

## Southeast Missouri State University

**Department:** Theatre and Dance

**Course No.:** DA 396

**Title of Course:** Kinesiology and Physiology of Dance

**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:**

	<b>Lecture hrs.</b>	<b>Lab hrs.</b>
A. Anatomy and Kinesiology		
Skeletal System	2	1
Muscular System	2	1
The Spine	2	1
The Pelvic Girdle and Hip Joint	2	1
The Knee	2	1
The Ankle and Foot	2	1
The Upper Extremities	2	1
B. Biomechanics	1	1
C. Physiological Concerns		
Anaerobic (Strength and Power)	2	1
Aerobic (Cardio-vascular)	2	1
Flexibility	2	1

Training Principles/Programs	2	1
Physiological Adaptations	2	1
Aging and Development	2	1
Physiological Assessment	2	1
D. Presentations and Exams	4	0
	33	15
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**

Belt, Charles R. "Injuries Associated with Aerobic Dance." American Family Physician. June 1990, v41(6): 1769-1772.

Berardi, Gig M. Finding Balance: Fitness and Training for a Lifetime in Dance. New Jersey: Princeton, 1991

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

Bonbright, Jane M. and Janet Brooks, eds. "Dance Alive! Analyzing the Components of a Dance Fitness Program." JOPERD. May/June 1991: 41-42

Bowling, Ann. "Injuries to Dancers: Prevalence, Treatment and Perceptions of Causes." British Medical Journal. March, 1989: 731-734.

Brooks-Gunn, J., Michelle P. Warren, et al. The Relation of Eating Problems and Amenorrhea in Ballet Dancers." Medicine and Science in Sports and Exercise. 19.1 (1987): 41-44

Clarkson, Priscilla M. Theresa E. Kennedy, et al. "A Study of Three Movements in Classical Ballet." Research Quarterly for Exercise and Sport 55.2 (1984): 175-179

Cohen J. L., S.M. Austin, K.R. Segal, et. Al "Echocardiographic Mitral Valve Prolapse in Ballet Dancers: A Function of Leanness." American Heart Journal. 113(2pt1) Feb. 1997: 341-4

Fitt, Sally. "Conditioning for Dancers: Investigating Some Assumptions." DanceResearch Journal. 14/1&2(double issue) 1981-82: 32-38

- Greben, S.E. "Dealing With the Stress of Aging Dancers" Medical Problems of Performing Artists. Vol. 7 n4, Dec 1992: 127-131
- Hardaker, William T. Jr. "Foot and ankle injuries in classical ballet dancers." Orthopedic Clinics of North America Vol 20 n4, Oct. 1989: 621-627
- Heilin, P. "Activation in Professional Ballet Dancers." Physiology and Behavior. 43(6) 1988: 783-7
- Horosko, Marian. "Dancers Over 40." Dance Magazine. Vol. 10 n1, Jan. 1996: 94-6
- Kushner, S. MSc (PT), L. Saboe, BPT, et al "Relationship of turnout to hip abduction in professional ballet dancers." The American Journal of Sports Medicine. Vol. 18 n3, 1990: 286-291
- Marshall, Peter, MA, PT, and William G. Hamilton, MD. "Cuboic subluxion in the ballet dancers." The American Journal of Sports Medicine. Vol. 20 n2, 1992: 169-175.
- Sohl, Patricia and Ann Bowling. "Injuries to dancers: Prevalence, Treatment and Prevention." Sports Medicine. Vol. 9 n3, 1990: 317-321.
- Weber, L. "Dancer in Transition." Ballet International. n7. July 1995: 46-49