

## Liverpool John Moores University

Title: Dance Techniques & the Physical Body 1  
Status: Definitive  
Code: **4263SSLN** (122526)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

| Team                 | Leader |
|----------------------|--------|
| Angie Walton         | Y      |
| Lisa Parsons         |        |
| Fran Leaver          |        |
| Bérnard Pierre-Louis |        |
| Pauline Brooks       |        |

**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 60  
**Total Learning Hours:** 200      **Private Study:** 140

### Delivery Options

Course typically offered: Semester 1

| Component | Contact Hours |
|-----------|---------------|
| Placement | 20            |
| Practical | 39            |
| Tutorial  | 1             |

**Grading Basis:** 40 %

### Assessment Details

| Category | Short Description | Description           | Weighting (%) | Exam Duration |
|----------|-------------------|-----------------------|---------------|---------------|
| Practice | AS 1              | Continuous Assessment | 50            |               |
| Practice | AS 2              | Practical             | 50            |               |

### Aims

*This module aims to provide the opportunity for students to explore the principles of dance technique, and to apply a physical understanding of safe dance practice.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Illustrate the use of the physical self.
- 2 Present an awareness of principles of correct posture and alignment.
- 3 Define underlying principles of the chosen techniques.

## Learning Outcomes of Assessments

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

|                       |   |   |   |
|-----------------------|---|---|---|
| Continuous Assessment | 1 | 2 | 3 |
| Practical             | 1 | 2 | 3 |

## Outline Syllabus

*Safe studio practice*

*Practical phrases and sequences for focussing on:*

*-managing and regulating the physical self*

*-exploring key principles of movement*

*-posture and alignment*

*-mindfulness*

*Theory will focus on:*

*-anatomy*

*-the Soma*

## Learning Activities

Practical sessions

Lectures

Tutorial

## Notes

This module aims to provide the opportunity for students to explore the underlying principles of dance in studio practice, and to apply a holistic understanding towards the safety elements required for the healthy dancer.

The module aims that theory will underpin practical classes so that students can further develop their holistic understanding of the moving body.