HS Applied Anatomy & Kinesiology for Dance GSE Standards
Creating

DHSAAK.CR.1 Demonstrate an understanding and apply knowledge of kinesiology, somatics, and anatomy in movement.
   a. Explain and demonstrate the use of self-monitoring methods to refine and improve alignment and technical skills.
   b. Define, describe, and execute functions of anatomy as they relate to dance styles and how preparation for different movement styles differ.
   c. Analyze and apply principles of injury prevention for dance to personal practices in preparing for dance class and performance.
   d. Develop a dance class or training session based on the components of fitness and injury prevention guidelines for safe physical activity.
   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).

Performing

DHSAAK.PR.1 Identify and demonstrate movement elements, skills, and terminology in dance.
   a. Demonstrate an understanding of basic dance terminology and technique.
   b. Understand kinesthetic awareness through body parts and isolations, connecting the body to one’s kinesphere.
   c. Examine the kinesthetic process used to transfer weight, change direction, and maintain balance.
   d. Analyze the use of the elements of dance in relation to kinesthetic awareness and muscle function.

DHSAAK.PR.2 Demonstrate an understanding of the relationship between dance as a form of physical activity, health, well-being, and quality of life.
   a. Identify the 5 components of fitness (e.g. cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition).
   b. Identify and demonstrate proper progressions and regressions.
   c. Demonstrate dynamic and static flexibility.
   d. Demonstrate knowledge in preparing the body through using opposing muscle groups and concentric, isometric, and eccentric muscular contractions.

DHSAAK.PR.3 Identify and demonstrate the components of muscular fitness.
   a. Identify and demonstrate functional movement training for stability and mobility (e.g. proper alignment).
   b. Identify and demonstrate knowledge in weights and calisthenics that manipulate the body’s levers to progress intensity for
DHSAAK.RE.1 Understand and describe how dance as exercise influences the cardiovascular system, skeletal system, and muscular system for both health and performance.
   a. Explain how the skeletal structure provides support and protection for tissues, and functions with the muscular system to make movements possible.
   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. 2 Describe, understand, and apply energy system principles (bioenergetics) to the movements of dance.
   a. Identify the 3 primary metabolic systems (e.g. ATP-PC system, anaerobic glycolysis system, aerobic glycolysis system).
   b. Understand the limitations for energy delivery and utilization in the body through the study of the 3 primary metabolic systems.
   c. Identify neuromuscular foundations of movement, including motor units, neuromuscular junctions, action potentials, and the sequence of those events to produce movements.
   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.CN.1 Recognize connections between dance and wellness.
   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.
   b. Assess consequences of personal actions, and commitment and discipline necessary to achieve personal goals in dance.
   c. Identify bones and muscle groups, and describe the ways that alignment, flexibility, and strength contribute to the body’s range of motion.
   d. Identify and explain extrinsic and intrinsic motivation.
DHSAK.CN.2 Demonstrate an understanding of dance as it relates to other areas of knowledge.

a. Identify and explore various dance related professions (e.g. sports medicine, dance therapy).

b. Explore the use of media and technology to research the relationship between dance and science.

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.