



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-175	Dancer's Body: Healthy Practices	6
Prerequisites	Department	Semester
None	Music and Dance	Fall
Type of Course	Field	Language of Instruction
Required	Health and Body	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Alexander Michael	1 st
Mode of Delivery	Work Placement	Corequisites
Face to face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Introduce students to basic nutritional and anatomical principles as they apply to the practice of dance.
- Provide students with material to achieve optimal health and performance while maintaining ideal body condition and alignment in their own practice
- Introduced students to principles that will aid them to lower risk of injury, create more responsible dance educators and enhance dancers' performance longevity.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Apply basic principles of good nutrition in their everyday life and implement healthful eating habits.
2. Calculate their nutrition requirements based on their individual needs by following the food guide pyramid model/my plate and dance science nutritional formula to design their diet.
3. Separate nutrition information from misinformation.
4. Recognize and describe the skeletal and muscular systems.
5. Practice ideal postural alignment.
6. Identify the components of physical training.
7. Identify and analyze common dance-related injuries and their causes associated with nutrition.

Course Content:

1. Basic principles of a healthy diet
2. Dietary guidelines/Food guide pyramid guidelines/my plate
3. Reading food labels
4. Food for exercise and fitness/macronutrient requirements
5. Food for exercise and fitness/micronutrient requirements/fluid consumption guidelines
6. Energy for exercise and fitness
7. Medical conditions associated with dance/malnutrition.
8. Food misconceptions /fad diets/weight control
9. The language of anatomy
10. Proper body alignment
11. Warm up/cool down/stretching.
12. Principles of physical training
13. Dance injuries/prevention and treatment

Learning Activities and Teaching Methods:

Lectures, PowerPoint Presentations, Handouts, Discussions, Assignments

Assessment Methods:

In Class Participation, Assignments/Projects, Quizzes, Midterm Evaluation, Final Examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Nutrition for Dancers	Simmel, Liane and Kraft, Eva-Maria	Routledge	2017	9781351585965
The Fit and Healthy Dancer	Koutedakis, Yiannis and Sharp, Craig	London: John Wiley	1999	0471975281