



DAN-175A The Dancer's Body: Healthy Practices

Course Code DAN-175A	Course Title The Dancer's Body: Healthy Practices	ECTS Credits 4
Department Music and Dance	Semester Fall	Prerequisites None
Type of Course Major Core	Field Dance Science	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 1 st	Lecturer Christina Patsalidou
Mode of Delivery Face-to-face	Course Venue N/A	Co-requisites None

Objectives of the Course:

This course introduces basic nutritional and anatomical principles as they apply to the practice of dance. The knowledge acquired through this course will help students achieve optimal health and performance while maintaining ideal body condition and alignment. Applying the principles learned will lower risk of injury, create more responsible dance educators and enhance dancers' performance longevity.

Learning Outcomes:

After the completion of the course students will be 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 and design their diet.
3. Separate nutrition information from misinformation.
4. Recognize and describe the skeletal and muscular systems.
5. Practice correct postural alignment.
6. Identify the components of physical training.
7. Identify and analyze common dance-related injuries and their causes associated with nutrition.

Course Contents:

1. Basic principles of a healthy diet
2. Dietary guidelines/Food guide pyramid guidelines
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

Required Textbooks/Reading:

The Dancer's Body: Healthy Practices Reading Packet with excerpts from the following sources:

Authors	Title	Publisher	Year	ISBN
Wardlaw, Gordon & Insel, Paul	<u>Perspectives on Nutrition</u> , 3 rd Edition	New York: WCB/McGraw-Hill	1996	0801665701
Koutedakis, Yiannis and Sharp, Craig	<u>The Fit and Healthy Dancer</u>	London: John Wiley	1999	0471975281
Snell, Elizabeth	<u>Liquid Assets for Dancers</u>	<i>Journal of Dance Medicine and Science</i> . 6(2):62-63	2005	n/a