

# DNCE10018 Integrated Body Mind Practices 1

<b>Credit Points:</b>	12.50								
<b>Level:</b>	1 (Undergraduate)								
<b>Dates &amp; Locations:</b>	2012, Southbank This subject commences in the following study period/s: Semester 1, Southbank - Taught on campus.								
<b>Time Commitment:</b>	Contact Hours: 90 Hours Total Time Commitment: 120 Hours								
<b>Prerequisites:</b>	None								
<b>Corequisites:</b>	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>DNCE10017 Dance Technique 1</td> <td>Semester 1</td> <td>12.50</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	DNCE10017 Dance Technique 1	Semester 1	12.50
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DNCE10017 Dance Technique 1	Semester 1	12.50							
<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>	Assoc Prof Jenny Kinder, Ms Nina Veretennikova								
<b>Contact:</b>	<b>Faculty of the VCA and Music Student Centre</b> Ground Floor, Elisabeth Murdoch Building (Bldg 860) Southbank Campus 234 St Kilda Road, Southbank, 3006 Enquiries Phone: 13 MELB (13 6352) Email: 13MELB@unimelb.edu.au								
<b>Subject Overview:</b>	Through an integrated approach to the study of anatomy, dance kinesiology, performance psychology and body conditioning students are introduced to strategies for systematically developing their movement potential. Goal setting, motivational strategies and mental skills practice are also used to facilitate optimal performance. Emphasis on structural, biomechanical and neuromuscular analyses of the body provides a basis for more efficient and effective approaches to dance technique training and to injury prevention. Students are introduced to benefits of ideo-kinetic and releasing principles to develop effective and efficient postural and dynamic alignment and a deep working knowledge of the body.								
<b>Objectives:</b>	This subject will enable students to: <b>KINESIOLOGY</b> <ul style="list-style-type: none"> <li>• develop an understanding of the structure, function and use of imagery in ideokinetic and releasing practices;</li> <li>• demonstrate an understanding of the forces acting on the skeletal and myofascial systems;</li> <li>• acquire core stabilisation and understand its relationship to the spine;</li> <li>• demonstrate embodiment of the work of Dr. Lulu Sweigard and her 9 lines of movement;</li> <li>• acquire a basic understanding of Skinner Releasing Technique;</li> <li>• develop the ability to make informed choices in training and rehabilitation.</li> </ul> <b>ANATOMY</b> <ul style="list-style-type: none"> <li>• articulate the principles of safe dance practices;</li> </ul>								

	<ul style="list-style-type: none"> <li>• identify and describe the structure and function of the human skeletal system;</li> <li>• identify and describe the structure and function of the human muscular system;</li> <li>• define and discuss static and dynamic alignment related to dance;</li> <li>• articulate the principles of good nutrition.</li> </ul> <p><b>PERFORMANCE PSYCHOLOGY</b></p> <ul style="list-style-type: none"> <li>• learn and practice mental skills to enhance performance;</li> <li>• articulate the principles of goal setting theory;</li> <li>• identify, practice and maintain optimum arousal levels for class, rehearsal, audition and performance;</li> <li>• use imagery to assist in conditioning, dance composition, technique, rehabilitation, personal preparation and confidence;</li> <li>• articulate and demonstrate an understanding of cognitive restructuring techniques.</li> </ul> <p><b>CONDITIONING WITH IMAGERY TRAINING</b></p> <ul style="list-style-type: none"> <li>• acquire and demonstrate balanced skeletal alignment;</li> <li>• address muscle imbalances and improve muscle function and acquire improved balance between strength and flexibility;</li> <li>• maximise mechanical balance of the skeletal structure and improve whole body integration;</li> <li>• improve neuro-muscular patterning, coordination and habitual movement patterns through improved whole body integration and connectedness;</li> <li>• improve lumbo-pelvic stability and mobility;</li> <li>• develop an understanding of outward rotation and demonstrate appropriate use of turnout.</li> </ul>
<b>Assessment:</b>	<p>Contribution and participation to coursework 20%4 areas of study (Anatomy, Kinesiology, CI-Training and Performance Psychology) x 5%Written assignments/tests 50% comprising 2 Anatomy tests of 1hour duration 30%; mid semester and end of semester - 1 written assignment for Kinesiology of 1500 words 10%; Due mid-semester - 1 Written assignment for Performance Psychology of 1500 words 10%; Due mid-semester - Performance Psychology exam and Kinesiology Presentation 30%: Kinesiology presentation 15% Due end of semester - Performance Psychology exam 15%. Date in exam periodHurdle requirements: Students must attend 80% of all scheduled classes and attempt all elements of assessment to be eligible for a pass in this subject.</p>
<b>Prescribed Texts:</b>	Subject Reader
<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>	<p>On completing this subject students will be able to:</p> <ul style="list-style-type: none"> <li>• synthesise conceptual ideas and other information of the human body;</li> <li>• apply theory to practice;</li> <li>• have a capacity for kinaesthetic awareness;</li> <li>• communicate orally and in writing;</li> <li>• evaluate information and solve problems.</li> </ul>
<b>Related Course(s):</b>	Bachelor of Fine Arts (Dance)