

## DNCE10010 Kinetic Studies 1B

<b>Credit Points:</b>	6.25
<b>Level:</b>	1 (Undergraduate)
<b>Dates &amp; Locations:</b>	2010, Southbank This subject commences in the following study period/s: Semester 2, Southbank - Taught on campus.
<b>Time Commitment:</b>	Contact Hours: 3 hours per week Total Time Commitment: 5 hours per week
<b>Prerequisites:</b>	Kinetic Studies 1A
<b>Corequisites:</b>	None
<b>Recommended Background Knowledge:</b>	None
<b>Non Allowed Subjects:</b>	None
<b>Core Participation Requirements:</b>	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Description, Subject Objectives, Generic Skills and Assessment Requirements of this entry. The University is dedicated to provide support to those with special requirements. Further details on the disability support scheme can be found at the Disability Liaison Unit website: <a href="http://www.services.unimelb.edu.au/disability/">http://www.services.unimelb.edu.au/disability/</a>
<b>Coordinator:</b>	Ms Nina Veretennikova
<b>Contact:</b>	Student and Academic Services, Faculty of the Victorian College of the Arts, 234 St Kilda Road, Southbank Vic 3006 Tel: 03 9685 9419
<b>Subject Overview:</b>	This subject is designed to provide a foundation in safe dance practice, based on sound anatomical knowledge and a practical understanding of different kinetic practices. The subject includes the study of Anatomy, Pilates and other kinetic practices. The anatomy component includes the further study of the musculo-skeletal system, muscle and synovial joint form and function, postural alignment and efficient technique to prevent dance injuries. Kinetic practices provide a basis for core stabilization and balanced alignment to facilitate efficiency in movement.
<b>Objectives:</b>	To develop an understanding of: <ul style="list-style-type: none"> <li>• the structure, function and use of imagery in ideokinetic and releasing practises.</li> <li>• the forces acting on the skeletal &amp; myofascial systems.</li> <li>• core stabilisation and its relationship to the spine.</li> <li>• embodiment of the work of Dr. Lulu Sweigard and her 9 lines of movement.</li> </ul>
<b>Assessment:</b>	Participation and contribution to course work including completion of set tasks (50%); written examinations (25%); set tasks (25%). Hurdle requirement - 80% attendance.
<b>Prescribed Texts:</b>	None
<b>Recommended Texts:</b>	None
<b>Breadth Options:</b>	This subject is not available as a breadth subject.
<b>Fees Information:</b>	Subject EFTSL, Level, Discipline & Census Date, <a href="http://enrolment.unimelb.edu.au/fees">http://enrolment.unimelb.edu.au/fees</a>
<b>Generic Skills:</b>	On completion of this subject students should have acquired the following skills: <ul style="list-style-type: none"> <li># the ability to synthesise data and other information on the human body;</li> </ul>

	<ul style="list-style-type: none"><li># the ability to apply theory to practice;</li><li># the capacity for kinaesthetic awareness.</li></ul>
<b>Related Course(s):</b>	Bachelor of Dance (VCA)