

DNCE10020 Body Balance

Credit Points:	6.25											
Level:	1 (Undergraduate)											
Dates & Locations:	2016, Southbank This subject commences in the following study period/s: Semester 2, Southbank - Taught on campus.											
Time Commitment:	Contact Hours: 1 X 1 hour Body Conditioning, 1 x 2 Hours Yoga = 3 hours per week Total Time Commitment: 70 hours											
Prerequisites:	<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> <tr> <td>DNCE10018 Integrated Body Mind Practices 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	DNCE10018 Integrated Body Mind Practices 1	Semester 1	12.50
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DNCE10018 Integrated Body Mind Practices 1	Semester 1	12.50										
Corequisites:	None											
Recommended Background Knowledge:	None											
Non Allowed Subjects:	None											
Core Participation Requirements:	<p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p> </p>											
Contact:	Nina Veretennikova ninav@unimelb.edu.au											
Subject Overview:	BODY BALANCE utilizes techniques and approaches from various somatic practices e.g., Yoga, Feldenkrais, Conditioning programs etc., to assist the Dance student to improve individual body range of movement, flexibility, strength and tone. Easeful movement is facilitated through emphasis on correcting muscular imbalances throughout the body.											
Learning Outcomes:	This subject will enable students to: <ul style="list-style-type: none"> # identify muscle imbalances and improve muscle function to promote more easeful movement; # improve and retrain neuro-muscular patterning and coordination and work towards freedom from habituated restrictions and greater connectedness; # maximise mechanical balance of the skeletal structure and improve whole body integration; # improve lumbo-pelvic stability and mobility; # develop the ability to make informed choices about appropriate exercises in training and rehabilitation. 											
Assessment:	Students attend a mid-semester interview with 2 staff to review progress across all subjects including DNCE 10020 Body Balance - Mid Semester Coursework – Active and ongoing engagement in weekly classes including regular individual feedback against criteria attendance 10%, skills development 20%, technical proficiency 30% and work ethic 20% - End of semester - 80% Written assignment (1200 words) Written work must be passed to successfully complete											

	the subject - End of semester - 20% 80% Attendance Hurdle must be met to pass subject - Hurdle 100% weekly punctual and full attendance is expected.
Prescribed Texts:	Franklin, E., Dynamic alignment through imagery, 1996, Champaign, IL
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:	<p>On completing this subject students will have:</p> <ul style="list-style-type: none"> # the ability to interpret, analyse and evaluate information # the capacity to think critically # the ability to exercise imaginative and transformative processes # the capacity to solve problems # the ability to apply theory to practice # the capacity for kinaesthetic awareness; # the capacity to work with unconditional positive regard for self and others # the capacity to utilise an internal evaluative mechanism # the capacity to give and receive informed feedback; # the capacity to develop a work methodology; # the capacity to participate effectively in collaborative learning as a team member whilst respecting individual difference # the capacity to engage in productive self directed learning and research.
Related Course(s):	Bachelor of Fine Arts (Dance)