Georgia Fine Arts

Dance: Applied Anatomy and Kinesiology for Dance

Creating

1 **Demonstrate an understanding and apply knowledge of kinesiology, somatics, and anatomy in movement.** DHSAAK.CR.1

- a Explain and demonstrate the use of self-monitoring methods to refine and improve alignment and technical skills. DHSAAK.CR.1.A
- b Define, describe, and execute functions of anatomy as they relate to dance styles and how preparation for different movement styles differ. DHSAAK.CR.1.B
- c Analyze and apply principles of injury prevention for dance to personal practicesin preparing for dance class and performance. DHSAAK.CR.1.C
- d Develop a dance class or training session based on the components of fitness and injury prevention guidelines for safe physical activity. DHSAAK.CR.1.D
- e Identify and relate physical activity guidelines for health and fitness according to both the Surgeon General and the American College of Sports Medicine (e.g. warm-up, fitness phase, cool down). DHSAAK.CR.1.E

Performing

1 **Identify and demonstrate movement elements, skills, and terminology in dance.** DHSAAK.PR.1

- a Demonstrate an understanding of basic dance terminology and technique. DHSAAK.PR.1.A
- b Understand kinesthetic awareness through body parts and isolations, connecting the body to one's kinesphere. DHSAAK.PR.1.B
- c Examine the kinesthetic process used to transfer weight, change direction, and maintain balance. DHSAAK.PR.1.C
- d Analyze the use of the elements of dance in relation to kinesthetic awareness and muscle function. DHSAAK.PR.1.D

2 **Demonstrate an understanding of the relationship between dance as a form of physical activity, health, well-being, and quality of life.** DHSAAK.PR.2

- a Identify the 5 components of fitness (e.g. cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition). DHSAAK.PR.2.A
- b Identify and demonstrate proper progressions and regressions. DHSAAK.PR.2.B
- c Demonstrate dynamic and static flexibility. DHSAAK.PR.2.C

d Demonstrate knowledge in preparing the body through using opposing muscle groups and concentric, isometric, and eccentric muscular contractions. DHSAAK.PR.2.D

3 Identify and demonstrate the components of muscular fitness. DHSAAK.PR.3

a Identify and demonstrate functional movement training for stability and mobility (e.g. proper alignment). DHSAAK.PR.3.A

b Identify and demonstrate knowledge in weights and calisthenics that manipulate the body's levers to progress intensity for muscular strength and endurance progressions. DHSAAK.PR.3.B

c Identify and demonstrate proper performance training exercises (e.g. jumps, rotary power). DHSAAK.PR.3.C

d Identify and demonstrate aerobic-based training, aerobic efficiency, anaerobic endurance, and anaerobic power. DHSAAK.PR.3.D

Responding

1 Understand and describe how dance as exercise influences the cardiovascular system, skeletal system, and muscular system for both health and performance. DHSAAK.RE.1

a Explain how the skeletal structure provides support and protection for tissues, and functions with the muscular system to make movements possible. DHSAAK.RE.1.A

b Recognize all of the movements of the primary joints, the plane and axis in which they occur, and the muscles which produce these actions. DHSAAK.RE.1.B

2 Describe, understand, and apply energy system principles (bioenergetics) to the movements of dance. DHSAAK.RE.2

a Identify the 3 primary metabolic systems (e.g. ATP-PC system, anaerobic glycolysis system, aerobic glycolysis system). DHSAAK.RE.2.A

b Understand the limitations for energy delivery and utilization in the body through the study of the 3 primary metabolic systems. DHSAAK.RE.2.B

c Identify neuromuscular foundations of movement, including motor units, neuromuscular junctions, action potentials, and the sequence of those events to produce movements. DHSAAK.RE.2.C

d Explain motion analysis by identifying muscles that produce movement under analysis, and the type of contraction that occurs (e.g. concentric, eccentric, isometric). DHSAAK.RE.2.D

Connecting

1 Recognize connections between dance and wellness. DHSAAK.CN.1

a Describe the ways that dance promotes strength, health, physical safety, and reduced risk of injury, and employ appropriate strategies for treating, preventing, and recovering from dance injuries. DHSAAK.CN.1.A

b Assess consequences of personal actions, and commitment and discipline necessary to achieve personal goals in dance. DHSAAK.CN.1.B

c Identify bones and muscle groups, and describe the ways that alignment, flexibility, and strength contribute to the body's range of motion. DHSAAK.CN.1.C

d Identify and explain extrinsic and intrinsic motivation. DHSAAK.CN.1.D

---

2 **Demonstrate an understanding of dance as it relates to other areas of knowledge.** DHSAAK.CN.2

a Identify and explore various dance related professions (e.g. sports medicine, dance therapy). DHSAAK.CN.2.A

b Explore the use of media and technology to research the relationship between dance and science. DHSAAK.CN.2.B

c Research and present one social behavior theory (e.g. Transtheoretical Model of Behavioral Change, Health Belief Model, Social Cognitive Theory, Social Ecological Model) and identify how it applies to dance. DHSAAK.CN.2.C