

Liverpool John Moores University

Title: The Healthy Dancer
Status: Definitive
Code: **4006IAB** (120521)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Institute of the Arts Barcelona

Team	Leader
Philip Vickerman	

Academic Level: FHEQ4
Credit Value: 24
Total Delivered Hours: 90
Total Learning Hours: 240
Private Study: 150

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	19
Practical	65
Tutorial	6

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Written evaluation of their own physical strengths and weaknesses + personal health development plan	50	
Test	AS2	Multiple choice class test on anatomy, physiology, kinesiology and injury prevention and recovery	50	

Aims

The module aims to provide students with the knowledge and understanding of the

dancer's body and a practical awareness of the issues surrounding maintaining a healthy, injury free, career as a dancer. This will include personal fitness and strategies for injury prevention and remedial activities.

Learning Outcomes

After completing the module the student should be able to:

- 1 Identify safe practice through an awareness and understanding of alignment and postural and muscular balance
- 2 Identify and analyse areas of imbalance and postural weaknesses in the body.
- 3 Demonstrate the ability to develop a personal development strategy for maintaining health and fitness through rehabilitative exercise.
- 4 Demonstrate and identify a basic understanding of anatomy, physiology and kinesiology

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Report	1	2	3
Test	4		

Outline Syllabus

The module will commence with an individual diagnostic session with each student where their physical strengths and weakness will be evaluated and the student will be invited to start to develop their own personal physical development plan. The module will continue with lecture sessions which will explore anatomy, physiology and kinesiology so that students are fully conversant with the way the body is structured and operates in movement. In concert with their studies in dance technique (FCA001) students will be invited to explore and evaluate themselves regarding posture, alignment, centre, muscular strength and balance.

The module will provide the student with a range of physical exercises designed to strengthen and develop the dancer's body. There will be a specific focus on strategies for warming-up and cooling down the body.

Injury is a constant cause for concern for the dancer. Throughout the module students will be introduced to specific activities to reduce the risk of injury and also strategies and approaches dancers can take to enhance injury recovery.

The module will also touch on broader issues of diet and life balance for the dancer.

The syllabus will provide the student with

- *A good understanding of the body and how it operates in dance;*
- *A clear understanding of their own body and any issues they have to address as a dancer;*
- *An understanding of the key principles of injury prevention and any remedial action they may need to take in the result of injury;*
- *A practical understanding of the need for a balanced and healthy diet;*

- An understanding that actions and activities that they may undertake outside of their life as a dancer may impact on their success and longevity as a performer.*
- A realistic and considered personal physical development strategy that recognises their own strengths, weaknesses and performance aspirations*

Learning Activities

The module is delivered intensively through a number of classes each week. All classes are tutor-led. The module is taught to the whole group and individually in one to one diagnostic session. The module is structured around the students' development of applied dance science; transferring theoretical skills into enhanced applied dance practice

Notes

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