

## Liverpool John Moores University

Title: The Healthy Dancer  
Status: Definitive  
Code: **4518DAN** (120058)  
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Liverpool Institute for Performing Arts

Team	Leader
Darren Carr	

**Academic Level:** FHEQ4      **Credit Value:** 12      **Total Delivered Hours:** 111  
**Total Learning Hours:** 120      **Private Study:** 9

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	111

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Practical	Practical and log book presentation	100	

### Aims

*This module aims to provide students with the knowledge and understanding of 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 at LIPA and their future practice as professional artists and performers.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate safe practice through structural awareness
- 2 Identify and analyse areas of imbalance and postural weaknesses in the body
- 3 Implement a personal development strategy for maintaining health and fitness
- 4 Adopt a personal remedial programme as part of daily warm up
- 5 Transfer rehabilitative practice directly into dance techniques

### **Learning Outcomes of Assessments**

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

Practical & Log Book Present	1	2	3	4	5
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### **Outline Syllabus**

*Students on this module will each undergo a physical diagnostic examination highlighting key postural issues and imbalances. This will form the main focus of learning as students will use knowledge gained through subsequent dance science sessions to address and improve physical limitations, thus increasing their physical technical ability within core dance technique practice and performance. Areas of study will also include the application of various body conditioning methods including safe and effective warm up practice. Knowledge gained from study of this module will aid the longevity of students' careers in Dance. Throughout the module, students will maintain a log book detailing their diagnostic and discussing their anatomical understanding of incorporating specific rehabilitative material and knowledge directly into dance techniques.*

*The assessment of this module will form the culmination of classroom study, physical practice and self research across both terms of study. Students will be assessed on their ability to create an effective practical presentation, specific to their individual physical and postural needs detailed within their log book.*

### **Learning Activities**

Diagnostic sessions

Lectures

Practical workshops and classes

### **Notes**

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