



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

DAN-275 Anatomy and Kinesiology for Dance

Course Code DAN-275	Course Title Anatomy and Kinesiology for Dance	ECTS Credits 6
Department Music and Dance	Semester Fall	Prerequisites DAN-175A
Type of Course Major Core	Field Dance Science	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 2 nd	Lecturer Christina Patsalidou
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

This class will cover anatomical and biomechanical principles as they apply to dance. The lectures will focus on optimal dance movement and the related principles for understanding the various body systems, functions of muscle contraction and body structure. Applications of these principles so as to lower risk of injury, enhance performance longevity and create more responsible dance educators will be addressed.

Learning Outcomes:

When completing this course students will be able to:

1. Identify and implement anatomical terms when describing and analyzing the human body.
2. Identify important skeletal landmarks of the human body.
3. Identify and locate major muscles of the human body.
4. Define the sliding filament theory.
5. Identify, prevent and treat several body injuries.
6. Define and distinguish alignment deviations and mechanics for each of the following regions: spine, pelvis and lower and upper extremities.
7. Identify and analyze various systems of the human body such as the nervous, circulatory, respiratory and cardiovascular systems.
8. Practice correct posture alignment and safe technique in both performance and teaching.

Course Contents:

1. The Language of Anatomy
2. The Spine
3. The Muscular System
4. The Pelvic Girdle and Hip Joint

- 5. Strengthening and Stretching exercises for the dancer
- 6. The foot and ankle
- 7. The leg, knee and patellofemoral joints
- 8. Dance Injuries in relation to the area of the knee, ankle, foot
- 9. Dance Injuries in relation to the area of the back, hip and pelvis
- 10. Prevention and Treatment of injuries
- 11. The Respiratory, Circulatory System, Nervous and Cardiovascular System
- 12. Practical Applications of Material

Learning Activities and Teaching Methods:

Lectures, Power point Presentations, Handouts

Assessment Methods:

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

Required Textbooks/Readings:

A Reading Packet will include sections of the following texts:

Authors	Title	Publisher	Year	ISBN
Clippinger, Karen	<u>Dance Anatomy and Kinesiology</u> 2 nd Edition	Champaign, IL: Human Kinetic Books	2007	0880115319
Donnelly, Joseph	<u>Living Anatomy</u>	Champaign, IL: Human Kinetic Books	1990	0873222903
Elson, Lawrence M. and Kapit, Wynn	<u>The Anatomy Coloring Book</u> 3 rd Edition	San Francisco: Benjamin Cummings	2001	080535086
Grieg, Valerie	<u>Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class</u>	Princeton, NJ: Princeton Book Company	1994	0871271915

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Dowd, Irene	<u>Taking Root to Fly: Ten Articles on Functional Anatomy</u>	Manchester, NH: Cummings Printing Company	1995	0964580500