

**LEAD CITY UNIVERSITY, IBADAN**  
**FACULTY OF ARTS AND EDUCATION**  
**DEPARTMENT OF PERFORMING ARTS AND FILM STUDIES**  
**SECOND SEMESTER, 2018/19 SESSION**

**COURSE**

Course Title: **Choreography and Kinesiology**

Course Code: **PER 310**

No of Units: **3**

Status: **Compulsory**

**LECTURER DETAILS**

Name: **Mr. Michael Fernandez**

Qualification: **B.A, M.A**

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Area of Specialization: **Dance Theory and Practice**

**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, and 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:	Biomechanics, elements and the eight basic efforts of biomechanics and kinesiology
Week 3:	Cont. Biomechanics, elements and the eight basic efforts of biomechanics and kinesiology
Week 4:	Cont. Biomechanics, elements and the eight basic efforts of biomechanics and kinesiology
Week 5:	Components of body movement in choreography
Week 6:	Cont. Components of body movement in choreography
Week 7:	Major causes of dancers injuries and some preventive measures
Week 8:	Dance workshop/Rehearsal on gathered experience from the kinesiology class
Week 9:	Cont. Dance Rehearsal
Week 10:	Cont. Dance Rehearsal
Week 11:	Cont. Dance Rehearsal
Week 12:	Cont. Dance Rehearsal
Week 13:	General course discussion/revision
Week 14:	General course discussion/revision

**Course requirement/Assessment:**

Class Seminar	10 marks
Practical Examination	30 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](http://www.stopsportsinjuries.org/STOP/Prevent%20Injuries/Dance%20Injury%20Prevention.aspx#sthash.pB85Cwyc.dpuf)