



ANATOMY AND PHYSIOLOGY OF A CLASSICAL DANCER

PART A ASSESSMENT PAPER

ASSESSMENT CRITERIA

- This paper contains 8 short answer questions, each worth 10 marks
- Please answer all questions in approximately 200-400 words
- Answer questions with as much detail as possible to demonstrate your knowledge of this topic.
- **It is essential to answer these questions using anatomical language and terms**
- Ensure you research your answers using a number of texts, journals and websites to enable a broad discussion of the topic
- Use clearly labelled diagrams where applicable
- **It is essential to reference your work and any diagrams using Harvard or Vancouver formatting**

PART A ASSESSMENT PAPER

1. Discuss factors that may enhance bone mineral density. How might this information be relevant for the female teenagers in your ballet classes? (10 marks)
2. A. Describe the anatomy of a long bone. (5 marks)
B. What is an epiphyseal (growth) plate? (5 marks)
3. Describe the features and structure of a synovial joint using the knee joint as an example.
4. Describe the anatomy and function of the pelvic floor muscles in dance.
5. Imagery is utilised by dancers of all levels in an attempt to try to achieve a better alignment and technique. Describe how “imagery” works to assist a dancer with their technique development.
6. Dancers are required to focus throughout class in order to develop and perfect their technique. Discuss the guidelines that you would recommend for food intake prior to classwork for Intermediate and Advanced students. Include a discussion on nutritional strategies that you would offer to assist these students in their recovery and body repair post class.
7. Why is flexibility in the hamstring muscle group essential in ballet technique? Describe how you would teach an effective hamstring stretch to a dancer ensuring that you discuss correct positioning, technique and directions as to length of stretch. Is stretching to gain flexibility more effective when performed before or after class – and why? Use a diagram to demonstrate the stretch position.
8. Discuss the correct technique in the hip and spine for performing a grand battement devant. Include a discussion of correct and incorrect technique and muscle engagement using an anatomical discussion.



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PART B ASSESSMENT PAPER

ASSESSMENT CRITERIA

- This paper contains 2 questions, each worth 30 marks
- Please answer both questions in approximately 600-800 words
- Answer questions with as much detail as possible to demonstrate your knowledge of this topic.
- **It is essential to answer these questions using anatomical language and terms**
- Ensure you research your answers using a number of texts, journals and websites to enable a broad discussion of the topic
- Use clearly labelled diagrams where applicable
- **It is essential to reference your work and any diagrams using Harvard or Vancouver formatting**

PART B ASSESSMENT PAPER

1. Many dancers will present with Joint Hypermobility Syndrome. What is meant by this term? How might JHS affect a dancer's alignment and technique development?

2. Most young dancers dream of dancing on their toes. However, pointe work is difficult and can lead to the development of pain and injuries if a dancer either does not have the anatomy for pointe work or cannot demonstrate correct technique and alignment. Which factors would you be looking for in your students to determine pointe readiness?