

DNCE20029 Body Balance

Credit Points:	6.25											
Level:	2 (Undergraduate)											
Dates & Locations:	2016, Southbank This subject commences in the following study period/s: Semester 2, Southbank - Taught on campus.											
Time Commitment:	Contact Hours: 36 hours Total Time Commitment: 1 X 1 hour Body Conditioning per week 1 x 2 Hours Yoga per week Estimated Total Time Commitment: 60 hours											
Prerequisites:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>DNCE10016 Choreographic Process into Performance 1</td> <td>Semester 1</td> <td>12.50</td> </tr> <tr> <td>DNCE10017 Dance Technique 1</td> <td>Semester 1</td> <td>12.50</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	DNCE10016 Choreographic Process into Performance 1	Semester 1	12.50	DNCE10017 Dance Technique 1	Semester 1	12.50
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DNCE10016 Choreographic Process into Performance 1	Semester 1	12.50										
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Corequisites:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>DNCE10019 Choreographic Process into Performance 2</td> <td>Semester 2</td> <td>12.50</td> </tr> <tr> <td>DNCE10022 Dance Technique 2</td> <td>Semester 2</td> <td>12.50</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	DNCE10019 Choreographic Process into Performance 2	Semester 2	12.50	DNCE10022 Dance Technique 2	Semester 2	12.50
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DNCE10019 Choreographic Process into Performance 2	Semester 2	12.50										
DNCE10022 Dance Technique 2	Semester 2	12.50										
Recommended Background Knowledge:	Completion of Year 1 Bachelor of Fine Arts (Dance) ensures all students have appropriate background knowledge											
Non Allowed Subjects:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>DNCE10020 Body Balance</td> <td>Semester 2</td> <td>6.25</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	DNCE10020 Body Balance	Semester 2	6.25			
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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>											
Coordinator:	Ms Anna Smith											
Contact:	Anna Smith smitham@unimelb.edu.au											
Subject Overview:	<p>BODY BALANCE utilises 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.</p>											
Learning Outcomes:	<ul style="list-style-type: none"> # Improved general flexibility with specific attention to increasing range/mobility of the upper body; # Improved whole body integration; 											

	<ul style="list-style-type: none"> # Consolidate effective use of the core muscle group in their role of supporting body alignment and motion; # Establish easeful movement facility and aesthetic through the application of key Yoga principles; # An established vocabulary of exercises to maintain optimal movement facility throughout the physical structure.
Assessment:	<p>Students attend a mid-semester interview with 2 staff to review progress across all subjects including DNCE 10020 Body Balance - Mid Semester Coursework: active, physical and ongoing engagement in practical classes (including regular individual feedback) against assessment criteria: skills development 20%, technical proficiency 30%, work ethic 20% and attendance 10%. A formula is applied to a student's actual attendance, which distributes marks from 10% down to zero where zero represents less than 60% attendance - End of Semester (Total: 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 the subject (100% weekly punctual and full attendance is expected)</p>
Prescribed Texts:	Handouts available on LMS
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 completion of this subject students should have acquired the following skills:</p> <ul style="list-style-type: none"> # The capacity for kinaesthetic awareness; # The ability to interpret and analyse; # The ability to apply theory to practice; # The capacity to synthesise data and evaluate information; # The capacity for imaginative, transformative and interpretive activity; # The capacity to work with unconditional positive regard for self and others; # The capacity to utilize 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; # The ability to perform at optimum level.
Related Course(s):	Bachelor of Fine Arts (Dance)