

The Healthy Dancer

Module Information

2022.01, Approved

Summary Information

Module Code	4565IAB
Formal Module Title	The Healthy Dancer
Owning School	Liverpool Screen School
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Institute of the Arts Barcelona

Learning Methods

Learning Method Type	Hours
Lecture	26
Seminar	26
Tutorial	3

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	September	28 Weeks

Aims and Outcomes

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.
------	--

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Describe and identify safe practice through an awareness, understanding and application of alignment and postural and muscular balance.
MLO2	2	Identify, describe and analyse areas of imbalance and postural weaknesses in the body.
MLO3	3	Describe and demonstrate the ability to develop a personal development strategy for maintaining health and fitness through rehabilitative exercise.
MLO4	4	Demonstrate, explain and identify a basic understanding of anatomy, physiology and kinesiology.

Module Content

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 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.
Module Overview	
Additional Information	The module provides a general understanding of the dancer's body. Assessment is via a report and a test.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Report	50	0	MLO1, MLO2, MLO3

Test	Test	50	0	MLO4
------	------	----	---	------

Module Contacts