

THDN 031: Anat/Kinesiology

Learn the principles of Anatomy and Kinesiology and its relationship towards optimal movement in advance to elite level dance technique with a heightened focus in Ballet and Ballet Pedagogy. Study the structure and function of the muscular and skeletal systems. Understand movement analysis, conditioning principles, proper alignment, terminology, and injury prevention.

Credits: 3

Program:

Dance Arts

Essential Learning Outcomes: ELO #3: Knowledge of the Physical and Natural World