

Higher National Unit Specification

General information for centres

Unit title: Dance: Body Conditioning

Unit code: F1LF 34

Unit purpose: This Unit is designed to develop the candidate's knowledge and skills of body conditioning as part of dance training. This Unit should be undertaken in conjunction with dance technique classes.

On completion of the Unit the candidate should be able to:

- 1 Demonstrate knowledge and understanding of body conditioning methods.
- 2 Devise a personal body conditioning programme pertinent to their physical needs.
- 3 Apply body conditioning methods to the development of dance technique.

Credit points and level: 2 HN Credits at SCQF level 7: (16 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this Unit will be at the discretion of the centre and the following recommendations are for guidance only. Candidates should have previous experience and possess knowledge of dance techniques at SCQF level 6. Prior knowledge of body conditioning and anatomy and physiology would be beneficial. This may be evidenced by HN Units in Dance: Anatomy and Injury Prevention for Dancers (F1L3 34).

Core Skills: There are opportunities to develop the Core Skills of Communication (Oral Communication and Written Communication) and Problem Solving (Planning and Organising and Reviewing and Evaluating) at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: Outcomes 1 and 3 will be assessed by practical studio based assessments, under supervised conditions. Outcome 2 will be assessed by devising and evaluating a personal body conditioning programme, details of which will be recorded in a report/logbook, of a minimum of 2000 words or equivalent.

Higher National Unit specification: statement of standards

Unit title: Dance: Body Conditioning

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Demonstrate knowledge and understanding of body conditioning methods

Knowledge and/or skills

- ◆ Core stability
- ◆ Cardiovascular and respiratory systems
- ◆ Stretching methods
- ◆ Body conditioning exercises

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ demonstrate correct posture using core stability
- ◆ demonstrate muscle stamina and sustained activity
- ◆ perform stretching techniques and exercises and demonstrate awareness of their application
- ◆ perform a range of body conditioning exercises with appropriate use of breath control and alignment
- ◆ demonstrate an understanding of relevant anatomy applied to body conditioning exercises

Evidence should be generated through practical demonstration undertaken in supervised conditions. The evidence may be recorded by means of an assessment observation checklist and/or video.

Assessment guidelines

This Outcome should be assessed in a dance studio where candidates can demonstrate their skills through a body conditioning class. The assessment of this Outcome may be combined with Outcome 3.

It is recommended that this Outcome be holistically assessed with a practical dance technique class. Suggested classes are Ballet, Contemporary or Jazz or appropriate practical dance techniques. Supplementary questions may be used to ensure all aspects of the Evidence Requirements are covered.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Body Conditioning

Outcome 2

Devise a personal body conditioning programme pertinent to their physical needs

Knowledge and/or skills

- ◆ Body conditioning programme
- ◆ Exercises to stretch, strengthen and help enhance dance technique
- ◆ Evaluation of body conditioning programme

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ create a programme appropriate to their needs
- ◆ correctly identify specific exercises that will enhance their personal physical performance through assessment of their personal strengths and weaknesses
- ◆ evaluate the programme

The evidence should be presented in the form of a report or logbook, which reflects the candidate's body's needs and programme for change.

The report/logbook should include:

- ◆ identification of goals
- ◆ explanation and justification of chosen programme
- ◆ targets/concerns
- ◆ personal plan of exercises
- ◆ reference to anatomical terms
- ◆ documentation of progress
- ◆ schedule modification
- ◆ health and safety concerns
- ◆ evaluation of process and how it relates to the development of dance technique

Assessment guidelines

Candidates will need to generate evidence to show they can devise a body conditioning programme for themselves. The evidence should reflect the individual's body's needs and how they can bring about change.

The evidence could be presented in the form of a report or logbook, of a minimum of 2000 words or equivalent.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Body Conditioning

It is recommended that an assessment observation checklist be used to support the requirements for each of the knowledge and/or skills items.

Candidates should have access to all relevant materials to assist with the design of a tailored programme and should take into account the individual requirements for a range of dance styles and activities.

Outcome 3

Apply body conditioning methods to the development of dance technique

Knowledge and/or skills

- ◆ Breathing techniques
- ◆ Muscle endurance
- ◆ Posture
- ◆ Flexibility and strength

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by applying body conditioning methods in relation to a dance technique. Candidates should demonstrate:

- ◆ effective application of breathing techniques
- ◆ muscular endurance
- ◆ correct posture
- ◆ appropriate flexibility and strength

Evidence should be generated through practical demonstration undertaken in supervised conditions. The evidence may be recorded by means of an assessment observation checklist and/or video.

Assessment guidelines

This Outcome should be assessed in a dance studio where candidates can demonstrate their skills through a body conditioning class. The assessment of this Outcome may be combined with Outcome 1.

It is recommended that this Outcome be holistically assessed with a practical dance technique class. Suggested classes are Ballet, Contemporary or Jazz or appropriate practical dance techniques.

Supplementary questions may be used to ensure all aspects of the Evidence Requirements are covered.

Administrative Information

Unit code: F1LF 34
Unit title: Dance: Body Conditioning
Superclass category: LB
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History of Changes:

Version	Description of change	Date

Source: SQA

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Higher National Unit specification: support notes

Unit title: Dance: Body Conditioning

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

This Unit has been developed as part of HNC/HND Dance Artists Awards. It has been designed to provide candidates with the relevant technical and/or professional knowledge and skills to condition their body as part of dance training. The Unit is designed to compliment the overall dance training of the candidate and will run in conjunction with other dance Units. In the delivery of this Unit candidates should be provided with the opportunity to gain as much 'hands on' experience as possible. If candidates are working in small groups it is essential that each candidate participates in practical exercises.

This Unit has been designed in order to allow candidates to develop knowledge, understanding and skill in the following areas:-

Outcome 1

Looks at the fundamental knowledge and understanding of different body conditioning methods. Candidates should become familiar with the terminology used and use it when discussing and formatting material.

- ◆ relevant body conditioning exercises
- ◆ cardiovascular fitness — high intensity, medium length activity
- ◆ muscular training — use of weights, body conditioning exercises, speed and their effects
- ◆ fat burning — low intensity, sustained activity

Outcome 2

Considers how a personal body conditioning programme can be devised and implemented over a course of weeks adding modification when appropriate. Identifying targets, goals and evaluating the process.

- ◆ implementation of a body conditioning programme pertinent to the candidate's individual needs

The Unit is designed to complement existing and ongoing dance training, giving the candidate an opportunity to cross reference and contextualize fundamental dance skills that are inherent in the promotion of good, strong athletic ability

Outcome 3

Looks at how the candidate can apply knowledge of body conditioning methods to the development of dance technique. The aim is to help the dancer enhance personal performance.

- ◆ application of body conditioning within dance technique: Ballet, Contemporary, Jazz or any appropriate dance technique

Higher National Unit specification: support notes (cont)

Unit title: Dance: Body Conditioning

This Unit has been developed as part of HNC/HND Dance Artists Awards. The Unit is at SCQF level 7 and has been devised as a Mandatory Unit. It has been designed to provide candidates with the relevant technical and/or professional knowledge and skills of body conditioning methods. The Unit will compliment the overall dance training of the candidates and will run in conjunction with existing dance Units. In the delivery of this Unit candidates should be provided with the opportunity to gain as much practical experience as possible. If candidates are working in small groups it is essential that each candidate participates in practical exercises.

Guidance on the delivery and assessment of this Unit

The following time allocations are recommended:

Outcome 1 — 30 hours

Outcome 2 — 20 hours

Outcome 3 — 30 hours

Outcomes 1 and 3 should be assessed by practical studio based assessments. The assessment for these two Outcomes may be combined. The assessments should be recorded by means of an assessment observation checklist and/or by video.

Outcome 2 should be assessed by the design of a personal body conditioning programme. Evidence should be recorded in a report/logbook.

Opportunities for developing Core Skills

There are opportunities to develop the Core Skills of Communication (Oral Communication and Written Communication) and Problem Solving (Planning and Organising and Reviewing and Evaluating) at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Outcomes 1 and 3 provide opportunities to develop the Core Skill of Communication (Oral Communication) through the candidates' practical demonstration of their understanding of different body conditioning methods. This includes demonstrating an understanding of anatomy and physiology, the applications of a range of different exercises, and an ability to apply this knowledge of body conditioning methods to the development of dance technique.

The report or logbook produced during Outcome 2 will provide a good vehicle for the development of written Communication Skills. As well as documenting their progress, candidates must describe their initial goals and concerns, and also describe technically the rudiments of their personal plan of exercises, whilst displaying in their writing their knowledge of anatomy in relation to dance.

Outcome 2 will also aid development in the Core Skill of Problem Solving (Planning and Organising) and Problem Solving (Reviewing and Evaluating). In addition to the planning aspect of the chosen programme of exercise detailed in the report or logbook, candidates should document and explain any modifications to their schedule, and later evaluate their personally-devised programme and how it relates to dance technique.

Higher National Unit specification: support notes (cont)

Unit title: Dance: Body Conditioning

Open learning

This Unit is not suitable for delivery by distance learning because it requires candidates to take part in regular studio based practical sessions which are required to be led and observed by a qualified practitioner to meet health and safety requirements. Candidates require to be observed:

- ◆ during warm ups and cool downs
- ◆ using apparatus
- ◆ in a studio based environment

For further information and advice, please refer to the SQA guide *Assessment and Quality Assurance for Open and Distance Learning* www.sqa.org.uk.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Dance: Body Conditioning

This Unit is designed to help you condition your body as part of dance training for performance and should be undertaken in conjunction with dance technique classes.

You will study the following:

Outcome 1

- ◆ core stability
- ◆ cardiovascular and respiratory systems
- ◆ ways of stretching
- ◆ exercises

Outcome 2

- ◆ design a body conditioning programme appropriate to your needs
- ◆ correctly identify specific exercises that will enhance your physical performance
- ◆ through an assessment of personal strengths and weaknesses
- ◆ modify your programme by increasing/decreasing the intensity of the programme and individual exercises
- ◆ evaluate the process and relate it to the development of dance technique

Outcome 3

- ◆ breathing techniques
- ◆ muscle endurance
- ◆ posture
- ◆ flexibility and strength

Your practical skills will be assessed in Outcomes 1 and 3 by means of a studio based assessment. Outcome 2 will be assessed by the production of a report or logbook of a minimum of 2000 words or equivalent, which should include all relevant material.