

DANC-1201: CONDITIONING FOR DANCE I

Cuyahoga Community College

Viewing: DANC-1201 : Conditioning for Dance I

Board of Trustees:

May 2024

Academic Term:

Fall 2024

Subject Code

DANC - Dance

Course Number:

1201

Title:

Conditioning for Dance I

Catalog Description:

Introduction to physical conditioning techniques to enhance dance training and performance. Exercises to improve strength, range of motion, alignment, balance, coordination, endurance, body awareness, and control. Learn basic anatomy, body mechanics, and injury prevention. Integration of science-based conditioning methods and mind-body (somatic) practices. May be repeated up to four times for credit.

Credit Hour(s):

2

Lecture Hour(s):

1

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Utilize a repertory of basic conditioning techniques and exercises to build and maintain a healthy, efficient, and expressive body for dance training and performance.

Objective(s):

1. Perform basic exercises and activities from select science-based training techniques and mind-body (somatic) practices (e.g., Pilates, yoga).
2. Explain importance of an appropriate warm up and cool down.
3. Assess personal deficits, identify goals for improvement, and evaluate progress toward goals.
4. Apply individual and group corrections and feedback.

Course Outcome(s):

Apply knowledge of basic anatomy, related physiologic function, and body mechanics to training and performance.

Objective(s):

1. Identify basic anatomy and utilize related terminology.
2. Recognize proper alignment and organization of the body in static and dynamic activities.

3. Develop body awareness (proprioceptive and kinesthetic senses).
 4. Demonstrate improvement in executing basic exercises with proper alignment and control.
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Methods of Evaluation:

1. Class participation and effort
2. Self-assessments/evaluations
3. Journals
4. Peer evaluation
5. Demonstration/performance of exercises
6. Written quizzes, tests
7. Practical exam
8. Research project

Course Content Outline:

1. Basic functional anatomy and body mechanics
 - a. Bones
 - b. Muscles
 - i. Lower extremities
 - ii. Trunk, neck, and upper extremities
 - iii. "Core"/"Powerhouse"/"Center" (spanning from lower ribs to hips)
 - c. Joints
 - i. Types
 - ii. Movements
 - d. Tendons, ligaments, and fascia
 - e. Anatomical movements
 - i. Flexion/extension
 - ii. Internal/external rotation
 - iii. Abduction/adduction
 - iv. Pronation/supination
 - v. Eversion/inversion
 - f. Individual differences in body structure and mechanics
2. Basic conditioning principles and exercises from select dance/sports/exercise science-based training methods and mind-body (somatic) practices (e.g., Pilates, yoga, etc.)
 - a. Strength development, stability, and endurance
 - b. Mobility - range of motion, flexibility, and stretching
 - c. Coordination, control, balance (neuromuscular, sensorimotor)
 - d. Breath, flow
 - e. Cardiovascular
 - f. Movement efficiency
 - g. Modifications to increase or decrease level of difficulty
 - h. Equipment and props (e.g. resistance band, weights, exercise balls, Pilates circle, yoga block and strap, foam roller, tennis or "pinky" ball)
3. Body awareness - proprioception and kinesthetic awareness
 - a. Sensory-motor (neuromuscular)
 - i. Proprioception (sense of where one's body is in space)
 1. Alignment and posture
 2. Balance - static and dynamic stability
 - ii. Motor control and motor skills
 1. Muscle activation, strength, and coordination for movement
 2. Rhythm and timing
 3. Unilateral, bilateral and cross-lateral (crossing midline) coordination
 - b. Visualization and imagery
4. Self-care, injury prevention or recovery, and lifestyle choices affecting total health
 - a. Warm up and cool down
 - b. Specificity of training/conditioning program
 - c. Rest and recovery

- i. Recovery techniques (e.g., massage, cold, heat, etc.)
 - ii. Sleep
- d. Nutrition and hydration
- e. Common injuries
 - i. Potential causes
 1. Imbalances in strength, endurance, or mobility
 2. Overuse
 3. Improper technique and training
 4. Poor nutrition
 - ii. Prevention and/or rehabilitation
 1. Exercise/conditioning program
 2. Physical therapy
 3. Cross-training

Resources

Alpers, Amy, and Rachel Segel. *The Everything Pilates Book*. Massachusetts: Adams Media Corp., 2002.

Clarkson, Priscilla, and Andrea Watkins. *Dancing Longer, Dancing Stronger*. 2nd ed. New Jersey: Princeton Book Co, 2019.

Clippinger, Karen. *Dance Anatomy Kinesiology*. Illinois: Human Kinetics, 2007.

Dowd, Irene. *Taking Root to Fly: Articles on Functional Anatomy*. 3rd ed. Irene Dowd, 1995.

Everett, Carole. *College Guide for Performing Arts Majors*. New Jersey: Peterson's, 2009.

Fitt, Sally. *Dance Kinesiology*. 2nd ed. USA: Schirmer Books, 1996.

Franklin, Eric. *Conditioning for Dance*. Illinois: Human Kinetics, 2004.

Franklin, Eric. *Inner Focus, Outer Strength*. New Jersey: Princeton Book Co., 2006.

Franklin, Eric. *Dance Imagery for Technique and Performance*. 2nd ed. Illinois: Human Kinetics, 2013.

Franklin, Eric. *Dynamic Alignment Through Imagery*. 3rd ed. Illinois: Human Kinetics, 2022.

Franklin, Eric. *Pelvic Power*. New Jersey, Princeton Book Co., 2003.

Franklin, Eric. *Relax Your Neck, Liberate Your Shoulders*. New Jersey: Princeton Book Co., 2002.

Haas, Jacqui G. *Dance Anatomy*. 3rd ed. Illinois: Human Kinetics, 2024.

Howse, Justin, and Moira McCormick. *Anatomy, Dance Technique, and Injury Prevention*. 4th ed. London: Methuen Drama, 2009.

Krasnow, Donna, and Jordana Deveneau. *Conditioning with Imagery for Dancers*. Canada: Thompson Educational Publishing, 2010.

Olsen, Andrea. *Bodystories: A Guide to Experiential Anatomy*. Expanded ed. UPNE, 2020.

Page, P. *Assessment and Treatment of Muscle Imbalance: The Janda Approach*. Human Kinetics, 2010.

Peterson, Judith, MD. *Dance Medicine: Head to Toe*. New Jersey: Princeton Book Co., 2011.

Siler, Brooke. *The Pilates Body*. New York: Broadway Books, 2000.

Simmel, Liane. *Dance Medicine in Practice: Anatomy, Injury Prevention. Training I*. Trans. Jane Michael and Liane Simme. New York, Routledge, 2014.

Solomon, Ruth, John Solomon, and Sandra Cerny Minton. *Preventing Dance Injuries*. 2nd ed. Illinois: Human Kinetics, 2005.

Soleway, C. *Body Therapy, Small Ball Release*. FitBall USA; Ball Dynamics Intl., 2001.

Taylor, Jim and Ceci Taylor. *Psychology of Dance*. Illinois: Human Kinetics, 1995.

Todd, Mabel E. *The Thinking Body*. Maine: The Gestalt Journal Press, 2008.

Welsh, Tom. *Conditioning for Dancers*. Florida: University Press of Florida, 2009.

Isacowitz, Rael. *Pilates*. 2nd ed. Illinois: Human Kinetics, 2014.

Resources Other

Other media (video, website, journal):

- Galbraith, Gary. *The Dancer Wellness Project*. Case-Western University, 1998. <http://dancerwellnessproject.com>
- *Journal of Dance Medicine and Science*, IADMS (International Association for Dance Medicine & Science)
- *Resistance Stretching*. Torres, D. DVD. Innovative Body Solutions, 2008

Websites:

www.pilatesanytime.com (<http://www.pilatesanytime.com>)

Pilates

www.alexandertechnique.com (<http://www.alexandertechnique.com>)

Alexander Technique/ F.M. Alexander

www.astonkinetics.com (<http://www.astonkinetics.com>)

Aston Patterning

www.contactquarterly.com (<http://www.contactquarterly.com>)

Contact Quarterly

www.bodymindmovement.com (<http://www.bodymindmovement.com>)

Body Mind Centering/Bonnie Bainbridge

www.bodymindmovement.com

www.continuummovement.com (http://www.continuummovement.com)	Cohen Continuum/Emilie Conrad
www.cranialsacraltherapy.org (http://www.cranialsacraltherapy.org)	Biodynamic CranioSacral Therapy Association of North America
www.dynamicanatomy.org (http://www.dynamicanatomy.org)	Topf technique
www.eastwestsomatics.com (http://www.eastwestsomatics.com)	East West Somatics Institute for Yoga, Dance & Movement Studies
www.feldenkrais.com (http://www.feldenkrais.com)	Feldenkrais
www.globalsomatics.com (http://www.globalsomatics.com)	Green River Dance for Global Somatics
www.iadms.org (http://www.iadms.org)	International Association for Dance Medicine & Science
www.ismeta.org (http://www.ismeta.org)	International Somatic Movement Education & Therapy Association
www.ideokinesis.com (http://www.ideokinesis.com)	Ideokinesis
www.kleintechnique.com (http://www.kleintechnique.com)	Klein Technique
www.limsonline.org (http://www.limsonline.org)	Laban/Bartenieff Institute of Movement Studies
www.movingoncenter.org (http://www.movingoncenter.org)	Moving on Center
www.polaritytherapy.org (http://www.polaritytherapy.org%20)	American Polarity Therapy Association/ Dr. Randolph Stone
www.reiki.org (http://www.reiki.org)	Reiki
www.rolf.org (http://www.rolf.org)	Rolf Institute of Structural Integration/Ida Rolf
www.somaticmovementstudies.org (http://www.somaticmovementstudies.org)	Somatic Movement Studies
www.somaticstudies.com (http://www.somaticstudies.com)	Center for Somatic Studies
http://www.meltmethod.com (http://www.somaticstudies.com)	The MELT Method (The Art of Self-Care)

Top of page

Key: 5202