



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-475	Dance Performance Profile: Fitness, Nutrition, Strength	6
Prerequisites	Department	Semester
DANC-275	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	4 th
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	N/A

Course Objectives:

The main objectives of the course are to:

- examine the multidisciplinary nature of dance through the study of a single dancer through the lens of exercise physiology
- apply testing procedures, theories and interventions to a specific dancer utilising methods acquired through previous courses: DANC-285, DANC-275, DANC-175
- determine limiting physical attributes for the purpose of designing personalised intervention plan

Learning Outcomes:

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

1. Create detailed interventions to achieve optimal performance
2. Work independently on research of current literature
3. Critically reflect on participant utilizing quantitative and qualitative skills
4. Apply knowledge from current sports science research across dance and exercise sub-disciplines

Course Content:

1. Musculoskeletal system.
2. Anatomy of movement and muscle contraction.
3. Postural analysis – planes of movement – muscular balance
4. Postural analysis – practical assessment
5. Exercise program design – tapering – sports periodization
6. Biomechanical (Kinesiology) – skill, technique, proprioception
7. Nutrition
8. Resistance training

Learning Activities and Teaching Methods:

Lectures, Practical studio work, Lab work

Assessment Methods:

Assignments, Portfolio, Project

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
ACSM's Guidelines for Exercise Testing and Prescription	American College of Sports Medicine	Lippincott Williams and Wilkins; 10th Revised edition	2017	9781496339072
McArdle, William D & Katch, Frank I & Katch, Victor L.	Essentials of exercise physiology	Wolters Kluwer	2016	1496302095
Nutrition for Dancers	Simmel, Liane & Kraft, Eva-Maria	Routledge	2017	9781351585965