

Dance

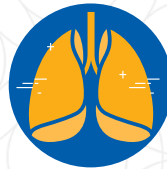
Safe dance practice

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Warm-up

Prepares the body for physical activity, by gradually raising the heart rate, cardiovascular system and muscle temperature to prepare for stretching.



Cool-down

Slowing the heart rate down to a resting state.



Stretching

1. Static

Holding a position with no assistance for approximately eight counts.

2. Dynamic

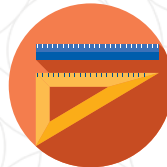
A moving stretch, gradually increasing movement range and speed. These include controlled swinging movements using the full range of motion.

3. Proprioceptive neuromuscular facilitation (PNF)

A resistance stretch. Engaging and relaxing the muscle group being targeted to move those muscles to a deeper level.

4. Ballistic

A stretch using momentum, attempting to pass your normal range of motion. This stretch is not performed in the Dance class, as it is not safe dance practice.



Alignment

Alignment is the awareness of the placement and positioning of the body, ensuring the even distribution of weight over the joints while holding the knowledge of your personal capabilities and limitations as a dancer.



Causes, prevention and treatment of injury

Consider the environmental factors of the floor surface, floor construction and weather, and the RICER or BECALM methods for treatment.



Body maintenance

Healthy dance form, includes strength building exercises for muscle development and nutritional requirements.