

Lead City University, Ibadan
Faculty of Arts
Department of Performing Arts and Culture
Second Semester, 2017/2018 session
Course Title: **Choreography and Kinesiology**
Course Code: **PER 310**
Course Lecturer: **Mr. Michael Fernandez**

Introduction:

Kinesiology helps prevent and reduce the risk factors for some of the most common serious medical conditions that affect dancers and humans in general. It helps to cut down the risk of heart attacks and some types of cancer significantly. Kinesiology study also helps treat and recover from injuries, builds strong bones, joints and bodies which is quite essential to every dancers.

Course description:

This course introduces students to the science/ study of movement in motion as it applies to dance. It is designed to help dancers understand their bodies and enhance their performance both aesthetically and technically. Dance science, kinesis, anatomy, biomechanics, nutrition, components of body movement, eight-effort action, body alignment and injury prevention.

Course objectives:

Upon successful completion of this course, students should be able to:

- Define and understand kinesiology and its relevance to dance
- Have a broad knowledge of anatomy and its subdivisions
- Be knowledgeable about the mechanical laws relating to the human movement or structure of living organisms
- Know the components of body movement in choreography
- Major causes of dancers injuries and some preventive measures

Attendance Policy:

As participation is a critical component of daily evaluation, regular attendance is compulsory being a pivotal factor in determining a student's overall evaluation.

TEACHING PLAN:

- Week 1: Introduction to kinesiology, human anatomy and its subdivisions
- Week 2 - 4: Biomechanics, elements and the eight basic efforts of biomechanics and kinesiology
- Week 5 – 6: Components of body movement in choreography
- Week 7: Major causes of dancers injuries and some preventive measures
- Week 8 - 13: Dance workshop on gathered experience from the kinesiology class

Week 14: Dance presentation

Week 14 – 15: General course discussion and revision

Course requirement/Assessment:

Continuous Assessment 40 marks

Theoretical examination 60 marks

Reading List

Clippinger, K. (2007). Dance anatomy and kinesiology. Champaign, IL: *Human Kinetics*.

Howse, J. (2000). Dance technique and injury prevention. 3rd (ed.), London: A & C Black.

Newlove, J, (1993). *Laban for Actors and Dancers, Putting Laban's Movement Theory into Practice, A Step-by-Step Guide*, Nick Hern Books, United Kingdom.

Newlove, D, (2004). *Laban for Actors and Dancers, Putting Laban's Movement Theory into Practice, A Step-by-Step Guide*, Nick Hern Books, United Kingdom.

Solomon, R., Solomon, J., & Minton, S. (2005). Preventing dance injuries. 2nd (ed.). Champaign, IL: *Human Kinetics*.

Watkins, A. & Clarkson, P. (1990). Dancing longer dancing stronger. *A Dancer's Guide to Improving Technique and Preventing Injury*. Princeton, NJ: Princeton Book Co.

Internet

Journal of Dance Medicine & Science. Andover, NJ: J. Michael Ryan Publishing, Inc. at: http://www.stopsportsinjuries.org/STOP/Prevent_Injuries/Dance_Injury_Prevention.aspx#sthash.pB85Cwyc.dpuf

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TUTORIAL QUESTIONS

1. With the aid of two examples for each, write extensively on the following:
 - Mechanics
 - Biomechanics
2. With at least one appropriate and convincing description, write extensively on the following:
 - Hooklying
 - Short Sitting
 - Long Sitting
 - Prone
3. Give two detailed definitions of kinesiology, one of which must include the American Kinesiology Association definition.
4. What are the four elements of biomechanics? Define each
5. In not less than two and half pages, write a comprehensive essay on the practical aspect of this course, with particular emphasis on your experience from pre-production to post-production, indicating your significant role played in the course of the exercise.
6. List and discuss the eight basic efforts of biomechanics in kinesiology
- 7A. What is anatomy?
- 7B. List five preventive measures which can be employed by a dancer to prevent injury
8. Discuss in details the relevance of kinesiology to dance and choreography
- 9A. Ipsilateral and contralateral are terminologies used in kinesiology, explain
- 9B. With the aid of comprehensive sentences, give two example of Ipsilateral and Contralateral
- 10A. In three different ways, comprehensively define what you understand by choreography
- 10B. Give a detailed definition of the two types of choreography that you know

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Examination (60 marks):

Students are expected to answer four questions out of six

| No | Guide | Marks |
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| 1. | <p>Mechanics: This is the branch of physics that deals with the action of forces on bodies and with motion, comprised of kinetics, statics, and kinematics.</p> <p>Mechanics: is also an area of science concerned with the behaviour of physical bodies when subjected to forces or displacements, and the subsequent effects of the bodies on their environment.</p> <p>Mechanics: can also be defined as a branch of science which deals with the motion of and forces on objects.</p> <p>Biomechanics is the science of movement of a living body, including how muscles, bones, tendons and ligaments work together to produce movement.</p> <p>Biomechanics could be described as the study of the mechanical laws relating to the movement or structure of living organisms.</p> <p>Biomechanics also represents the broad interplay between mechanics and biological systems</p> <p>NOTE: Ability to give more than one definition of each earns the student 6 marks (which makes of total of 10 marks for this question)</p> | <p>7</p> <p>7</p> <p>Total=20</p> |
| 2. | <p>Hooklying: This is a terminology in kinesiology which describes when a person is lying on his back with his hips and knees flexed, so that his feet are on the surface of the bed or table</p> <p>Short Sitting: This is a terminology in kinesiology which describes when a person is sitting with his hips and knees flexed to approximately 90 degrees</p> | <p>2.5</p> <p>2.5</p> |

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| | <p>Long Sitting: This is a terminology in kinesiology which describes when a person is sitting with his hips flexed to approximately 90 degrees and the knees extended</p> <p>Prone: This describes when a person/ dancer is lying flat on his stomach.</p> | <p>2.5</p> <p>2.5</p> <p>Total=10</p> |
| 3. | <p>Kinesiology is the scientific study of human or non-human body movement, which addresses anatomic, physiological, biomechanical, and psychological mechanisms of movement.</p> <p>The American Kinesiology Association defines kinesiology as “the academic discipline which involves the study of physical activity and its impact on health, society, and quality of life”</p> | <p>5</p> <p>5</p> <p>Total=10</p> |
| 4. | <p>Elements of Biomechanics:</p> <p>I. Statics: Studying systems that are in equilibrium, either at rest or moving at a constant velocity.</p> <p>II. Dynamics: Studying systems that are in motion with acceleration and deceleration.</p> <p>III. Kinematics: Describing the effect of forces on a system, motion patterns including linear and angular changes in velocity over time. Position, displacement, velocity and acceleration are studied.</p> <p>IV. Kinetics: Studying what causes motion, the forces and moments at work.</p> | <p>2.5marks</p> <p>2.5marks</p> <p>2.5marks</p> <p>2.5marks</p> <p>Total=10</p> |
| 5. | <ul style="list-style-type: none"> ▪ Ability to write constructively up to the specified number of pages ▪ Language construction and experience ▪ Significant role played | <p>4</p> <p>4</p> <p>2</p> |

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| | | Total=10 |
| 6. | <p>The Eight Basic Efforts of Biomechanics</p> <p>Ability to mention the eight correctly</p> <p>i. Flicking: Flexible, Sudden, Light Flicking is flexible in its use of space and it <i>resists</i> both Weight and Time. It is a movement with free flow. It is crisp, light and always brief.</p> <p>ii. Wringing: Flexible, Sustained, Strong This primarily involves movement in the opposite direction, such as wringing out a towel where your hands will move in two opposite directions. Keep in mind that wringing is not restricted to the hands.</p> <p>iii. Dabbing: Direct, Sudden, Light This is usually performed with free flow and is very flexible. There is nearly always a rebound, meaning something that the movement bounces off (not necessarily literal).</p> <p>iv. Punching: Direct, Sudden, Strong This involves violent, direct movements but can be performed with bound <i>or</i> free flow. There is no indulgence in this effort; it overcomes Weight, Space and Time.</p> <p>v. Floating: Flexible, Sustained, Light This effort is like flying but can be through air or water. It can be performed with bound or free flow. It suggests 'buoyancy and weightlessness however it is slow paced and indirect.</p> <p>vi. Slashing: Sudden, Strong, Flexible This effort is usually performed with free flow. When we think of slashing, the general thought is a sword slashing towards an object and meeting resistance. When performing, this effort tends to fade into a float at the point it would meet resistance.</p> <p>vii. Gliding: Sustained, Light, Direct This effort is a smooth movement, generally performed with bound flow. There is a high level of control in this movement which comes from muscular counter-tensions. This is the way in which this effort differs from floating; floating does not have that level of control.</p> <p>viii. Pressing: Direct, Sustained, Strong Pressing is applied to pushing, crushing and squeezing (pressing from both directions). It is efficient in its use of space and is performed with bound flow which means that the</p> | <p>4</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> |

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| | action can be paused but not completely stopped. | Total=20 |
| 7. | <p>a. Anatomy: is the branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts. It is basically subdivided into two (microscopic and macroscopic anatomy)</p> <p>b. Five Injury Preventive Measures:</p> <ul style="list-style-type: none"> I. Wear properly fitting clothing and shoes II. Drink plenty of fluids III. Resist the temptation to dance through pain IV. Pay close attention to correct technique V. Be mindful of the limits of your body and do not push too fast too soon VI. Perform proper warm-up and cool-down | <p>5 marks</p> <p>1 mark each</p> <p>Total=10</p> |
| 8. | <p>Kinesiology is relevant to dance and choreography in the sense that it also deal with the human body in relation to movement. More so, it is committed to enhancing quality of life through the promotion of physical activity, safety, the prevention and management of dancers'/ human injury, chronic disease and disability, and the overall improvement of health and performance.</p> <p>NOTE: Ability to write widely and correctly beyond expectation which showcases student's extra effort earns such a student additional 4 marks</p> | <p>6</p> <p>Total=10</p> |
| 9A. | <p>Definition:</p> <ul style="list-style-type: none"> ▪ Ipsilateral = is a terminology in kinesiology which refers to the same side of the body ▪ Contralateral = is a terminology in kinesiology which refers to the opposite side of the body | <p>3</p> <p>3</p> |
| 9B. | <p>Examples:</p> <ul style="list-style-type: none"> A. Sometimes I see someone who has hurt their leg use a crutch on the ipsilateral side of the injury. B. Even the last accident too occurred on the ipsilateral part of his body | <p>1</p> <p>1</p> |

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| | <p>A. A person with a stroke in the right hemisphere of the brain may have contralateral paralysis (meaning paralysis of the left arm and leg)</p> <p>B. The bandage was wrapped all over the contralateral side of his deformed leg</p> <p>NOTE: The example may not be the same as above, but must also be correct in its composition and usage</p> | <p>1</p> <p>1</p> <p>Total=10</p> |
| 10A. | <p>Choreography is a patterned and creative way of designing, sequencing or bringing together different kind of dance movements into a wholistic form for the purpose of communication or making statement.</p> <p>Choreography is the arts of movement composition or the sequential arrangement of movements so as to express the innermost feeling.</p> <p>Choreography is the arts and science of designing, composing and arranging dance movements in a sequential order to make statement or express the choreographers' intentions.</p> | <p>2 marks</p> <p>2 marks</p> <p>2 marks</p> |
| 10B. | <p>Two Types of Choreography</p> <p>Residual Choreography: This is a type of choreography which is traditional based and communal oriented. It possesses restrictive nature unlike the emergent.</p> <p>Emergent Choreography: This is a modern type of choreography which is individualistic in nature and allows for freedom of expression.</p> | <p>2 marks</p> <p>2 marks</p> <p>Total=10</p> |