

Higher National Unit Specification

General information for centres

Unit title: Dance: Body Conditioning: Advanced

Unit code: F1LG 35

Unit purpose: This Unit is designed to condition the candidate's body as part of advanced dance training for performances and should be undertaken in conjunction with dance technique classes, rehearsals and performances.

This Unit is designed to complement existing and ongoing dance training, giving candidates the opportunity to cross reference and contextualise fundamental dance skills.

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

- 1 Demonstrate advanced body conditioning methods.
- 2 Devise a personal body conditioning programme in preparation for performances.
- 3 Apply advanced body conditioning methods in preparation for performances.

Credit points and level: 2 HN Credits at SCQF level 8: (16 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: Candidates should possess knowledge of dance technique at SCQF level 6. Previous knowledge of body conditioning and anatomy and physiology would be beneficial. This may be evidenced by HN Units in:

F1LF 34	<i>Dance: Body Conditioning</i>
F1LE 34	<i>Dance: Anatomy and Injury Prevention for Dancers</i>
F1LS 34	<i>Dance: Contemporary Dance Techniques</i>
F1M1 34	<i>Jazz Dance Techniques</i>

Core Skills: There are opportunities to develop the Core Skills of communication: Writing (SCQF level 6) and Problem Solving (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. Outcome 2 will be assessed by devising a personal body conditioning programme — details of which will be recorded in a report/log book.

Higher National Unit specification: statement of standards

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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 advanced body conditioning methods

Knowledge and/or skills

- ◆ Core stability
- ◆ Cardiovascular and respiratory systems
- ◆ Stretching
- ◆ Muscular training

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by applying their knowledge of relevant anatomy to body conditioning exercises. Evidence for the knowledge and skills will be generated through sample evidence. Candidates should demonstrate:

- ◆ show correct posture using core stability
- ◆ appropriate use of breath
- ◆ advanced stretching methods including targeting smaller muscle groups
- ◆ advanced muscle stamina training in a range body conditioning exercises with appropriate use of breath control and alignment

Evidence should be generated through practical demonstration undertaken in supervised conditions. The evidence may be recorded by means of an assessment checklist and/or video. Supplementary questions may be used to ensure all aspects of the Evidence Requirements are covered.

Assessment guidelines

The assessment for Outcome 1 should be assessed in a studio. The assessment may be recorded by means of an assessment observation checklist and/or video.

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Body Conditioning: Advanced

Outcome 2

Devise a personal body conditioning programme in preparation for performances

Knowledge and/or skills

- ◆ Body conditioning programme
- ◆ Exercises
- ◆ Programme modification

Evidence Requirements

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

- ◆ devise an advanced body conditioning programme that is appropriate to individual needs
- ◆ choose exercises to enhance preparation for performance
- ◆ modify a personal programme by increasing/decreasing the intensity of the programme and individual exercise

The evidence should be presented in the form of a report or log book.

Assessment guidelines

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

Outcome 3

Apply advanced body conditioning methods in preparation for performances

Knowledge and/or skills

- ◆ Warm up
- ◆ Flexibility
- ◆ Strength
- ◆ Cool down

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by applying body conditioning skills in preparation for performances, showing that they can demonstrate advanced:

- ◆ warm up technique
- ◆ flexibility
- ◆ strength
- ◆ cool down

Higher National Unit specification: statement of standards (cont)

Unit title: Dance: Body Conditioning: Advanced

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

Assessment guidelines

The assessment for Outcome 3 should be assessed in a studio. The assessment of this Outcome can be combined with Outcome 1. The assessment may be recorded by means of an assessment observation checklist and/or video.

Administrative Information

Unit code: F1LG 35

Unit title: Dance: Body Conditioning: Advanced

Superclass category: LB

Original date of publication: May 2007

Version: 01

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: Advanced

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 is designed to complement existing and ongoing dance training, giving candidates the opportunity to cross reference and contextualise fundamental dance skills. It has been designed to enable candidates to develop knowledge, understanding and skills in the following areas:

- ◆ Advanced Body Conditioning methods
 - Cardiovascular fitness — high intensity, medium length activity
 - Muscular training— use of weights, speed repetitions and their effects
 - Fat burning — low intensity, sustained activity
 - Warm up
 - Flexibility — targeting smaller muscle groups and using clini bands, tennis balls, foam rolls, etc
 - Strength
 - Core stability
 - Cool down
- ◆ Implementation of an advanced body conditioning programme pertinent to individual needs in preparation for performances

This Unit is at SCQF level 8 and has been devised as a Core Unit.

This Unit has been developed as part of the HNC/D Group Award. It has been designed to provide candidates with the relevant technical/professional knowledge and skills in the area of body conditioning in relation to dance training. The Unit will complement the overall training of candidates and should be delivered in tandem with other dance Units. If working in small groups, it is essential that each candidate participates in practical exercises.

Outcome 1 looks at the different body conditions methods in detail. Candidates should become familiar with the terminology used and apply it when discussing and formatting material. It is recommended that 30 hours is allocated to this Outcome.

Outcome 2 considers how an advanced personal body conditioning programme can be devised, implemented over a course of weeks and modified when appropriate. It is recommended that 20 hours is allocated to this Outcome.

Outcome 3 looks at how advanced body conditioning methods are applied to the candidate's development and preparation for performance. It is recommended that 30 hours is allocated to this Outcome.

Higher National Unit specification: support notes (cont)

Unit title: Dance: Body Conditioning: Advanced

Guidance on the delivery and assessment of this Unit

This Unit has been developed as part of HNC/D Dance Awards. It has been designed to provide candidates with the relevant technical or professional knowledge and skills. The Unit is designed to compliment the overall dance training of the candidate and will run along side existing dance Units. In the delivery of this Unit candidates should be provided with the opportunity to gain as much ‘hands on’ approach experience as possible. If the candidate is working in small groups it is essential that each candidate participates in practical exercises.

The assessment for Outcomes 1 and 3 will be recorded by means of an assessment observation checklist and/or by video.

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.

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
- ◆ Guidance on warm up’s and cool down’s
- ◆ Apparatus
- ◆ Environment
- ◆ Monitoring

Higher National Unit specification: support notes (cont)

Unit title: Dance: Body Conditioning: Advanced

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: Advanced

This Unit is designed to complement existing and ongoing dance training, giving candidates the opportunity to cross reference and contextualise fundamental dance skills that are inherent in the promotion of good, strong athletic ability.

You will study the following:

Outcome 1

Demonstrate advanced body conditioning methods:

- ◆ core stability
- ◆ cardiovascular and respiratory systems
- ◆ stretching
- ◆ muscular training

Outcome 2

Devise a personal body conditioning programme in preparation for performances:

- ◆ body conditioning programme
- ◆ appropriate exercises
- ◆ workload

Outcome 3

Apply advanced body conditioning methods in preparation for performances:

- ◆ warm up
- ◆ flexibility
- ◆ strength
- ◆ cool down

Outcomes 1 and 3 will be assessed by studio based assessments. Outcome 2 will be assessed by devising and evaluating a personal body conditioning programme — details of which will be recorded in a report/log book. The report or logbook should be a minimum of 2000 words or equivalent, which should include all relevant material.