

Module Specification

Summary Information

Module Code	5602DAN
Formal Module Title	Healthy Dancer 2
Career	Undergraduate
Credits	15
Academic level	FHEQ Level 5
Module Pass Mark	40

Learning Methods

Learning Method Type	Hours
Lecture	35
Practical	15

Module Offering(s)

Start Month	Duration
September	28 Weeks

Aims and Outcomes

Aims	This module aims to develop a deeper understanding of applied exercise and anatomy in relation to maximising students' full physical potential within their technical training. Students will further develop their understanding of injury prevention and management, in order to identify and devise a prescriptive exercise programme in relation to the most
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	common injuries that training and working dancers sustain.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Transfer knowledge of progressive applied exercise practice directly into dance techniques.
MLO2	Demonstrate knowledge and symptoms of most common dance related injuries.
MLO3	Identify suitable recovery and rehabilitation techniques from most common dance related injuries.
MLO4	Implement strategy for prescriptive exercise programme for most common dance related injuries.

Module Content

Outline Syllabus

Learning across this module supports a progressive approach to knowledge required for continued professional training and career longevity. Sessions around progressive applied exercise practice with anatomy, enhanced nutrition, enhanced performance psychology, enhanced injury management and prevention and enhanced Pilates reformer work will enable students to identify and address key injuries related to dance training. This module will allow students to continue to develop their independent practice as their technical practice evolves, in conjunction with identifying and responding to their injuries and physical needs, minimising the negative effects on their studies and/or future work. This will also be supported by an online video library of exercises to address both technique and injury prevention.

Module Overview

This module aims to further develop students' knowledge of injury prevention and management to ensure that they are maximising their dance training and increasing career longevity. Sessions will include applied exercise and anatomy and progressive remedial and prescriptive exercises to address the most common dance related injuries. This module has been developed in conjunction with LIPA Dances physiotherapy team in order to fully support and address the demands of professional

training and work in the industry.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Exam	Written Examination	100	1.5	ML01, ML02, ML03, ML04