



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-275	Experiential Anatomy and Kinesiology	6
Prerequisites	Department	Semester
DANC-175	Music and dance	Spring
Type of Course	Field	Language of Instruction
Required	Health and Body	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Christina Patsalidou	2 nd
Mode of Delivery	Work Placement	Corequisites
Face to Face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Introduce anatomical and biomechanical principles as they apply to dance performance
- Examine the basic anatomical position, the planes and axes of motion, anatomical directions and movements within the planes
- Introduce and examine the primary bones, joints, muscles, alignment deviations and mechanics for each of the following regions: spine, pelvis and lower and upper extremities
- Study injury prevention methods and practices
- Describe theories of stretching and strengthening
- Identify major injuries and treatment methods related to dance
- Appreciate the wellness concerns as they relate to dance and apply dance science research

Learning Outcomes:

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

- Use appropriate terminology when referring to the body
- Identify and classify all major bones, joints, ligaments and muscles of the human body
- Describe and evaluate correct alignment and muscular imbalances on oneself and others through physical experimentation and analysis
- Demonstrate and explain turn out mechanics
- Apply dance scientific concepts in technique classes
- Implement scientific knowledge to prevent and treat acute and chronic injuries

Course Content:

- The Language of Anatomy
- Bones, Joints, Muscles and related structures
- The Spine
- The Muscular System
- The Pelvic Girdle and Hip Joint
- Turn out
- Femur and lower leg: structure, muscle and joints 8. Knee structure and its mechanisms
- The Foot and Ankle
- The Shoulder
- Cross Training and Conditioning
- Rest and Recovery
- Injury Prevention, Dance Injuries and First Aid

Learning Activities and Teaching Methods:

Lectures, Power Point presentations, Handouts, Group Discussions & Activities, The Weakest Link Show, Student Presentations, Drawings

Assessment Methods:

Dance Science Specialist Article Assignment, Video Demonstration Assignments of Stretching and Strengthening Exercises, Quizzes, Projects, Colorings and Posters, Midterm Exam, Final Exam/Project, Participation and Attendance

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Dance Anatomy	Jacqui Haas	Human Kinetics	2017	1492545171
Stretching Anatomy	Arnold G. Nelson	Human Kinetics	2020	1492593648
Dancing Longer, Dancing Stronger: A Dancer's Guide to Conditioning,	Robin Kish, Jennie Morton	Princeton Book Company	2019	0871273977

Improving Technique and Preventing Injury				
Dancer Wellness	Krasnow, D. and Wilmerding, G (Editors)	Human Kinetics	2017	
Dance Anatomy and Kinesiology	Clippinger, Karen	Human Kinetics	2016	

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Conditioning for Dance	Eric Franklin	Human Kinetics	2019	9781492559702
Dance Imagery for Technique and Performance	Eric Franklin	Human Kinetics	2014	9781492577034
The Front Splits Fast Flexibility Program	Lisa Howell	Independently Published	2019	1708263314
Training Turnout	Lisa Howell	Independently Published	2019	1798232359