

Licentiate Diploma

ANATOMY AND PHYSIOLOGY OF A CLASSICAL DANCER

RPL Self-Assessment Tool

This module describes the learning outcomes, assessment criteria and required knowledge essential for a dance teacher to know and understand in order to be able to apply basic human anatomical and nutritional principles to safe dance practice and the development of appropriate dance alignment and technique. The course involves self learning with or without the assistance of a mentor with the completion of an “open book” exam (Parts A and B) and an assignment (Part C). Candidates who are interested in seeking recognition of prior learning (RPL) must demonstrate the skills and knowledge required in this module (as listed below) and have these skills recognised by a qualified RPL assessor. When the candidate can provide applicable and satisfactory evidence, he/she may be granted recognition for all or part of this subject.

THE RPL PROCESS

In order to pursue this process, candidates are asked to follow these steps:

1. Complete the Self Assessment Tool with as much information as possible (below) to identify your candidacy for the granting of an RPL
2. Collect and organise the relevant evidence.
3. Submit the completed “Self Assessment Tool” by email to the Cecchetti Ballet Australia Head Office with the attached documentation.
4. In order to be granted an RPL for this unit of competency, candidates must demonstrate the following:
 - a. Candidates will need to provide evidence of learning and understanding in all learning outcomes, assessment criteria and of all required knowledge
 - b. Any documentary evidence will need to be either original (with a photocopy provided for attachment to documentation) or a certified copy of an original
 - c. Any documentary evidence must demonstrate a currency of knowledge – that is, all past academic studies undertaken by the candidate with respect to seeking an RPL for this unit of competency must have been undertaken within the last 5 years.

NOTE:

- Please assess your competency in ALL elements and performance criteria of this unit before applying for the RPL. You are also required to consider the evidence that you will require to substantiate your claim – it must be verifiable and certified wherever possible.
- Suggested forms of evidence that you have undertaken prior assessment of the learning outcomes of this unit include: academic transcripts (including grades achieved); subject descriptions (including learning outcomes, topics covered, scheduled contact hours, how the work was assessed); and past assessment papers with evidence of grading (e.g. exams, assignments) – although evidence that this is your own work is difficult to prove.
- As with reading textbook and journals and with viewing videos, online courses can be fabulous for updating knowledge but not evidence that you have actually gained any skills. Additionally, unlike textbooks, research journals, magazines and videos, websites are not governed by any particular organisation and do not require any peer reviewing prior to upload to the “web”. Consequently, candidates must be cautious that the information they are reading is accurate, objective, current and valid.

Cecchetti Ballet Australia RPL Self Assessment Tool

CANDIDATE NAME:

EMAIL:

CONTACT NUMBER:

UNIT OF COMPETENCY: Anatomy and physiology of classical ballet

RPL ASSESSOR: Anita Bruce

LEARNING OUTCOMES AND ASSESSMENT CRITERIA		MY EXPERIENCE THAT MATCHES	HISTORICAL EVIDENCE I CAN PROVIDE	RECENT EVIDENCE I CAN PROVIDE (i.e. in last 5 years)	ASSESSOR COMMENTS
1	Formulate knowledge of good posture for the dancer.	1.1 Analyse the principles of good posture with particular reference to ballet			
		1.2 Discuss the principles of good posture in relation to "pull up" in parallel position			
2	Specify a knowledge of connective tissue elements and their functions	2.1 Analyse the major connective tissues of the human body			
		2.2 Contrast the function of connective tissues, with particular reference to a dancer's alignment			
3	Formulate knowledge of the structure and function of principle bones of the human skeleton	3.1 Specify the structure and function of the human skeleton with particular reference to the principles of alignment for the dancer			
		3.2 Analyse the principle bones of the human skeleton			
		3.3 Discuss the principle superficial bony landmarks on the human body			
4	Combine a knowledge of the different types of body joints and their function in dance	4.1 Specify the four major types of joints found in the human body.			
		4.2 Discuss the major body joints and describe the function and stabilising factors of each, with particular reference to dance movement (e.g. pli�, hip rotation).			

5	Analyse the major muscle groups and describe their basic structure and function in dance.	5.1	Specify the three types of muscle found in the human body.				
		5.2	Contrast the structure and function of Skeletal muscle.				
		5.3	Contrast the major muscle groups and describe their attachments and actions, with particular reference to dance steps (e.g. pli�, relev�, turnout).				
		5.4	Specify the surface anatomy of the superficial musculature				
6	Apply knowledge of the basic function of the nervous system in relation to movement	6.1	Discuss in general terms, the structure of nervous system in the human body.				
		6.2	Discuss how the motor unit produces muscular contraction.				
		6.3	Analyse the principles of neuromuscular co-ordination with particular reference to dance steps (e.g. balancing on demi-pointe, relev�)				
7	Combine the basic principles of nutrition with the requirements of a dancer	7.1	Discuss the four major food groups and the types of food in each group.				
		7.2	Justify the daily requirements from each group that would comprise a healthy diet for a dancer.				
		7.3	Analyse the value of food in relation to body repair.				
		7.4	Specify the effects of good and bad nutritional habits on a dancer's well being.				
		7.5	Analyse the importance of maintaining an adequate level of hydration when exercising.				

		7.6	Categorise the elements that need to be addressed by a dancer with a vegetarian or vegan diet.				
		7.7	Specify an appropriate daily diet for a day of dance classes and/or rehearsals-				
		7.8	Specify appropriate pre-performance dietary requirements				
		7.9	Discuss appropriate dietary requirements that allow recovery from class work, rehearsals and performances				
8	Discuss the function of the body's systems	8.1	List general terminology related to the systems of the body				
		8.2	Analyse the structure and function of the systems of the body with particular reference to dance.				
REQUIRED SKILLS AND KNOWLEDGE (Skills and knowledge required for this unit)				MY EXPERIENCE THAT MATCHES	HISTORICAL EVIDENCE I CAN PROVIDE	RECENT EVIDENCE I CAN PROVIDE (i.e. in last 12 months)	ASSESSOR COMMENTS
REQUIRED KNOWLEDGE A summary of the essential knowledge and level required for this module: <ul style="list-style-type: none"> • Application of knowledge of technique and anatomy to the classical dancer. • Ability to assess all situations with relation to safety and prevention of injury • Application of knowledge of how the dancer's body functions to perform a tendu or plié in a classical ballet class, and • Application of knowledge of how the dancer's body functions to control a fall to the floor in a classical ballet class. • Application of knowledge of technique and anatomy as it relates to posture and "ideal alignment", and how the dancer works to achieve this. • Literacy skills sufficient to undertake the written examinations. • Research skills and the ability to acquire technical terminology. 							

OTHER COMMENTS/NOTES:

