DANC A119: KINESIOLOGY FOR DANCE

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

This course is designed to introduce students to the basic principles of kinesiology focusing on the key body joints including the spine, shoulder, hip, knee, ankle, and foot. It addresses the specific needs of dancers and Pilates students. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Recognize and identify the basic body bones and joints including the spine, shoulder, hip, knee, ankle and foot and identify and locate the main muscles of the body.
2. Identify and explain muscle actions using anatomical directional terminology and biomechanical analysis.
3. Apply neuromuscular analysis to identify muscles and groups of muscles that are most efficient in producing a specific action.

Course Objectives

- 1. Identity by name and location the major bones and muscles of the body.
- 2. Describe the major types of joints in the body and identify the movements possible with respective joint types.
- 3. Describe the major actions of major muscles of the body.
- 4. Identify prime movers for joint movements at major body joints.
- 5. Analyze basic movements and identify the key joints utilized, the primary motive forces, the type of muscle contraction, the prime movers and key stabilizer muscles.
- 6. Student will be able to identify basic standing alignments, and the presence of lumbar lordosis, thoracie kyphosis, or scoliosis.
- 7. Students will analyze the basic phases and selected muscle function in walking and running.
- 8. Students will be able to identify alignment problems frequently seen in dance and be able to describe ways to prevent injuries

Lecture Content

Class Requirements Attendance at lectures. Written tests. Written work. Verbal presentation of written project. Grading procedure: attendance and verbal participation in discussions, mid-term, final exam, written paper.

Introduction to the Skeletal and Muscular System and Articulations Skeletal System. Muscular System. Joint Motion Terminology. Anatomical Directional Terminology. Spine Alignment and Trunk Stabilization Abdominal Strengthening. Back Strengthening. Ideal Spinal Alignment. Common Deviations. Shoulder Alignment and Stabilization Shoulder Movements. Scapulohumerol Rhythm. Elbow, Radioulnar, Wrist and Hand Movements of the elbow, radioulnar, wrist and hand. Common Deviations. Hip Alignment and Articulations Hip Mechanics. Turnout Requirements in Dance. Common Injuries. Prevention and Rehabilitation of Injuries. Knee Alignment and Articulations Knee Mechanics. Special Demands Made by Dance. Common Injuries. Prevention and Rehabilitation of Injuries. Ankle/Foot Alignment and Articulations Ankle Mechanics. Foot Mechanics. Special Demands on Dancers. Common Injuries. Prevention and Rehabilitation of Injuries. Muscles/Movement Analysis Strength and Flexibility Exercises. Movement Analysis of Dance Exercises.

Method(s) of Instruction

- Lecture (02)

Instructional Techniques

1. Lecture-discussion 2. Video viewing of Pilates and dance exercises 3. Individual, paired and small group exercises in dance 4. Instructor demonstration with skeleton

Reading Assignments

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Writing Assignments

1. Written paper and present the information orally to the class on an aspect of dance kinesiology from an instructor-determined list of topics2. Mid-term and final exam3. Video critiques4. Oral presentation

Out-of-class Assignments

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Demonstration of Critical Thinking

1. Attendance 2. Participation in discussions 3. Mid-term, final exam 4. Written paper/oral presentation

Required Writing, Problem Solving, Skills Demonstration

1. Written paper and present the information orally to the class on an aspect of dance kinesiology from an instructor-determined list of topics 2. Mid-term and final exam 3. Video critiques 4. Oral presentation

Textbooks Resources

1. Required Sieg, . Illustrated Essentials of Musculoskeletal Anatomy. , ed. Gainesville: : Mega Books, 2002 Rationale: -