

<b>ID</b>	3239
<b>Curricular Unit</b>	Fundamentals of Training in Dance
<b>Regent</b>	Luis Miguel Xarez Rodrigues
<b>Learning Outcomes</b>	<p>To provide students the capacity to intervene in the training of dancers, especially in the functions of planning, conducting and evaluating the various components of training, with emphasis on evaluation and prescription of physical qualities and of the coordinative capacities.</p> <p>To know, justify and differentiate the main concepts related to the training of high performance in dance.</p> <p>To evaluate the different components of the physical condition of the dancer and master the methods of development of motor skills: strength, flexibility, endurance and speed.</p> <p>To characterize the main coordinative capabilities and methods of developing these capacities in the context of technical skills training.</p> <p>To use selectively tests to regularly assess the main variables related to the physical condition, technical level and other components that influence the performance of the dancer.</p> <p>To know the fundamentals that allow exercise prescription for some components of training programs for dancers.</p>
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. Principles of Training</li> <li>2. Warm-up and Cool Down</li> <li>3. Dance Screenings</li> <li>4. Injuries in Dance</li> <li>5. Energy Expenditure in Dance</li> <li>6. Flexibility in Dance</li> <li>7. Strength in Dance</li> <li>8. Nutrition and Dance</li> <li>9. Technical Training and Coordinative Capabilities</li> <li>10. Programming, Evaluation and Monitoring of Dance Training</li> </ol>
<b>Evaluation</b>	<p>The course has a component of theoretical foundation that is assessed through written tests and the elaboration of a development work. The theoretical and practical component arises in the exercise room and focuses on specific dance themes (warm-up, screening, strength, flexibility, posture, etc.)</p> <p>The model of continuous evaluation consists of two written tests, which have a weight of 0.6 to the final note. The remaining 0.4 relate to the preparation of a dossier with a development of a theme, implementing a session plan with exercises for developing strength and flexibility to improve a technical dance skill. The student will have approval on continuous assessment when the arithmetic average is equal to or higher than 9.5.</p> <p>The model of final evaluation will consist of a written proof about the whole matter. The student is approved provided it has a minimum score of 9.5.</p>

## **Bibliography**

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- Clippinger, K. (2016). Dance Anatomy and Kinesiology. (2<sup>a</sup> ed.) Champaign, Illinois: Human Kinetics.
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- Hamilton, L.H. (2008). The Dancer's Way: The New York City Ballet Guide to Mind, Body, and Nutrition. New York: St. Martin's Griffin.
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- Welsh, T. (2009). Conditioning for Dancers. Gainesville, University Press of Florida.
- Xarez, L. (2012). Treino em Dança: Questões Pouco Frequentes. Cruz Quebrada: Edições FMH.