

SNDO

 **Academy of Theatre and Dance**
Amsterdam University of the Arts

BA in Choreography

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

Teacher(s):

Year group: 1

Study year: 2022-2023

Period: 1

Weeks (block:) 12 weeks (block: 1 & 2)

Time:

Hours:

Total amount of contact hours:

Total amount of self-study hours (reading, writing, homework tasks, etc.):

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). The full course study points are awarded if student participated in the above mentioned amount and in relationship to the quality of participation and development expected for the course.

Content (concept and week to week outline):

Experiential anatomy classes are a part of the program that will help to develop the knowledge and skills to be able to make informed decisions in training practice and performance. An aspect of the education involves having the tools and knowledge to be able to properly care for the body. Dance involves extensive physical and mental preparation. These classes are a part of the education that will prepare the student to become an independent and healthy choreographer and contributes to the knowledge and insight to work in a safe and healthy way with others.

The goal of the classes is to learn the theoretical knowledge about anatomy, kinesiology, injury prevention and transfer that information into the students own dance practice. Besides learning the theoretical knowledge the students explore and experience how their body works and is functioning in the class, making the transfer to practical use so direct as possible. Using the personal results of the screening (which the students get at the beginning of the school year) as a starting point, the students work from head to toes through their own bodies gaining knowledge and insight in relation to dance about: the musculoskeletal system, tissue damage and repair, common injuries, training principles like warming up and cooling down, stretching, rest. They learn about the biomechanics and quality of movement of foot/ankle, knee, hip/turn out, trunk/center, arm movement. They observe posture and movement and explore each other's and their own movement possibilities.

Objectives and assessment criteria: (the student is able to..):

The student:

- is familiar with anatomical terminology
- has basic knowledge of anatomy and injury prevention
- can transfer the theoretical knowledge into practical knowledge

- has more insight in and knowledge about their own posture/alignment and movement patterns and how this affects their body, training and performance.
- has basic knowledge of training principles
- is able to explain the best ways to prevent common injuries.
- has more insight in and knowledge to respond to injuries in a sensible, safe and effective manner - has more insight in and knowledge to tailor their training when being injured.
- will develop the knowledge and tools to be able to make informed decisions in their training practice and performance.
- has more insight in and knowledge about training, performance, posture/alignment and movement patterns in general and how this affects the body of the people you work with.
- will develop the knowledge and tools to be able to make informed decisions in training practice and performance for the people you work with.

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

- Anatomy and injuries, autor Ted Willemsen. Additional information on website www.tedwillemsen.nl
- Visible body on Myahk (a three dimensional anatomy atlas)
- www.IADMS.org, the resource papers
- KAPIT, Wynn en Lawrence M. ELSON. The anatomy colouring book. 1977
- Walker, B. The Anatomy of Stretching, 2011
- Greene Haas, J. Dance Anatomy, 2010

Teaching format:

technique class

instruction, self-study, feedback

peer to peer feedback

Form of students output:

process

report

Assessment by whom:

teacher

Assessment: (dialogue / progress oriented / sanction, repeat or re-doing)

Handing in a personal physical profile

II CRAFTSMANSHIP – In their work the graduate applies expertise and broad range of instrumental skills in a professional way

8. In the context of their work, the graduate knows how to make dancers perform optimally.

12. The graduate is well-informed about how dancers can sustain a healthy lifestyle and takes good care of their own mental and physical state.

Conditions:

Remarks: