

# Dance: Applied Anatomy and Kinesiology for Dance

## Creating

- 1 Demonstrate an understanding and apply knowledge of kinesiology, somatics, and anatomy in movement.** [DHSAAK.CR.1](#)
    - a Explain and demonstrate the use of self-monitoring methods to refine and improve alignment and technical skills. [DHSAAK.CR.1.A](#)
    - b Define, describe, and execute functions of anatomy as they relate to dance styles and how preparation for different movement styles differ. [DHSAAK.CR.1.B](#)
    - c Analyze and apply principles of injury prevention for dance to personal practices in preparing for dance class and performance. [DHSAAK.CR.1.C](#)
    - d Develop a dance class or training session based on the components of fitness and injury prevention guidelines for safe physical activity. [DHSAAK.CR.1.D](#)
    - e Identify and relate physical activity guidelines for health and fitness according to both the Surgeon General and the American College of Sports Medicine (e.g. warm-up, fitness phase, cool down). [DHSAAK.CR.1.E](#)
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## Performing

- 1 Identify and demonstrate movement elements, skills, and terminology in dance.** [DHSAAK.PR.1](#)
  - a Demonstrate an understanding of basic dance terminology and technique. [DHSAAK.PR.1.A](#)
  - b Understand kinesthetic awareness through body parts and isolations, connecting the body to one's kinesphere. [DHSAAK.PR.1.B](#)
  - c Examine the kinesthetic process used to transfer weight, change direction, and maintain balance. [DHSAAK.PR.1.C](#)
  - d Analyze the use of the elements of dance in relation to kinesthetic awareness and muscle function. [DHSAAK.PR.1.D](#)

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**2 Demonstrate an understanding of the relationship between dance as a form of physical activity, health, well-being, and quality of life.** DHSAAK.PR.2

- a Identify the 5 components of fitness (e.g. cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition). DHSAAK.PR.2.A
- b Identify and demonstrate proper progressions and regressions. DHSAAK.PR.2.B
- c Demonstrate dynamic and static flexibility. DHSAAK.PR.2.C
- d Demonstrate knowledge in preparing the body through using opposing muscle groups and concentric, isometric, and eccentric muscular contractions. DHSAAK.PR.2.D

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**3 Identify and demonstrate the components of muscular fitness.** DHSAAK.PR.3

- a Identify and demonstrate functional movement training for stability and mobility (e.g. proper alignment). DHSAAK.PR.3.A
- b Identify and demonstrate knowledge in weights and calisthenics that manipulate the body's levers to progress intensity for muscular strength and endurance progressions. DHSAAK.PR.3.B
- c Identify and demonstrate proper performance training exercises (e.g. jumps, rotary power). DHSAAK.PR.3.C
- d Identify and demonstrate aerobic-based training, aerobic efficiency, anaerobic endurance, and anaerobic power. DHSAAK.PR.3.D

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**Responding**

**1 Understand and describe how dance as exercise influences the cardiovascular system, skeletal system, and muscular system for both health and performance.** DHSAAK.RE.1

- a Explain how the skeletal structure provides support and protection for tissues, and functions with the muscular system to make movements possible. DHSAAK.RE.1.A
- b Recognize all of the movements of the primary joints, the plane and axis in which they occur, and the muscles which produce these actions. DHSAAK.RE.1.B

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**2 Describe, understand, and apply energy system principles (bioenergetics) to the movements of dance.** DHSAAK.RE.2

- a Identify the 3 primary metabolic systems (e.g. ATP-PC system, anaerobic glycolysis system, aerobic glycolysis system). DHSAAK.RE.2.A
  - b Understand the limitations for energy delivery and utilization in the body through the study of the 3 primary metabolic systems. DHSAAK.RE.2.B
  - c Identify neuromuscular foundations of movement, including motor units, neuromuscular junctions, action potentials, and the sequence of those events to produce movements. DHSAAK.RE.2.C
  - d Explain motion analysis by identifying muscles that produce movement under analysis, and the type of contraction that occurs (e.g. concentric, eccentric, isometric). DHSAAK.RE.2.D
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## Connecting

### 1 Recognize connections between dance and wellness. [DHSAAK.CN.1](#)

- a Describe the ways that dance promotes strength, health, physical safety, and reduced risk of injury, and employ appropriate strategies for treating, preventing, and recovering from dance injuries. [DHSAAK.CN.1.A](#)
  - b Assess consequences of personal actions, and commitment and discipline necessary to achieve personal goals in dance. [DHSAAK.CN.1.B](#)
  - c Identify bones and muscle groups, and describe the ways that alignment, flexibility, and strength contribute to the body's range of motion. [DHSAAK.CN.1.C](#)
  - d Identify and explain extrinsic and intrinsic motivation. [DHSAAK.CN.1.D](#)
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### 2 Demonstrate an understanding of dance as it relates to other areas of knowledge. [DHSAAK.CN.2](#)

- a Identify and explore various dance related professions (e.g. sports medicine, dance therapy). [DHSAAK.CN.2.A](#)
- b Explore the use of media and technology to research the relationship between dance and science. [DHSAAK.CN.2.B](#)
- c Research and present one social behavior theory (e.g. Transtheoretical Model of Behavioral Change, Health Belief Model, Social Cognitive Theory, Social Ecological Model) and identify how it applies to dance. [DHSAAK.CN.2.C](#)