



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-285	Body Re-Alignment and Injury Prevention	6
Prerequisites	Department	Semester
DANC-175	Music and Dance	Spring
Type of Course	Field	Language of Instruction
Elective	Health and Body	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Alexander Michael	2 nd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	N/A

Course Objectives:

The main objectives of the course are to:

- Experientially acquire knowledge in biomechanical efficiency of exercise based protocols.
- Develop experience in somatic practices paying special attention to specified execution of fundamental exercise methods.
- Provide students with opportunity to increase kinaesthetic awareness through proprioceptive feedback sensitivity and understand limitations in progressive training of each type; aerobic, anaerobic, strength, power and flexibility, in all ages.

Learning Outcomes:

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

1. Perform postural analysis
2. Decipher the possible musculoskeletal imbalances.
3. Prescribe corrective exercises utilizing prime mover (mobilizers) muscle groups to promote improvement to posture type.
4. Demonstrate ability to execute specified exercises in active range of motion promoting more efficient dynamic posture.
5. Identify the prime muscle groups in biomechanical terms and the movement they provide.
6. Design individualized supplementary strengthening program
7. Demonstrate ability using found materials and equipment to execute exercises

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| <ol style="list-style-type: none"> 8. Define physiological limitations in children’s capacity for exercise, and correct cueing in dance movement. 9. Design a basic injury prevention class (stretch and strengthen) for a varying population. |
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Course Content:

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| <ol style="list-style-type: none"> 1. Musculoskeletal system. Biomechanics of movement and muscle contraction. 2. Postural analysis – plains of movement – muscular balance or imbalance. 3. Postural analysis – practical assessment 4. Application of postural analysis in terms of corrective exercises 5. Types of exercise training – strength, endurance, speed, flexibility, Anaerobic and their limitations 6. Expanding on Pilates based exercise system. 7. Somatic practices – dancers tips – manual manipulation, myofascial release 8. Somatic practices – Alexander Technique – Cranial Sacral Therapy 9. Children and dance – hormonal status – growth development – common injuries. 10. Designing an injury prevention class (stretch and strengthen) for a varying population 11. Designing an individualised exercise routine. |
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Learning Activities and Teaching Methods:

Studio, lectures

Assessment Methods:

Attendance and In Class Performance, Assignments, Quizzes, Practical Midterm examination, Final examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
The Anatomy of Exercise and Movement,for the study of dance, Pilates and Yoga	Staugaard-Jones, Jo Ann	Lotus Publishing	2011	978 1 90536717 7

Dance anatomy	Greene Haas, Jacqui	Human Kinetics	2018	1492545171
ACSM's Guidelines for Exercise Testing and Prescription	American College of Sports Medicine	Lippincott Williams and Wilkins; 10th Revised edition	2017	9781496339072