Higher National Unit specification

General information for centres

Unit title: Dance: Movement Science for Dancers

Unit code: F4S3 35

Unit purpose: This Unit is designed to provide candidates with a comprehensive introduction to the science of movement as applied to dance. The most pertinent aspects of movement science, ie structural and neuromuscular analysis will be emphasised. Candidates will also be given the opportunity to explore other essential aspects of dance movement.

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

1 Analyse structural and neuromuscular activity.
2 Analyse muscular imbalance and understand how it affects dance movements.

Credit points and level: 1 HN credit at SCQF level 8: (8 SCQF credit points at SCQF level 8*)

**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: An understanding of anatomy would assist the candidate in this Unit. Appropriate competence would be demonstrated by possession of:

Biology or Human Biology at SCQF level 6 or
Imperial Society of Teachers of Dance (ISTD)'s Anatomy and Physiology for Dancers

Candidates should also be dance trained to SCQF level 6.

Core Skills: There are opportunities to develop the Core Skill of *Problem Solving* to 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: Outcome 1 will be assessed by a report or responses to specific questions on structural and neuromuscular activity.

Outcome 2 will be assessed by the analysis of a human subject. The analysis will relate to muscular imbalance and dance movements.

Both assessments will be carried out in closed-book, supervised conditions.

Higher National Unit specification: statement of standards

Unit title: Dance: Movement Science for Dancers

Unit code: F4S3 35

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

Analyse structural and neuromuscular activity

Knowledge and/or Skills

- Skeletal system
- Muscular system
- Mechanics of movement

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by analysing structural and neuromuscular activity. The analysis should make reference to:

- skeletal structure including: bony landmarks identification, joint classification alignment and posture assessment
- muscular system including: muscular identification, muscle attachments and muscle actions
- mechanics of movement: how the muscular and skeletal system work together to produce movement

The candidate must be able to integrate the three knowledge and skills items and provide evidence of their ability through analysis of movement.

The assessment also requires candidates to analyse positions and actions using different parts of the body, including: joint position and action, muscle group, individual muscles involved and type of contraction.

Evidence must be generated through assessment undertaken in closed-book controlled conditions. The assessment must be unseen. Evidence can be presented as part of a report, or in response to specific questions.

Assessment Guidelines

It is recommended that a question paper is given to include identification of different muscles and bones, including landmarks and possible actions. The paper should assess the candidate's ability to identify correct alignment through use of bony landmarks.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Movement Science for Dancers

Outcome 2

Analyse muscular imbalance and understand how it affects dance movements

Knowledge and/or Skills

- Muscular imbalance
- Motional strengths and limitations
- Somatotypes

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills through an analysis of a human subject. The analysis must include:

- identification of any muscular imbalances and/or restrictions through analysis of postural alignment, muscle strength and mobility testing
- an understanding of elements relating to somatotype and suggest in which category their subject has predominance
- analysis of dance movements which must include arabesque, pile, tendu, contraction high release, open tilt in 2nd

Candidates must use their analysis, of a human subject, to enhance their understanding of individual needs. Candidates must provide the results of their findings and make recommendations for improving the dance ability of their human subject.

Evidence should be generated through assessment in supervised conditions.

Assessment Guidelines

The assessment should take the form of an analysis of another person's body. The candidate will be required to:

- identify any muscular imbalance eg tight hip flexors, weak hamstrings
- identify any tendencies towards particular somatotype
- make recommendations for improving the muscular imbalances identified

The assessment should be given after the completion of Outcome 1, and not as part of the same assessment.

Administrative Information

Unit code: F4S3 35

Unit title: Dance: Movement Science for Dancers

Superclass category: LB

Original date of publication: August 2008

Version: 01

History of changes:

Version	Description of change	Date
01	This Unit replaces Unit F1NM 35 as of July 2008	07/10/08

Source: SQA

SQA acknowledges the valuable contribution that Scotland's colleges have made to the development of Higher National qualifications.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Customer Contact Centre for further details, telephone 0845 279 1000.

Higher National Unit specification: support notes

Unit title: Dance: Movement Science for Dancers

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 40 hours.

Guidance on the content and context for this Unit

The Unit allows candidates to explore essential aspects of dance movement including the skeletal and muscular systems; muscular imbalance, somatotype. This knowledge will assist them to understand their own bodies better.

Other aspects of movement science, though not assessed, would enrich the candidate's understanding and it would therefore be beneficial to include these in delivery: physiological support systems; somatics; efficiency and relaxation; prevention of injuries; and conditioning.

This Unit is designed to aid candidates, through an understanding of their own bodies, in exhibiting the following behaviour:

- individual responsibility
- realistic self-appraisal of physical capabilities and limitations
- realisation that increased capacity can become a weakness when unbalanced
- self acceptance without self indulgence
- awareness of signals given by body
- acceptance of time needed for change

This Unit is also designed to help candidates achieve the following objectives:

- increased awareness of limitations and capacities
- increased muscular efficiency
- injury prevention
- speed rehabilitation
- facilitation of growth and achievement of excellence
- increased longevity of professional career

Guidance on area inclusion

The emphasis for this Unit should be placed on providing information, which can be used in a practical manner. Except for the names of bones and muscles, information for memorisation should be limited. For example, although it may be beneficial to the candidates to understand the effects of cardiovascular exercise, detailed anatomical names of the component that comprise the system will not enhance their use of the practical information. It may be necessary to include detailed explanation highlighting the workings of the body. However, this should be used as background information and not assessed.

Higher National Unit specification: support notes (cont)

Unit title: Dance: Movement Science for Dancers

Guidance on the delivery and assessment of this Unit

This Unit has been developed as part of the HNC/HND in Contemporary Dance.

The most appropriate approach is to integrate this Unit with a body conditioning Unit eg Body Conditioning for Contemporary Dancers, Dance: Body Conditioning.

Outcome 1

Analyse structural and neuromuscular activity.

It is vital that the candidates have a good knowledge of all bones, bony landmarks, joint actions, muscle groups based on action, and specific knowledge of the path and action of individual muscles.

Candidates should be able to analyse action by deciding; joint action; muscle group and type of contraction; and the specific muscles involved.

Outcome 2

Understand muscular imbalance, and understand how it affects dance movement.

Teaching should include: analysis of dance movement, common differences in skeletal structure; common muscular imbalances (such as pelvic inclination, pectoralis minor syndrome, and forward head); somatotype, (ectomorph, mesomorph, endomorph) including emphasis on conditioning needs. Delivery should also include basic understanding of ideokinesis and how it can help to encourage healthier movement patterns.

Unit assessment

Outcome 1 may be assessed by a report on in response to specific questions.

Outcome 2 will be assessed by the analysis of a human subject.

In Outcome 2, the candidate will be required to identify individual differences including:

- identify any muscular imbalance eg tight hip flexors/weak hamstrings
- identify tendencies towards particular somatotype
- make recommendations for improving muscular imbalances identified

The assessment should be given after the completion of Outcome 1, and not as part of the same assessment. Both assessments will take place in supervised conditions.

This Unit needs to emphasis the practical application of information. Ultimately the information is of most use in the studio, where notes and books are unavailable, for this reason memorisation should only be used for the most relevant information; mostly that of Outcome 1. It is more relevant to assess candidates' practical application of the information rather than their retention of anatomical names.

Outcome 1 will be assessed by a report or responses to specific questions on structural and neuromuscular activity.

Outcome 2 will be assessed by the analysis of a human subject. The analysis will relate to muscular imbalance, functional components of dance movement.

Both assessments will be carried out in closed-book, supervised conditions.

Opportunities for developing Core Skills

There are opportunities to develop the Core Skill of *Problem Solving* to SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components. The degree of analysis of the human body required by both Outcomes in this Unit provides the opportunity to develop the Core Skill component of *Problem Solving* (Critical Thinking). As well as studying various aspects of the skeletal and muscular system, candidates are required to integrate this knowledge, relating it to dance and to the workings of their own body, requiring critical thought on complex issues.

Open learning

Although this Unit could be delivered be distance learning, it would require a considerable degree of planning by the centre to ensure the sufficiency and authenticity of candidate evidence. Arrangements would have to be made to ensure that the closed-book assessment for Outcomes 1 is delivered in a supervised environment. Candidates are required to attend the centre to be assessed for Outcome 2.

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: Movement Science for Dancers

This Unit is designed to provide you with a comprehensive introduction to the science of movement, in relation to dance, enabling you to achieve better results as a performer and avoid injury.

The Unit encourages you to explore essential aspects of dance movement including the skeletal and muscular systems; muscular imbalance; body type; and movement behaviour. The most pertinent aspects of movement science — structural and neuromuscular analysis — will be emphasised.

This Unit is designed to help you:

- take individual responsibility
- realistically appraise your physical capabilities and limitations
- accurately assess changeable and non-changeable weaknesses
- realise that increased capacity can become a weakness when unbalanced
- be self accepting without being self-indulgent
- be more aware of signals given by your body
- accept the time needed for change

It will also help you to achieve the following objectives:

- increase awareness of limitations and capacities
- increase muscular efficiency
- prevent injury
- speed rehabilitation
- facilitate growth and achievement of excellence
- increase longevity of professional career

Both assessments for this Unit will be closed-book assessments. Outcome 1 will be assessed by the analysis of structural and neuromuscular activity. In Outcome 2 you will analyse a human body in relation to muscular imbalance and other differences.