

DANC 201

Introduction to Dance Kinesiology

3 Credits

Community College of Baltimore County
Common Course Outline

Description DANC 201 – Introduction to Dance Kinesiology: introduces students to the study of dance kinesiology. Emphasis is placed on anatomical analysis, conditioning principles, and injury prevention as they apply to dance technique and training.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. identify the major muscles of the body;
2. analyze movement in terms of joint actions;
3. explain function and types of muscles;
4. identify patterns of body organization and sequencing;
5. discuss anatomical capacities and structural limitations;
6. explain the role of kinesthetic awareness and sensory perception in successful movement performance;
7. analyze movement in terms of the physical laws that govern the moving body;
8. apply accurate anatomical vocabulary and terminology in describing movement;
9. assess strengths and weaknesses of their own body based on anatomical principles;
10. identify areas of physical weakness or abnormality in themselves and others;
11. design conditioning exercises to address areas of weakness in themselves;
12. identify ways to avoid injury in technique class, rehearsal and performance; and
13. discuss the appropriate treatment of basic injuries and when to seek appropriate medical treatment.

Major Topics

- I. Function and structure of the skeletal system
- II. Function and structure of the muscular system
- III. Body organization and sequencing
- IV. Principles of physical conditioning
- V. Injury awareness and treatment

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Attendance and active participation in class activities and discussions
- A minimum of two written exams
- A minimum of one practical exam
- Weekly assignments
- Self-assessment of physical strengths and weaknesses

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- CCBC Dance Concert attendance and response

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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