

DNCE10009 Kinetic Studies 1A

Credit Points:	6.25
Level:	1 (Undergraduate)
Dates & Locations:	This subject is not offered in 2014.
Time Commitment:	Contact Hours: 3 hours per week Total Time Commitment: 5 hours per week
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	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: http://www.services.unimelb.edu.au/disability/
Contact:	Faculty of the VCA and Music Student Centre 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
Subject Overview:	This subject is designed to provide a foundation in safe dance practice, based on anatomical knowledge and ideo-kinetic principles. The subject includes the study of Anatomy and Kinesiology. The anatomy component includes the study of the musculo-skeletal system, muscle and synovial joint form and function, postural alignment and efficient technique to prevent dance injuries. Kinesiology includes the study and practice of ideokinetic processes to foster a balanced alignment of the skeletal system and re-education of neuromuscular habits in movement.
Learning Outcomes:	To develop an understanding of: <ul style="list-style-type: none"> • the structure, function and use of imagery in ideokinetic and releasing practises. • the forces acting on the skeletal & myofascial systems. • core stabilisation and its relationship to the spine. • embodiment of the work of Dr. Lulu Sweigard and her 9 lines of movement.
Assessment:	Participation and contribution to course work including completion of set tasks (40%); written assignment (20%); practical assessments and written examinations (40%). Hurdle requirement - 80% attendance.
Prescribed Texts:	None
Recommended Texts:	None
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees

Generic Skills:	On completion of this course students should have acquired the following skills: <ul style="list-style-type: none"># the ability to synthesise data and other information on the human body;# the ability to apply theory to practice;# the capacity for kinaesthetic awareness.
Related Course(s):	Bachelor of Dance (VCA)