're on track to graduating.

It is the student's responsibility to understand the attendance policy for the courses they are enrolled in.

Student Code of Rights and Responsibilities

Students are encouraged to read and know their rights and responsibilities while enrolled at Weber State University. [https://www.weber.edu/ppm/Policies/6-22\\_StudentCode.html](https://www.weber.edu/ppm/Policies/6-22_StudentCode.html)

### ***THE FOLLOWING IS A LIST OF GRADUATION REQUIREMENTS FOR ALL WEBER STATE UNIVERSITY STUDENTS:***

- A minimum of 120 credit hours earned for a Bachelor's degree.
- A minimum of 40 upper-division credit hours (courses numbered 3000 and above).
- A minimum of 30 hours in residency (courses taken at WSU).
- Minimum GPA of 2.0 (C average). No more than 20 credit hours of "D" grade can be applied toward graduation.

- Completion of WSU core and breadth general education, diversity, major and minor requirements.
- Your major and minor program must be declared in person at each department's main office.
- Students must clear all financial obligations to the university before registering for each term.
- Students must submit a Graduation Application to the WSU Graduation office before the application deadline in the semester in which they want to graduate. Consult the graduation office website at: [departments.weber.edu/registrar/graduation](http://departments.weber.edu/registrar/graduation).

#### IV. Grading and Evaluations

Upon admittance to the program Dance and Dance Education majors must maintain the following:

- **Dance Program Grade Requirements:** A grade of "C" or better in courses required for this major (a grade of "C-" is not acceptable) and an overall GPA of 2.50 or "C+." In addition, a grade of "B" or higher is required in at least one 3000-level major course in both ballet and modern dance.
- **University Grade Requirements:** Students must earn a cumulative GPA of at least 2.00 for all WSU work. No more than 20 credit hours of "D" grade may be applied toward graduation. A college or department may reject any or all "D" grade work toward major or minor requirements.

#### Grading System

The following grades and numeric point values are used to compute the cumulative grade point average (GPA). To calculate a cumulative GPA, the total number of grade points (the number of credit hours per course multiplied by the numeric points listed above for the grade) is divided by the total number of credit hours.

Courses coded with an R in front of the grade (indicating academic renewal), or an E in the far right column of the form (indicating exclusion due to a repeat), are not used in

computing the GPA, the graduation hours, or the total hours completed. Courses coded ND (non-degree) are not used in computing the GPA or the graduation hours completed, but they are included in computing the total hours completed.

Courses with the following notations in the grade column are not used in computing the GPA, the graduation hours, or the total hours completed (with the exception of CR-Credit courses which may be used toward graduation hours or total hours).

#### AU—Audit

- Indicates the student was allowed to sit in a class without earning credit or a grade.
- Audit Students who fail to attend class without withdrawing, may be issued a withdrawal (W). (See Registration section of the catalog.)

#### CE—Continuing Education Unit

- Students who enroll in a Continuing Education Unit through the Continuing Education Office, will receive a CE grade. It is not counted in the WSU GPA or Total Hours, but can be listed on a transcript.

#### CR—Credit

- Indicates the student registered for a course on a pass/fail basis and earned a C- or better. (See Registration section of the catalog.)
- Certain courses are offered on a credit/no credit basis only and letter grades are not given.

#### I—Incomplete

- Indicates the student was unable to complete the course for a legitimate reason (such as accident or illness) after having completed a substantial portion (approximately 80%) of the required work.
- A written contract between the student and the instructor indicates the work still to be done and the deadline for its completion (within 12 months).
- The student must complete remaining work without re-registering or attending the class during a subsequent semester.
- Credit hours are not counted until a letter grade is posted.
- All incomplete (I) courses must be completed prior to

#### graduation. NC—No Credit

- Indicates the student registered for a course on a credit/no-credit basis and earned less than a C-.

- Students who stop attending a class for which they are registered on a credit/no-credit basis without officially withdrawing will receive an NC grade entry for that class.
- Certain courses are offered on a credit/no credit basis only and letter grades are not given.

#### NG—No Grade Reported

- The instructor has not yet reported a grade for the course. This temporary symbol is used for the semester Report of Grades only. A course without a grade will not appear on the student's transcript. However, all courses must have an earned grade posted prior to graduation.

#### SC—Special Credit

- The student has received credit through an examination, waiver, or substitution for which they are not eligible for a letter grade.
- These credits are counted toward the total number of credits required for graduation but are not used to calculate the cumulative grade point average.

#### T—Temporary Grade

- The course is being continued in the subsequent semester and a grade and credits will be calculated when the course is complete and a letter grade has been issued. The "T" grade is approved for specific courses only.

#### UW—Unofficial Withdrawal

- Indicates the student stopped attending the course without officially withdrawing. Note: UW's are calculated as failing grades in the student's semester and cumulative grade point averages.

#### W—Withdrawal

- The student withdrew from the course in the interval comprising the 16th through the 50th business day of a semester or the 30th business day of a block. Withdrawals are not permitted after the 50th business day of a semester or 30th business day of a block.

#### X Preceding a Grade

- An X preceding a grade will exclude the grade from counting toward the GPA, but follows the grading system outlined above. These grades are reserved for remedial courses, used as pre-requisites, but not counted towards progress towards degree.

Dance majors requesting adjustments or accommodations specific to Dance Program requirements must submit the Dance Academic Adjustment Form (found below) to Dance program faculty.

V.

## Dance Academic Adjustment Application Form

### Student Information

Student Name	Phone Number	Wildcat ID
Mail Address	Advisor	
Major and Degree	Catalog Year	Anticipated Graduation Date

### Academic Adjustment

Use this form to request individual adjustments to Dance Program requirements stated in the Weber State University undergraduate catalog. If a Dance program adjustment is approved, it will not affect the minimum credit hours required for graduation (for example, the minimum credit hours needed for graduation and minimum 40 upper-division requirement for a baccalaureate degree.). Depending on the adjustment, a student may need to take additional credit hours to meet minimum university requirements.

Please note: Dance Program adjustments are for graduation purposes only and do not waive prerequisites for course registration.

***Describe the requested Dance Program adjustment and justification below. Include course numbers. Attach additional descriptions/justifications and documents as needed.***

Dance Program Advisor— Print Name and Sign      Date

## VI. Bachelor of Arts Dance

DANC 1580 - Rhythm Tap **Credits: (1)**

DANC 2500 - Jazz II **Credits: (1)**

DANC 3440 - Dance for Musical Theatre **Credits: (1)**

DANC 3450 - Special Topic Dance Form **Credits: (1)** *variable topic*

DANC 3580 - Rhythm Tap **Credits: (1)**

**Creative Process and Performance (17 credit hours)**

*Note: The first four (4) courses must be taken in sequence.*

DANC 2410 - Improvisation **Credits: (2)**

DANC 3500 - Choreography I: Space & Time/Design in Dance **Credits: (3)**

DANC 3510 - Choreography II: Process **Credits: (3)**

DANC 3520 - Choreography Practicum **Credits: (2)**

DANC 3910 - Moving Company: Rehearsal & Development **Credits: (2)** CEL

DANC 3911 - Moving Company: Performance **Credits: (2)** CEL

DANC 4910 - Rehearsal and Performance **Credits: (1)** (must take four three times = 3)

**Theory & Practice (11 credit hours)**

DANC 1010 CA/DV - Introduction to Dance **Credits: (3)**

DANC 3015 - Dance History **Credits: (3)**

DANC 4700 - Creative Synthesis in Dance **Credits: (2)**

DANC 3640 - Teaching Creative Dance in the Elementary School **Credits: (3)** or

DANC 3320 - Techniques and Materials for Teaching Modern Dance **Credits: (3)**

**Somatics (7 credit hours)**

NUTR 1020 LS - Science and Application of Human Nutrition **Credits: (3)**

DANC 2250 - Alignment and Conditioning for Dance/Pilates **Credits: (1)**

DANC 2300 - Dance Kinesiology **Credits: (3)**

**Dance Design, Production, and Technology (7 credit hours)**

DANC 1310 - Music for Dance **Credits: (2)**

DANC 2610 - Dance and Digital Technology **Credits: (2)**

*Choose one of your choice:*

THEA 2022 - Costume Fundamentals **Credits: (3)** or

THEA 2032 - Lighting Fundamentals **Credits: (3)** or

THEA 2403 - Production and Stage Management **Credits: (3)**

**Language Courses Required to fulfill the BA**

Refer to Degree Requirements in this catalog. Dance Majors must complete

Option 1 - Foreign Language (12 credit hours of a foreign language, refer to the Foreign Language section of this catalog for additional information on obtaining foreign language credit) **OR**

Option 2 - Foreign Language and Language Arts (**6 credit hours of a foreign language and 6 hours of language arts**)—the required language arts course is:

DANC 4800 - Individual Study **Credits: (3)** **taken 2 times for a total of (6) credit hours.**

## VII. Bachelor of Arts/Science Dance Education Major K-12

The purpose of this program is to prepare students for teaching dance in a public school setting (grades K - 12) with certification at the secondary level and an endorsement at the K-6 level, while achieving a Bachelor of Arts (BA) or Bachelor of Science (BS) degree. Upon completion of this degree the student will be prepared for post-baccalaureate programs, or for teaching, performing, or choreographing within the community or private sector.

- Program Prerequisites: Students must meet the Teacher Education admission and licensure requirements (see Teacher Education Department in this catalog).
- Minor: Not required.
- Grade Requirements: A grade of “C” or better in courses required for this major (a grade of “C-” is not acceptable) and an overall GPA of at least 2.75.
- Credit Hour Requirements: A total of 120 credit hours is required for graduation; a minimum of 56 of these are within the major. A total of 40 upper division credit hours is required (courses numbered 3000 and above).
- Program Code: 3058BA or 3058BS
- CIPC: 131324

The following General Education courses are required by the Dance Education Major (6):

- DANC 1010 CA/DV - Introduction to Dance (3)
- NUTR 1020 LS - Science and Application of Human Nutrition (3)

### Advisement

Students must consult with the Dance Program advisor at least once each term. Email Amanda Sowerby [asowerby@weber.edu](mailto:asowerby@weber.edu) for more information or to schedule an appointment. Students seeking secondary certification are encouraged to consult with advisors in the Jerry and Vickie Moyes College of Education (call 801-626-6269). (Also refer to the Department Advisor Referral List.)

### Admission Requirements

Declare your program of study. Teaching majors must meet the Teacher Education admission and licensure requirements (see Teacher Education Department in this catalog).

### General Education

Refer to General Requirements of this catalog for Bachelor of Science or Bachelor of Arts requirements. See also specific requirements for the BS or BA listed under the major course requirements.

### Course Requirements for BS or BA Degree in Dance Education

## Courses Required (57-59 credit hours)

*Below are required classes. Note: Since majors are required to take 8 hours each of Ballet and Modern, some Ballet and Modern will be repeated.*

- DANC 1100 - Ballet I Credits: (1) (1 credit each) 2 times=2
- DANC 1200 - Modern I Credits: (1) (1 credit each) 2 times=2
- DANC 1310 - Music for Dance Credits: (2)
- DANC 1520 - Folk & Ethnic Dance Credits: (1)
- DANC 1580 - Rhythm Tap Credits: (1)
- DANC 2250 - Alignment and Conditioning for Dance/Pilates Credits: (1)
- DANC 2300 - Dance Kinesiology Credits: (3)
- DANC 2410 - Improvisation Credits: (2)
- DANC 2470 - Ballet II Credits: (1.5) (1.5 credit each) 2 times=3
- DANC 2500 - Jazz II Credits: (1) (1 each)
- DANC 2490 - Modern II Credits: (1.5) (1.5 credit each) 2 times=3
- DANC 2610 - Dance and Digital Technology Credits: (2)
- DANC 3020 - Dance History II: 20th Century Art and Education Credits: (3)
- DANC 3320 - Techniques and Materials for Teaching Modern Dance Credits: (3)
- DANC 3470 - Ballet III Credits: (1.5) (1.5 credit each) 2 times=3
- DANC 3490 - Modern III Credits: (1.5) (1.5 credit each) 2 times=3
- DANC 3500 - Choreography I: Space & Time/Design in Dance Credits: (3)
- DANC 3510 - Choreography II: Process Credits: (3)
- DANC 3520 - Choreography Practicum Credits: (2)
- DANC 3860 - Field Experience Credits: (1-3)
- DANC 4910 - Rehearsal and Performance Credits: (1)

Choose (3) hours of Dance Production course work

- THEA 2022 - Costume Fundamentals Credits: (3) or
- THEA 2032 - Lighting Fundamentals Credits: (3) or
- THEA 2403 - Production and Stage Management Credits: (3)

Additional Coursework for K-12 (additional 9 credit hours)

- CHF 1500 SS/DV - Human Development Credits: (3) For students seeking licensure to teach dance in Kindergarten through 12th grade this is a required course outside of the major.
- DANC 3640 - Teaching Creative Dance in the Elementary School Credits: (3)
- EDUC 3430 - Creative Processes in the Elementary School Credits: (3)

Health and Science Courses Required to fulfill the BS in Dance Education

- ZOOL 1020 LS - Human Biology Credits: (3)



- NUTR 1020 LS - Science and Application of Human Nutrition Credits: (3)
- ESS 3510 - Exercise Physiology Credits: (3)
- ZOOL 3570 - Foundations of Science Education Credits:  
(3) College of Education Requirements for Secondary  
Licensure

33 Credit Hours

General Education

#### I University and General Education Requirements

Refer to Degree and General Education Requirements for either Bachelor of Science or Bachelor of Arts requirements. The following courses required for the Secondary Education Licensure Program will also satisfy general education requirements: COMM 1020 or COMM 2110 and CHF 1500.

Course Requirements for Licensure

#### I Support Courses Required (or equivalent)

- EDUC 1010 - Exploring Teaching Credits:  
(3) One course from the following
- CHF 1500 SS/DV - Human Development Credits: (3) or
- PSY 3140 - Adolescent Psychology Credits:  
(3) One course from the following

I COMM 1020 HU - Principles of Public Speaking Credits: (3) or

I COMM 2110 HU - Interpersonal and Small Group Communication Credits: (3)

#### I Professional Education Courses Required (24 hours)

Secondary Teacher Education Core

- EDUC 3220 - Foundations of Diversity Credits: (2)
- EDUC 3265 - The Exceptional Student Credits: (2)
- EDUC 3315 - Media Integration in the Secondary School Setting Credits: (1)
- EDUC 3900 - Preparing, Teaching, and Assessing Instruction Credits: (3)
- EDUC 3910 - Secondary Education Practicum Credits: (2)
- EDUC 3935 - Reading and Writing Across the Secondary Curriculum Credits:  
(2) Secondary Teacher Education Student Teaching
- EDUC 4940 - Student Teaching in Secondary Education Credits: (8)
- EDUC 4950 - Integrated Secondary Student Teaching Seminar Credits: (4)

### VIII. Dance Minor

Grade Requirements: A GPA of 2.25 or better in courses used toward the minor.

Advisement: Students should meet annually, if not more often, with the faculty advisor for course and program advisement.

Email Erik Stern [estern@weber.edu](mailto:estern@weber.edu) for more information or to schedule an appointment.

Credit Hour Requirements: Minimum of 18 credit hours, with no fewer than 3 nor more than 9 in any one of the following three areas listed.

Program Code: 3045

CIPC: 500301

#### Course Requirements for Minor

#### Courses Required (18 credit hours)

*Select 18 credit hours from the following, with no fewer than 3 nor more than 9 in any one of the three areas listed.*

*Additional coursework to total 18 credit hours may be chosen, with advisor's written approval, from remaining dance electives or in approved related areas.*

#### *Area 1, Technique*

*Select the appropriate level from the following*

*Any course may be repeated once*

DANC 1100 - Ballet I Credits: (1)

DANC 1200 - Modern I Credits: (1)

DANC 1450 - Special Topic Dance Form Credits: (1)

DANC 1500 - Jazz I Credits: (1)

DANC 1520 - Folk & Ethnic Dance Credits: (1)

DANC 1580 - Rhythm Tap Credits: (1)

DANC 2470 - Ballet II Credits: (1.5)

DANC 2500 - Jazz II Credits: (1)

DANC 2490 - Modern II Credits: (1.5)

DANC 3440 - Dance for Musical Theatre Credits: (1)

DANC 3450 - Special Topic Dance Form Credits: (1)

DANC 3470 - Ballet III Credits: (1.5)

DANC 3490 - Modern III Credits: (1.5)

#### *Area 2, Creative Work*

DANC 2410 - Improvisation Credits: (2)

DANC 2610 - Dance and Digital Technology Credits: (2)  
DANC 3500 - Choreography I: Space & Time/Design in Dance Credits: (3)  
DANC 3510 - Choreography II: Process Credits: (3)  
DANC 3520 - Choreography Practicum Credits: (2)  
DANC 3910 - Moving Company: Rehearsal & Development Credits: (2) CEL  
DANC 3911 - Moving Company: Performance Credits: (2) CEL  
DANC 4610 - Dance and Digital Technology Credits: (2)  
DANC 4620 - Dance and Digital Technology Seminar Credits: (1)  
DANC 4890 - Cooperative Work Experience Credits: (1-6) CEL  
DANC 4910 - Rehearsal and Performance Credits: (1)

*Area 3, Theoretical Aspects*

DANC 1010 CA/DV - Introduction to Dance Credits: (3)  
DANC 3010 - Dance History I Credits: (3)  
DANC 3020 - Dance History II: 20th Century Art and Education Credits: (3)  
ESS 2300 - Health/Fitness Evaluation and Exercise Prescription Credits: (3)

**IX. Dance Teaching Minor**

*A dance teaching minor is available for students seeking a concentration of study in dance teaching to complement an affiliated program. Students wishing the minor program must register with the Dance Program advisor.*

**Course Requirements for Minor**

**Specific Dance Teaching Courses Required (16-18 credit hours)**

- DANC 3320 - Techniques and Materials for Teaching Modern Dance Credits: (3)
- DANC 3640 - Teaching Creative Dance in the Elementary School Credits: (3)
- DANC 3860 - Field Experience Credits: (1-3)
- DANC 3010 - Dance History I Credits: (3) or
- DANC 3020 - Dance History II: 20th Century Art and Education Credits: (3)
- DANC 3470 - Ballet III Credits: (1.5)
- DANC 3490 - Modern III Credits: (1.5)
- ESS 2300 - Health/Fitness Evaluation and Exercise Prescription Credits:  
(3) Additional Dance Forms Required (2 credit hours)

*Select two credit hours from the following - none of these classes may be repeated for credit towards a Dance Teaching Minor*

- DANC 1520 - Folk & Ethnic Dance Credits: (1)
- DANC 2500 - Jazz II Credits: (1)

- DANC 3440 - Dance for Musical Theatre Credits:  
(1) Creative Courses Required (minimum 3 credit hours)
- DANC 2410 - Improvisation Credits: (2)
- DANC 3500 - Choreography I: Space & Time/Design in Dance Credits: (3)
- DANC 3510 - Choreography II: Process Credits: (3)
- DANC 3520 - Choreography Practicum Credits: (2)
- DANC 3910 - Moving Company: Rehearsal & Development Credits: (2) CEL
- DANC 3911 - Moving Company: Performance Credits: (2) CEL
- DANC 4910 - Rehearsal and Performance Credits: (1) \*

## X. Dance Honors

To earn departmental honors in Dance, a student must:

1. Have a cumulative GPA of 3.5 and Departmental GPA of 3.7.

1. Fulfill all the requirements of the major.

1. Successfully complete of one course offered by the Honors Program.

1. Have distinguished participation in:

- A state, regional, national or international competition  
or
- Professional organization  
or
- Adjudicated festival/conference  
or
- Undergraduate Research Conference (including WSU's)  
or
- 30 hours of community service related to the discipline.

This requirement will be determined and approved by the appropriate Department Advisor.

1. Complete the following final project:

DANC 4700 (Creative Synthesis, Grade of A)

Students who have not completed their General Education requirements are encouraged to take Honors General Education classes.

## **XI. Dance Courses**

DANC CA/DV1010. Introduction to Dance (3)

An introduction to dance providing a knowledge base from which to experience dance from a variety of viewpoints: historically, culturally, aesthetically, critically, and creatively. This course takes a close-up look at the rules, messages, and meanings embodied in dance around the world. This is a writing intensive course. Students are expected to attend dance concerts and cultural dance experiences outside regularly scheduled class time. Open to all students.

DANC \*1100. Ballet I (1)

Introduction to the techniques of the classical ballet including alignment, positions, port de bras, and allegro combinations. May be repeated for a maximum of 4 credit hours. Open to all students.

DANC \*1200. Modern I (1)

Introduction to the movement techniques of modern dance. May be repeated for a maximum of 4 credit hours. Open to all students.

DANC 1310. Music for Dance (2)

Study of the relationship between sound and movement, accompaniment and dance. Focus extends to creative and working relationship(s) between accompaniment/composer and teacher/choreographer with emphasis on practical applications of methods and understandings.

DANC \*1450. Special Topic Dance Form (1) variable topic. This course is designed to provide enrichment opportunities for those who undertake dance as a field of study or as recreational activity. It allows for the study of changing series of dance forms, including, but not limited to African, Flamenco, Middle Eastern, Clogging, Ballroom, Renaissance, etc.

DANC \*1500. Jazz I (1)

Introduction to the style, technique, and rhythmic structures of jazz dance with emphasis on increasing movement capabilities and personal expression. May be repeated for a maximum of 4 credit hours. Open to all students.

DANC \*1520. Folk & Ethnic Dance (1)

Folk and ethnic dances of Europe, Near and Far East, Africa, and the Americas as they relate to concert dance. Open to all students.

DANC \*1580. Tap Dance (1)

Special training in tap dance skills and techniques.

DANC \*2250. Alignment and Conditioning for Dance/Pilates (1)

Strength and alignment for dancers, using Pilates mat exercises. The class addresses areas of strength essential for dancers, focuses on breathing techniques integral to the exercises, and uses the exercises as a means to better understand and improve alignment. The course also addresses how strength and alignment facilitates more ease and efficiency in movement. To repeat the class a student must have the permission of the instructor.

DANC 2300. Dance Kinesiology (2)

This course provides a study of anatomy and dance kinesiology with a specific focus on anatomical analysis, conditioning principles and injury prevention, with special attention given to application of information to technique class, rehearsal, choreography and individual anomalies. The course prepares the student to understand basic kinesiological analysis and fundamental concepts of somatic inquiry. Pre/Co-requisite: NUTR LS1020 Foundations in Nutrition.

DANC \*2410. Improvisation (2)

Guided exploration in the elements of dance for the creative development of personal movement repertoire, spontaneous group interaction, and choreographic skills.

DANC \*2470. Ballet II (1.5)

Technique course designed to increase skill in classical ballet. May be repeated for a maximum of 4 credit hours. Prerequisite: DANC 1100 (2 credit hours minimum), or DANC 2470 (1 credit hour minimum), or by audition.

DANC \*2480. Jazz II (1)

Refinement of beginning skills, emphasis on development of technical abilities and performance qualities. May be repeated for a maximum of 4 credit hours. Prerequisite: DANC 1500 (2 credit hours minimum), or DANC 2480 (1 credit hour minimum), or by audition.

DANC \*2490. Modern II (1.5)

Refinement of beginning skills, emphasis on development of technical abilities and performance qualities. May be repeated for a maximum of 4 credit hours. Prerequisite: DANC 1200 (2 credit hours minimum), or DANC 2490 (1 credit hour minimum), or by audition.

DANC \*2610. Dance and Digital Technology (2)

This course will provide students with an opportunity to explore the integration of dance and technology, specifically the use of the digital video medium.

DANC \*2890. Cooperative Work Experience (1-6)

Open to all students in the Dance Area who meet the minimum cooperative work experience requirements of the department. Provides academic credit for on-the-job experience. Grade and amount of credit will be determined by the department. May be repeated to a maximum of 6 credits. In individual cases, this course might be considered as an elective in the Dance Major.

DANC \*2920. Short Courses, Workshops, Institutes and Special Programs (1-4) Consult the semester class schedule for the current offering under this number. The specific title

and credit authorized will appear on the student transcript. In individual cases, this course might be considered as an elective in the Dance Major.

DANC \*2950. Dance Festival Participation (1)

Students attend the American College Dance Festival Association's regional gathering to study a variety of dance forms with professionals from across the country. Students see the choreographies of peers and professionals. Students may be responsible for their own registration fees and transportation, lodging and meal costs. Prerequisite: Audition and permission.

DANC 3010. Dance History I: Primitive Period-the Early Decades of Modern

Dance (3)

Study of the history and philosophy of dance from lineage-based societies through the early decades of modern dance. Areas covered will include pre- Christian civilizations, the Middle Ages, the Renaissance and the Golden Age of Ballet. Prerequisite: DANC CA/DV1010.

DANC 3020. Dance History II: 20th Century Art and Education (3)

Study of the history and philosophy of dance in art and education from the Age of Innovation in Ballet through the Contemporary Period of history. Areas of study will include ballet and modern dance today, black dance in America, vernacular forms and dance as public art.

Prerequisite: DANC CA/DV1010.

DANC 3320. Techniques and Materials for Teaching Modern Dance (2) Methods, teaching techniques, accompaniment, and practical experience in teaching modern dance. This is the secondary teaching methods class.

Prerequisite: DANC 2490.

DANC \*3440. Dance for Musical Theatre (1)

Dance skills and techniques taken from the repertoire of the modern musical theatre. Special emphasis on characterization and style as demonstrated by the works of the leading choreographers of this genre. Prerequisites: DANC 1200 and 1500.



DANC \*3450. Special Topic Dance Form (1) Variable topic. This course is designed to provide enrichment opportunities for those who undertake dance as a field of study or as recreational activity. It allows for the study of changing series of dance forms, including, but not limited to African, Flamenco, Middle Eastern, Clogging, Ballroom, Renaissance, etc.

DANC \*3470. Ballet III (1.5)

Coordinating course designed to increase skill in classical ballet technique. May be repeated for a maximum of 4 credit hours. Prerequisite: DANC 2470 (2 credit hours minimum), or DANC 3470 (1 credit hour minimum), or by audition.

DANC \*3490. Modern III (1.5)

Exercises and activities to develop strength, flexibility, endurance, and technical dance skill. May be repeated for a maximum of 4 credit hours. Prerequisite: DANC 2490 (2 credit hours minimum), or DANC 3490 (1 credit hour minimum), or by audition.

DANC \*3500. Choreography I: Space & Time/ Design in Dance (2)

Study of the elements of time and space, as they are artistically significant in themselves and in organized forms of meaning in dance. Considering time and space design in related fields of music and art included as relevant to choreographic design and communication in dance. Prerequisite: DANC 2410.

DANC \*3510. Choreography II: Process (2) Study of and experience in various approaches to the choreographic process as related to artistic concepts and to the philosophy of art as espoused by various traditional and contemporary dance artists and as developed by the individual student. Prerequisite: DANC 3500.

DANC \*3520. Choreography Practicum (2)

Supervised experience choreographing a dance for public performance. Arranged through cooperative effort of student and supervisor. Prerequisite: DANC 3510 and approval of instructor. May be repeated for credit.

DANC \*3580. Intermediate/Advanced Tap Dance (1)

Intermediate/Advanced training in tap dance skills and techniques. Prerequisite: Lower Division Tap Dance (DANC 1580) and/or instructor approval.

DANC 3640. Teaching Creative Dance in the Elementary School (2) Techniques for teaching creative dance and basic dance forms. Suggested for Elementary Education majors.

DANC \*3860. Field Experience (1)

A course designed to provide opportunities for students to gain practical experience in the field by assisting in the activities of community agencies, schools, and Weber State.

Prerequisite: DANC 3320 for those who plan to teach in a middle or secondary school or DANC 3640 for those who plan to teach in an elementary school.

DANC \*3910. Moving Company: Rehearsal & Development (2)

The Moving Company is designed to give students the opportunity to learn about the various aspects of creating, rehearsing, and implementing performances off-campus and to reach the community with our dance program. The commitment is for both fall (rehearsal - 3910) and spring (performance - 3911) semesters. This segment deals with preparation and rehearsal.

DANC \*3911. Moving Company: Performance (2)

The Moving Company is designed to give students the opportunity to learn about the various aspects of creating, rehearsing, and implementing performances off-campus and to reach the community with our dance program. The commitment is for both fall (rehearsal - 3910) and spring (performance - 3911) semesters. This segment deals with implementation and performance.

Prerequisite: DANC 3910.

DANC \*4250. Alignment and Conditioning for Dance/Pilates (1) Strength and alignment for dancers, using Pilates mat exercises. Pilates addresses areas of strength essential for dancers, focuses on breathing techniques integral to the exercises, and uses the exercises as a means to better understand and improve alignment. The course also addresses how

strength and alignment facilitates more ease and efficiency in movement. To repeat the class a student must have the permission of the instructor. Prerequisite: DANC 2250.

DANC \*4610. Dance and Digital Technology (2)

This course will provide students with an opportunity to explore the integration of dance and technology, specifically the use of the digital video medium.

Prerequisite: DANC 2610.

DANC \*4620. Dance for the Camera Seminar (1)

This seminar will provide students with individual and collaborative study and research in the field of dance and the digital video medium. The course will cover artistic and technical forms, including, but not limited to capturing dance on the digital/video medium, choreographic processes through non-linear digital editing, audio/visual editing for dance, lighting, dance theory and criticism in the context of dance in the digital age. Prerequisite: DANC 2610.

DANC 4700. Creative Synthesis in Dance (2)

Project oriented experience intended to coordinate student work. It will serve as guide in the synthesis of philosophy, experience, and understanding of dance as an art form and/or dance as education. This course will have an artistic or scholarly outcome. Prerequisite: DANC 3510, 3520 and senior dance major standing or DANC 3860 and senior dance major standing.

DANC \*4800. Individual Study (1-4)

Individual work or work in small groups by arrangements in special topics not included in the announced course offerings. Prerequisite: Approval of instructor. In individual cases, this course might be considered as an elective in the Dance Major.

DANC \*4890. Cooperative Work Experience (1-6)

Individual work or work in small groups by arrangement; in special topics not included in the announced course offerings. Prerequisite: Approval of instructor. In individual cases, this course might be considered as an elective in the Dance Major.

DANC \*4910. Rehearsal and Performance (1)

Preparation and rehearsal of dance composition to be presented in concert. Prerequisite: consent of instructor. May be repeated for an unlimited number of credit hours.

DANC \*4920. Short Courses, Workshops, Institutes and Special Programs (1-4) (Offered as needed)

Consult the semester class schedule for the current offering under this number. The specific title and credit authorized will appear on the student transcript. In individual cases, this course might be considered as an elective in the Dance Major.

DANC \*4950. Dance Festival Participation (1) Students attend the American College Dance Festival Association's regional gathering to study a variety of dance forms with professionals from across the country. Students see the choreographies of peers and professionals. Students may be responsible for their own registration fees and transportation, lodging and meal costs. Prerequisite: Audition and permission. May be repeated for credit, but use toward Major/ Minor must be approved by program advisor.

## **XII. Performing Opportunities**

### **Orchesis Dance Theatre**

Orchesis Dance Theater auditions and performs during both Fall and Spring semesters. Performances are held in Allred and Eccles Theaters, depending on semester/year. Auditions for Orchesis Dance Theater are held on the first Friday of Fall and Spring semesters in the Browning Center for the Arts, Studio #38, 3pm. Time and location subject to change. Auditions are open to all and there is nothing to prepare.

### **Moving Company**

Moving Company (MC) is the Dance Program's outreach company and involvement is by audition only. MC auditions are held in conjunction with Orchesis Dance Theatre auditions (see above).

Moving Company is a yearlong commitment and may find dancers working with guest artists and performing in off-campus locations. Moving Company holds a Community Engaged Learning (CEL) designation from WSU's Center for Community Engaged

Learning (CCEL). To take advantage of the CEL designation students should register at the CCEL to log hours.

### **Choreography Showcase**

Student choreographers have opportunities to choreograph and produce their own concerts. When this occurs their auditions for dancers will be held in conjunction with Orchesis Dance Theatre auditions (see above).

### **American College Dance Festival**

Each spring the WSU Dance Program participates in the American College Dance Festival. Students have opportunities to take class and/or perform with this nationally recognized organization.

### **National Dance Education Organization**

#### **Utah Dance Education Organization**

Students have opportunities to present research and/or participate in the national and state affiliate organizations' annual conferences.

### **XIII. Dance Scholarships**

#### ***Departmental Scholarships***

\*\*Students must fill out an application form for all departmental scholarships.

#### **D. Fern Berglund Scholarship**

May be awarded to any worthy student in the Department of Performing Arts.

#### **Sophie Wetherell Reed Memorial Scholarship**

Full-time student with a GPA of at least 3.0. Outstanding performer in one or more of the areas of Performing Arts.

#### **Joseph and Ellen Eccles Scholarship**

Declared major in Visual Arts, Performing Arts or Literature and have a Minimum GPA of 2.5.

Anya Kenley Scholarship for the Arts  
Declared major in the department. GPA requirement of 3.0.

John and Telitha Lindquist Scholarship for Creative/Artistic Endeavors  
Scholarship available to students who demonstrate talent in arts or humanities at the high school or university levels and exhibit academic ability.

Lujean Thompson Scholarship  
Declared major in the performing arts. GPA requirement of 3.0.

### ***Dance Scholarships***

Patti O'Neal Scholarship  
Declared major in Dance or Dance Education and a minimum overall GPA of 2.75. May be enrolled full or part-time, however, preference may be given to full-time students.

John & Vera Eccles Scholarship  
Dance student (ballet) with a GPA of 3.0 or higher.

Dance Alumni and Friends Scholarship  
Declared major or minor in the dance area. GPA requirement of 2.5. May be enrolled full or part-time.

### ***Dance Activity Waiver***

The Dance Department will award this Scholarship Activity Waiver on an annual basis. It will waive a portion of the in-state tuition and a combination of scholarships may not exceed the amount of semester/annual tuition. It is for resident instate portion of tuition only & will not cover independent study, distance learning/contract courses, credit/noncredit or audit course work. Students must be enrolled full time at WSU (12-18 credit hours) each semester. Student must apply each year by the applicable deadline. GPA requirement of 2.5. Full and half tuition waivers are awarded to dance majors showing outstanding potential and commitment to the dance program. You are not required to be a declared dance major/minor

to be eligible for these waivers. Dance skill, academic performance and department participation are carefully considered in determining recipients and type of tuition waivers. All tuition waiver recipients are required to complete 20 hours of practicum per semester.

### ***Continuing Student Scholarship***

Students who are currently enrolled at Weber State University, or previously enrolled with no interim transfer credit may qualify for a scholarship. Students must have completed 12 semester credit hours at WSU. To be eligible for scholarships, please complete the following:

- Update your personal information through the student portal by the start of spring semester.
- Be re-admitted or reactivated through Admissions if you have been out of school for more than one semester.
- Juniors and Seniors (those with over 60 hours) must have a declared major with their department and with Admissions.

Scholarships are available in the following categories:

Academic

High Honors/Honors Continuing Scholarship

Wildcat Activity Scholarships (to qualify you must maintain a GPA of 2.5 or better)

Financial Need-Based Scholarships

Private Donor-Sponsored Departmental Scholarships Private

Donor-Sponsored Special-Condition Scholarships

Note: Some scholarships may need additional application or faculty nomination.

### **XIV. Safety Issues**

#### **Illness and Injury**

Students are encouraged to attend and watch class in the event of an illness or injury that allows them to do so.

Please do not come to school with fever or nausea so as not to spread illness.

If an illness or injury prevents a student from participating for an extended period of time an Incomplete may be considered in consultation with course instructor and Dance faculty.

#### **Health and Safety Resources**

Student Affairs *Get Healthy* resources. Includes Campus Recreation, Health Center, Meditation Group, Safe@Weber and Student Wellness.

Student Counseling Center [https://  
www.weber.edu/counselingcenter/](https://www.weber.edu/counselingcenter/)

Get professional assistance with depression, anxiety, relationship problems, stress, grief or other concerns. WSU students get 12 free counseling sessions per academic year and CPSC has a variety of groups that offer consistent support.

Student Health Center [https://weber.edu/  
healthcenter](https://weber.edu/healthcenter)

Get quality, cost-effective health services. Students can take advantage of services including outpatient medical care for common illnesses and injuries, disease prevention activities and health promotion.

<https://weber.edu/StudentAffairs/healthy.html>

Safe@Weber

<https://weber.edu/safeatweber>

Our mission is to create safe and healthy relationships for all through collaboration, education, skill development, community action, and support. Know your rights, take the Haven course, find resources for survivors and more.

### Reporting

Students who experience or become aware of any form of violence, sexual violence or sexual harassment are encouraged to immediately report such behaviors. To report any crime or emergency, call 911 or University Police at 801-626-6460, 3734 Dixon Parkway.

For help responding to non-emergency situations, call any of these offices:

- Title IX Officer and Director of Affirmative Action/Equal Opportunity, 801-626-6240, Miller Administration 101, [bgomberg@weber.edu](mailto:bgomberg@weber.edu)
- Dean of Students, Jeff Hurst, at 801-626-6256, Student Services Center, [jhurst@weber.edu](mailto:jhurst@weber.edu)
- Department of Human Resources, 801-626-6032, Miller Administration 111
- University Housing, 801-626-7275, 1375 Village Loop Road
- Weber State Women's Center, 801-626-6090, Shepherd Union 322

The university encourages you to seek out these resources regardless of whether the behavior occurred on or off campus. These resources are available to assist you in making decisions about how to proceed.

Anonymous reporting can also be done by filling out this form. Any information given may assist the police in determining if there is a pattern of crime with regard to a particular



location, method or suspect, and may enable the police, in appropriate circumstances, to alert the campus community to potential dangers. Filing an anonymous report may limit the ability of the police department to provide specific assistance or to investigate or solve a crime.

Code Purple Emergency Notification System <https://www.weber.edu/codepurple/>

Code Purple is an emergency notification system that gives Weber State University the ability to communicate health and safety emergency information quickly--by text, voice, and e-mail message. By enrolling in Code Purple, you may receive safety-related information, regardless of your location.

Weber State University is dedicated to the safety and well-being of all individuals on its campus. The university prohibits all forms of violence, discrimination and harassment in accordance with university policy. Such behavior may take many forms and include sexual harassment, sexual violence, rape, sexual assault, dating violence, domestic violence, stalking and sexual exploitation.

<https://www.weber.edu/safeatweber/>

### **Student Health Center**

<https://www.weber.edu/healthcenter/>

### **Student Grievances**

<https://weber.edu/cgap/student.html>

**As a student at WSU you have several resources to help you resolve your concerns:**

*I have concerns about administrative issues*

- Contact Admissions for: admissions issues, Utah residency, transfer issues
- Contact Financial Aid & Scholarships for: grants, loans, and scholarship petitions
- Contact Registrar's Office for: academic records, course credit, graduation deadlines and requirements, registration
- Contact Tuition and Student Fee Assessment Issues for: tuition assessment, fee assessment, other financial charges
- Contact Housing and Residence Life for: assignments, disruptive behavior in the residence halls, charges, customer service issues, any other issues concerning life in the residence halls

[housing@weber.edu](mailto:housing@weber.edu) or 801-626-7275

*I have concerns about fellow students*

- Contact the Dean of Students Office for: disruptive behavior, concerns about safety/welfare, cheating, etc.

*I have concerns about WSU staff*

- Contact the director/coordinator of the area where the staff member works for: customer service issues, mis-advisement, etc.

For help identifying that person use the index or contact the Dean of Students Office.

<https://www.weber.edu/DeanOfStudents>

*I have concerns about WSU faculty and academic departments*

- Contact the academic department chair for: grading concerns, classroom issues, etc.

For help identifying that person use the index or contact the Dean of Students Office.

<https://www.weber.edu/DeanOfStudents>

Don't see your concern listed above? Contact the Dean of Students office for more information:

Phone: 801-626-7256

Email: [jhurst@weber.edu](mailto:jhurst@weber.edu)

Website: <https://www.weber.edu/deanofstudents>

## DANCE STUDIO SAFETY

Dancers should remember a few key things to prevent injury:

Wear properly fitting clothing and shoes

Drink plenty of fluids

Resist the temptation to dance through pain

Pay close attention to correct technique

Be mindful of the limits of your body and do not push too fast too soon

Perform proper warm-up and cool-down

In the event of a dance related injury in class or rehearsal please notify a faculty member as soon as possible. Cold packs and first aid kits are readily available in the dance spaces.

- **Cuts and scrapes.** The first step is to stop the bleeding by applying pressure with some clean gauze. When the bleeding has stopped, gently clean any excess blood

away and apply some antibiotic ointment. Gently wrap the wound with some sterile gauze and tape or a bandage. Be on the lookout for signs of infection, including pain, swelling and redness.

- **Bruises.** While most bruises will heal themselves after a week or two, try to protect the area from further impact. If a bruise is swollen or severe, make sure to see your doctor.
- **Sprains.** If you can bear some weight on the injury without a lot of pain, chances are it's a sprain and not a break. Keep the acronym RICE in mind: rest, ice, compress and elevate.
- **Bumps.** Most minor head bumps can be relieved by applying a cold compress or ice pack wrapped in a towel. If the bump is accompanied by bleeding, headache, vomiting, difficulty speaking, breathing trouble or changes in vision, see your doctor. If the bump is associated with a loss of consciousness, seek emergency care right away.

In the event of an emergency please dial 911.

To contact Weber State University Campus Police, dial 1-801-626-6460.