

# DANC A180: DANCE WELLNESS AND INJURY PREVENTION

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 give practical information on all aspects of safe dance practice. Alignment, nutrition, injury prevention, physical and psychological wellness concepts are among the topics covered. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Students will be able to reduce their risk of common dance injuries
2. Students will create a written plan for their specific dance health and performance improvement.

## Course Objectives

- 1. Identify and understand biomechanically sound alignment.
- 2. Recognize and establish a safe and supportive physical dance environment.
- 3. Develop an effective environment for psychological well-being.
- 4. Define and create a healthy physiological preparation, progression and modification for dance.
- 5. Evaluate the risk for injury in class, rehearsal and on the stage.
- 6. Know steps for prevention and management of dance injuries.
- 7. Understand the principles of proper nutrition and hydration for dancers.
- 8. Identify the principles and components of warming up and cooling down.
- 9. Recognize the positive attributes of rest and recovery within dance training.
- 10. Develop a plan for the specific needs of participants.

## Lecture Content

Dance Environment Preparation for Dance Activity Maintaining Safe Dance Facilities Ensuring Moral Safety Liability and Insurance Considerations Risk Assessment Accident Reports and Documentation Alignment Terminology A. Terminology B. Muscular and Skeletal Relationships C. Dynamic Alignment for Dance

III. Warm Up and Cool Down Practices A. Warm Up Principles and Components B. Cool Down Principles and Components C. Guidelines for Different Dance Genres D. Considerations for Common Questions IV. Principles of Dance Training and Supplementary Fitness A. Physical Fitness Components for Dancers B. Principles of Training for Dancers C. Evaluating the Personal Impact of Incorporating the Principles D. Finding Time for Fitness V. Rest and Recovery A. Rest and Recovery Elements B. Burnout and Overtraining C. Identify Personal Patterns D. Making Time for Rest VI. Class Sequencing and Progression A. Session Content, Structure and Delivery B. Learning, Training and Practice Considerations C. Constructing a Dance Class with Training Principles D. Structure and Content for Individual Classes E. Recommended Activities for Beginning, Middle and End of Class F. Contraindicated Movements VII. Hydration and Nutrition for Dancers A. Hydration B. Nutrition C. Best Food for Dance-Specific Activity D. Common Dance Eating Disorders IIX. Psychological Health and Well-Being A. Establishing a Safe Psychological Environment B. Guidelines for Psychological Needs C. Giving Safe and Effective Feedback D. Tools and Strategies for Developing Psychological Skills IX. Dance Injuries and Management A. Common Dance Injury Patterns B. Types, Causes and Risk Factors C. Care and Management of Injuries D. Safe Return to Dance Following an Injury E. Procedure for Injury X. Safe Dance Practice for Specific Populations A. Children and Youth in Dance B. Older Dancers C. Dancers with Disabilities D. Pregnant Dancers E. Dancers with Common Medical Conditions

## Method(s) of Instruction

- Lecture (02)

## Instructional Techniques

Lectures, video viewing, lab work, written assignments, reading assignments, presentations, goal setting, analysis of injury risk and self-care.

## Reading Assignments

Two to three hours of reading in text book and online assignments.

## Writing Assignments

Two hours of journaling/self-evaluation, answering homework questions and working on research presentations.

## Out-of-class Assignments

Two to three hours of research on and video viewing of specific topics covered in class.

## Demonstration of Critical Thinking

Answer questions on class readings, self-evaluation of skill level, goal setting and plan for self-care of injuries.

## Required Writing, Problem Solving, Skills Demonstration

Homework assignments, project presentation paper, skill demonstration on applying self-care to dance injuries.

## Eligible Disciplines

Dance: Masters degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelors degree in any

of the above AND masters degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Masters degree required.

### **Textbooks Resources**

1. Required Quin, E., Rafferty S., Tomlinson, C.. Safe Dance Practice, 1 ed. Champaign: Human Kinetics, 2015