

Liverpool John Moores University

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Title: THE HEALTHY DANCER
Status: Definitive
Code: **4502DAN** (109244)
Version Start Date: 01-08-2012

Owning School/Faculty: Liverpool Institute for Performing Arts
Teaching School/Faculty: Liverpool Institute for Performing Arts

Team	Leader
Sarah Baker	

Academic Level: FHEQ4
Credit Value: 12.00
Total Delivered Hours: 73.00
Total Learning Hours: 120
Private Study: 47

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	3.000
Practical	69.000
Tutorial	1.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS1	Healthy Dancer written examination	60.0	1.50
Exam	AS2	Continual assessment and warm-up practical presentation	40.0	

Aims

The module aims to provide students with the knowledge and understanding of the core issues surrounding maintaining a healthy body as a dancer. The skills developed in this module will provide a foundation for both their studies in dance and their future practice as professional performers.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate 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 a basic understanding of anatomy and physiology.
- 5 Demonstrate the ability to relate and apply their understanding of applied Dance science to the three core techniques (Ballet, Jazz, Contemporary and Tap)

Learning Outcomes of Assessments

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

Practical Presentation	1	2	3
Written Examination	4	5	

Outline Syllabus

The module will cover:

Anatomy and physiology for dancers

Alignment and posture

Injury prevention/treatment/management

Body control practices

Warm up/cool down techniques

Relaxation techniques

Nutrition and healthy eating

Remedial and therapeutic approaches to support the dancer's well being

Learning Activities

Lectures, seminars, practical workshops

References

Course Material	Book
Author	Blakey, P
Publishing Year	1994
Title	Stretching Without Pain
Subtitle	

Edition	
Publisher	Bibliotek Books
ISBN	

Course Material	Book
Author	Buckroyd, J
Publishing Year	2000
Title	The Student Dancer
Subtitle	
Edition	
Publisher	Dance Books Ltd
ISBN	

Course Material	Book
Author	Caldwell, C
Publishing Year	2001
Title	Dance and Dancer's Injuries
Subtitle	
Edition	
Publisher	Dance Books Ltd
ISBN	

Course Material	Book
Author	Cah M and Wadmore A
Publishing Year	1999
Title	The Pocket Atlas of the Moving Body
Subtitle	
Edition	
Publisher	Ebury Press
ISBN	

Course Material	Book
Author	Chemelar R and Fitts
Publishing Year	2002
Title	Diet for Dancers
Subtitle	
Edition	
Publisher	Princeton
ISBN	

Course Material	Book
Author	Robinson, L, Bradshaw, L and Gardner, N
Publishing Year	2010
Title	The Pilates Bible
Subtitle	
Edition	
Publisher	Kyle Kathie

ISBN	
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Course Material	Book
Author	Myers, T
Publishing Year	2001
Title	Anatomy Trains
Subtitle	Myofascial Meridians for Manual Movement Therapists
Edition	
Publisher	Churchill Livingstone
ISBN	

Course Material	Book
Author	Massey, P
Publishing Year	2009
Title	The Anatomy of Pilates
Subtitle	
Edition	
Publisher	Lotus Publishing
ISBN	

Course Material	Book
Author	Jarmey, C
Publishing Year	2008
Title	The Concise Book of Muscles
Subtitle	
Edition	
Publisher	Lotus Publishing
ISBN	

Course Material	Journal / Article
Author	Dance UK Information Sheet 17
Publishing Year	
Title	What is Core Stability
Subtitle	
Edition	
Publisher	Dance UK
ISBN	

Course Material	Journal / Article
Author	Dance UK Information Sheet 13
Publishing Year	
Title	Muscular Imbalance Explained
Subtitle	
Edition	
Publisher	Dance UK
ISBN	

Notes

Each student will undergo an initial physical diagnostic programme with the programme physiotherapist and with the module leader. From this and the subsequent lectures, workshop and seminars, the student will be able to develop their own fitness and health action plans.