I. **Catalog Description:**
Investigation of the kinesiology and physiology of the human body as it relates to Dance. (3)

II. **Prerequisite:**
DA 280

III. **Objectives of the Course:**
A. To develop a basic understanding of human anatomy;
B. To develop a basic understanding of the biomechanics of human movement;
C. To understand the anatomical kinesiology of dance;
D. To understand the basic physiological concerns related to dance;
E. To appreciate the wellness concerns as they relate to dance.

IV. **Student Learning Outcomes:**
A. Students will identify and classify all major joints in the body;
B. Students will explain the function of the major muscle groups in human movement;
C. Students will demonstrate exercises that improve both aerobic and anaerobic performance.

V. **Expectations of Students:**
A. Attend all class and lab sessions;
B. Participate fully in all classroom and lab activity;
C. Complete all reading, lab and written assignments;
D. Complete written exams.

VI. **Course Content or Outline:**

<table>
<thead>
<tr>
<th>A. Anatomy and Kinesiology</th>
<th>Lecture hrs.</th>
<th>Lab hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skeletal System</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Muscular System</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The Spine</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The Pelvic Girdle and Hip Joint</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The Knee</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The Ankle and Foot</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The Upper Extremities</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>B. Biomechanics</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>C. Physiological Concerns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anaerobic (Strength and Power)</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Aerobic (Cardio-vascular)</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Flexibility</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>
Training Principles/Programs  2  1
Physiological Adaptations  2  1
Aging and Development  2  1
Physiological Assessment  2  1
D. Presentations and Exams  4  0

TOTAL HOURS  48

VII. Textbook(s) and/or Other Required Materials or Equipment:
Fitt, Sally Sevey. Dance Kinesiology N.Y.; Macmillan Pub, 1988

VIII. Basis for Student Evaluation:
A. Class assignments  20%
B. Lab Assignments  15%
C. Written Quizzes/Exams  15%
D. Presentations  50%

Bibliography


Berardi, Gig M. Dancing Over Thirty and Far Beyond: Case studies of older-aged dancers and the factors that contribute to the longevity of the performing careers 1988 Diss, 1988


Heilin, P. "Activation in Professional Ballet Dancers." Physiology and Behavior. 43(6) 1988: 783-7


