

A SAMPLE 10 WEEK PROGRAM FOR THE STUDY OF BODY FUNCTIONS AND BODY CARE.

Body area.	Work undertaken.	Correct use of factors.
Week 1: SKELETON.	Labelling of skeleton: rote learning.	
Week 2: SPINE.	Specific focus on posture: <ul style="list-style-type: none"> • vertebral ligaments; • vertebral discs; • spinal chord; • abnormalities of spine: scoliosis, kyphosis, lordosis. 	<ul style="list-style-type: none"> • Abnormalities: cause; prevention; treatment of injury. • Practical demonstration where possible.
Week 3: PELVIS.	Labelling of pelvis: rote learning. <ul style="list-style-type: none"> • Movement emanating from pelvis. • Movement possibilities of hip joint. 	<ul style="list-style-type: none"> • Placement of pelvis in relation to spine. • Rotation of legs within hip joint. • Body differences, degree of flexibility. • Practical demonstration where possible.
Week 4: KNEE.	Labelling of knee: <ul style="list-style-type: none"> • function of - alignment when bent; • evaluation of standing leg alignment; • type of joint: ligaments. 	<ul style="list-style-type: none"> • Malalignment of knees in action: relation to hip and foot; leg alignment problems; common problems. • Practical demonstration where possible.
Week 5: FOOT AND ANKLE.	Labelling of foot and ankle: rote learning. <ul style="list-style-type: none"> • Alignment itself and in total leg. • Differing shape of feet. • Exercise of foot. • Ankle joint; ligaments. 	<ul style="list-style-type: none"> • Placement of foot: flat foot, ball of foot, toe (pointe shoes). • Relation to malalignment of knee/ pelvis. • Common problems. • Practical demonstration where appropriate.
Weeks 6 and 7: SKELETAL MUSCLES AND JOINTS.	Labelling of large muscles: rote learning. Discussion of muscle function. Types of muscles/ joints: <ul style="list-style-type: none"> • voluntary/ involuntary; • smooth/ striated; • contraction/ release. Types of joints.	<ul style="list-style-type: none"> • How muscles and joints manipulate skeletal body parts. • Correct use of muscles and joints. • Problems/ injuries. • Practical demonstration where possible.
Week 8: NUTRITION AND DIET.	Discussion of appropriate nutrition for a dancer.	<ul style="list-style-type: none"> • Facts and fallacies. • Body image: anorexia nervosa/ bullemia.
Weeks 9 and 10: BODY MAINTENANCE.	Body maintenance: <ul style="list-style-type: none"> • warm ups/ warm downs; • stretching. 	<ul style="list-style-type: none"> • Injury prevention and treatment. • Correct/ incorrect stretching programs.
CONCLUSION AND ASSESSMENT.	Teacher devised assessment – sample test paper at end of section 3.	