

ANATOMY & PHYSIOLOGY OF A CLASSICAL DANCER

DETAILS OF THE ASSOCIATE DIPLOMA ANATOMY PAPER

In order to gain their Associate Diploma, candidates are required to undertake a learning module in Anatomy and Physiology for a Classical Dancer.

WHAT DO CANDIDATES NEED TO KNOW?

Candidates are required to undertake a learning module in Anatomy and Physiology of a Classical Dancer with a focus on safe dance practice. Studies should include:

1. Knowledge of basic principles of anatomy and physiology to ensure “Safe Dance” practice, including:
 - i) Warm up/cool down strategies
 - ii) Effective and safe stretching
 - iii) Safe dance environment – flooring, ventilation
 - iv) Knowledge of common physical faults in students of classical ballet, and strategies for correction in training.
2. Understanding and employment of effective injury prevention strategies:
 - i) Measures to prevent common dance injuries
 - ii) Basic injury treatment (R.I.C.E.D.)
 - iii) Basic injury recovery and rehabilitation

ASSESSMENT STRUCTURE

There are 10 questions to this open book exam paper, all of which must be passed to a satisfactory level. Each response should be approximately 200-400 words and must be referenced.

TEXTBOOKS AND RESOURCE PAPERS

Studies for the Associate Diploma should be based on the following compulsory texts:

- Haas, JG, 2017. *Dance Anatomy*. 2nd ed. Human Kinetics. Champaign, Illinois. (The first edition published in 2010 is also a valid text).
- Wilmerding, MV, Krasnow, DH, 2017. *Dancer Wellness*. Human Kinetics. Champaign, Illinois.

The following text is also very useful and provides a comprehensive discussion of anatomy as it relates to the dancer and dance technique:

- Clippinger K, 2016. *Dance Anatomy and Kinesiology*. 2nd edition. Human Kinetics. Champaign, Illinois.

These textbooks are available for purchase through many online sites.

Additionally, the IADMS site (International Association for Dance Medicine & Science) offers some extremely useful resource papers and bulletins for teachers that provide some wonderful information on dance related anatomy and nutrition. These documents can be found at iadms.org. Some of the information may only be available to IADMS members.

Ausdance has also produced a number of documents and fact sheets relating to Safe Dance® practice. These can be found at <https://ausdance.org.au>.

NOTE: The exam questions will be based on information provided in the compulsory texts. However, candidates should be mindful that further research and self-learning will allow them to develop a better understanding of the topics and to provide more detail to their answers than by using the text alone. **Candidates will need to provide enough information in their answers to be able to demonstrate that they have sufficient knowledge to achieve a satisfactory result.**

SUGGESTED TEXTBOOK REFERENCES

Studies are aimed at gaining knowledge of basic principles of anatomy and physiology to ensure “Safe Dance” practice in the studio. However, it is essential for candidates to recognise that at the base of this knowledge is a strong understanding of basic anatomical principles, in particular of the skeletal and muscular systems.

Study should include theory on the topics listed below. **Be aware that additional references to these topics may also be found elsewhere throughout the texts:**

1. Basic anatomical terms and principles as they relate to dance alignment and technique (Wilmerding and Krasnow, 2017, Chapters 2 and 8; Haas, 2017), including a knowledge of:
 - a) Basic anatomy – including bone structure, joint structure, the bones and muscles of the body (more specific detail in Haas, 2017)
 - b) Planes of movement and movement terms
 - c) Alignment
 - d) Specific anatomical concepts in relation to dance technique
2. Understand the benefits and principles of cross training and conditioning for dancers (Wilmerding and Krasnow, 2017, Chapters 3 and 6; Haas, 2017), including knowledge of:
 - a) The benefits of cross-training
 - b) Preparing for and recovering from training (i.e. warm up and cool down)
3. A knowledge of providing a safe dance environment (Wilmerding and Krasnow, 2017, Chapter 1) – including an understanding of:
 - a) The dance space and facilities (including flooring, temperature, ventilation, and sound)
 - b) Dance apparel
4. Understanding and the employment of effective injury prevention strategies (Wilmerding and Krasnow, 2017, Chapters 9 and 6: Haas, 2017), including:
 - a) Common dance injuries
 - b) Predisposing factors of common dance injuries
 - c) Common dance activities that can cause injuries
 - d) Measures to prevent common dance injuries
 - e) Basic first aid (P.R.I.C.E.D.)
 - f) The relevance of H.A.R.M. in the days following an acute injury
5. Nutrition for dancers (Wilmerding and Krasnow, 2017, Chapters 7 and 8), including a knowledge of:
 - a) The basics of nutrition
 - b) Risks of poor nutrition
 - c) Cultivating healthy eating habits