

All first-year students attend a series of lectures on dance and health. During these lectures they learn about the balance between strain (what is required of a dancer) and the acceptable level of strain (what the dancer can handle). Special attention will be paid to anatomical knowledge and injury prevention and physical conditioning. The lectures are focused on knowledge, insight and practical skills. These lessons are taken care by Health and Performance department of the ATD.

Course: Experiential Anatomy (Anatomy & Injury prevention)
Teacher(s): Peter Stoelhorst
Year group: SNDO 1
Study year: 2022-2023
Period:
Weeks (block):
Time:
Hours:
Total amount of contact hours:
Total amount of self-study hours (reading, writing, homework tasks, etc.): optional
Starting date:
Date of completion:

Study points: Student acquires credits/study points based on minimum of 90% participation in the course (in case of additional unavoidable absence the minimum required is 70% presence). In addition, the student will complete a personal physical profile. This profile will be built up from small assignments given during the classes and completed during the last class.

Content (concept and week to week outline):

Experiential anatomy classes are a part of the program that will help you develop the knowledge and tools to be able to make informed decisions in your training practice and performance. You will explore/experience your body and learn to observe posture and movement (your own and those of people you work with) from a biomechanical, anatomical, and functional perspective. You will also learn how to work in a safe and healthy way.

The 13 classes will focus on:

1. Skeleton, bone types, bone growth
2. Joints, anatomical position, movements, planes, and axes of movement
3. Muscles, fascia, and neural system, warming up, stretching
4. Organs
5. Injuries, tissue damage, and repair
6. Exercise physiology and fitness
7. Biomechanics and common injuries of the spine
8. Biomechanics and common injuries of the hips, turnout
9. Biomechanics and common injuries of the knees
10. Biomechanics and common injuries of the feet and ankles
11. Biomechanics and common injuries of the shoulder and arms
12. Completing a personal physical profile, requests
13. Completing a personal physical profile, requests

The order of these subjects might change.

Objectives and assessment criteria:

The student has a basic knowledge of:

anatomy, biomechanical principles, and injury prevention

how to observe posture, alignment, and movement patterns from an anatomical/functional perspective

how posture, alignment and movement patterns affect a body, training, and performance

basic training principles

common (dance) injuries and how to prevent them

how to respond to injuries in a sensible, safe, and effective manner

how to apply all this to their own training practice and performance

how to apply all this to the training practice and performance of people they work with

Literature, websites, background: (as reference or actual course material):

Reference material:

“Anatomy and Injuries” by Ted Willemsen (this book can be purchased from Jos Daamen, Visible Body, a three-dimensional anatomy atlas (free acces via Myahk)

Additional literature can be found in the library of the Theaterschool

Hand-outs provided by the teacher during the classes

Teaching format:

instruction, self-study, feedback

peer to peer feedback

Form of students output:

participation

personal physical profile

Assessment by whom:

teacher

Assessment:

Students are expected to actively participate during classes and complete a personal physical profile which will be completed during the classes.

Which competences of the seven described below the course contributes to (for further reference on the competences, check the page 18 of the SNDO study guide):

III INVESTIGATIVE AND REFLECTIVE ABILITIES – Through research and reflection the graduate gains understanding and knowledge about how they function as a professional and can use such insights in an artistic and social context.

VI COMMUNICATIVE ABILITY – The graduate is able to interact within a wide range of professional contexts.

Conditions:

Remarks: