



<b>Course Code</b> DANC-239	<b>Course Title</b> Body Conditioning I	<b>ECTS Credits</b> 2
<b>Department</b> Music and Dance	<b>Semester</b> Fall 2014	<b>Prerequisites</b> None
<b>Type of Course</b> Elective	<b>Field</b> Body Conditioning	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> N/A	<b>Lecturer(s)</b> Alexander Michael
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

### **Objectives of the Course:**

The purpose of this course is to introduce the intermediate principles to maintain a balanced musculoskeletal composition specific for dancers. The course draws on Pilates method of strengthening, aligning, lengthening and balancing the body, as well as injury prevention techniques related to sports current dance science research. Personal modifications and variations of the exercises will be applied to individual body.

### **Learning Outcomes:**

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

1. Practice the original 36 Pilates moves and versions with props.
2. Apply the basic principles of the Pilates method to aid their dance technique and body awareness.
3. Apply personal modification and variations of the exercises to support their individual needs as dancers-athletes.

### **Course Contents:**

- Physiology:
  - a. The skeleton
  - b. The vertebral column
  - c. The muscles
- Technique principles:
  - a. Breathing
  - b. Pelvic Placement
  - c. Rib cage placement
  - d. Scapular movement and stabilization
  - e. Head and cervical placement
- Postural analysis:

Understanding the 4 different body types and how to change exercises to compensate.

- Physical execution:
  - The 36 original exercises and modifications to individual body type needs.
  - Assessing individual cardiorespiratory fitness levels using the D.A.F.T guidelines.
  - Cross train in dancer specific aerobic foundation where needed by use of Total Barre fitness program.

**Learning Activities and Teaching Methods:**

Studio, supplemented by introductory lectures and handouts

**Assessment Methods:**

In class performance and participation	-
Mid-Term	-
Final Examination	-

**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Muirhead, Malcolm	<u>Total Pilates</u>	San Diego, CA: Thunder Bay Press	1994	0306805537
Welsh, Tom	<u>Conditioning for Dancers</u>	Library of Congress Cataloging-in-Publication Data	2009	9780813033907
Koutedakis, Yiannis and Sharp, Craig	<u>The Fit and Healthy Dancer</u>	London: John Wiley	1999	0471975281