



## ANATOMY AND PHYSIOLOGY OF A CLASSICAL DANCER

### ASSOCIATE DIPLOMA EXAM PAPER

#### ASSESSMENT CRITERIA

- This paper contains 5 questions relating to **safe dance practice**, 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 the topic.
- You must answer each question to a satisfactory level.
- **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**



1. It is important for dance teachers to gain an understanding of basic anatomical language so that they can better understand their own research into anatomy and better liaise and communicate with doctors and health practitioners.
  - A. Give a brief description of the following terms: (5 marks)
    - a) Medial
    - b) Proximal
    - c) Anterior
    - d) Superficial
    - e) Inferior
  - B. Briefly describe a dance step or arm movement that provides an example of the following. Be specific. (5 marks)
    - a) Shoulder adduction
    - b) Knee flexion
    - c) Hip extension
    - d) Foot pronation
    - e) Hip external rotation
2. Neutral spine and core are essential components for the development of good dance technique.
  - A. Explain the term “neutral spine” as it relates to dance alignment and technique. (3 marks)
  - B. Explain the term “core” or lumbopelvic control as it relates to dance technique. (3 marks)
  - C. Explain the role of core/lumbopelvic control in maintaining a neutral spine. (4 marks)
3. Flexibility in the hamstring muscle group is essential in dance so that the dancer can achieve high elevation of the leg *devant* and *à la seconde*.
  - A. 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, etc. Explain your reasoning where possible. (7 marks)
  - B. Is stretching to gain flexibility more effective when performed before or after class – and why? (3 marks)
4. Turnout is an essential component of classical technique.
  - A. Where does a dancer’s turnout come from? Explain your answer. (5 marks)
  - B. How might a dancer compensate his or her alignment to work with “overtuned” feet in an effort to appear more turned out? Discuss your answer using anatomical terms and language. (5 marks)
5.
  - A. Discuss what is occurring when a dancer goes through a growth spurt. Be specific with respect to the skeletal, muscular and nervous systems. (5 marks)
  - B. How would you modify classwork to assist technique development through this stage? (5 marks)

6. Poor floor construction and maintenance can lead to the development of bad technique and the onset of injuries.
- A. Discuss the qualities of an ideal studio floor with respect to the following elements of floor design:
- A. Sprung floors (2 marks)
  - B. Vinyl floors (2 marks)
  - C. Raked floors (2 marks)
- B. How can you maintain your studio flooring to provide a safe environment for your dancers? (4 marks)
7. The purpose of a warm up is to prepare the body for classwork, rehearsal or performance. List and discuss in detail five ways a dancer can benefit from a warm-up. Be specific with your discussion using your knowledge of physiology to explain your answer. (10 marks)
8. Dance teachers must understand the principles of injury prevention in order to maintain a safe environment for their students. Using your research, list and discuss in detail five elements or strategies that you may incorporate into class to help prevent the development of injuries in your dancers. (10 marks)
9. A. What do you understand by the term P.R.I.C.E.D.? Give a detailed explanation of your answer. (6 marks)
- B. Discuss the acronym H.A.R.M. and explain its relevance following injury. (4 marks)
10. A. A balanced diet is essential to provide the energy that is required for the demands of dance class and performance. Define and discuss with some detail the terms macronutrients and micronutrients as they relate to the dancer. (8 marks)
- B. Give a brief discussion on guidelines you would offer your students for appropriate hydration for classwork. Be specific. (2 marks)