

**VCE DANCE**  
**Unit 1. Outcome 4.**

<b>Format</b>	<b>Physiology and Maintenance Map</b>
<b>Total number of marks</b>	<b>20</b>
<b>Time to complete</b>	<b>90mins</b>

**Instructions**

Develop a poster map addressing the criteria below. Central to the analysis is the description of a phrase of movement, either from your own choreography, technique class, or from the analysed works. All criteria must relate back to this phrase. You may want to draw and describe this phrase and place it in the centre of your poster and create a map that ties all the criteria to it. You are free to explore your own way of mapping the criteria to the phrase.

**Topic**

This Outcome aims to assess your understanding of the safe use, maintenance and physiology of the dancer's body and methods and alignment principles which facilitate development of technical and physical skills.

Criteria

All must relate to chosen phrase.

- *Physiology of the musculo-skeletal system including appropriate terminology.*  
Describe the movement possibilities of joints and actions of the muscles; name body parts and describe bone and muscle placement and positioning.  
4 marks
- *Alignment principles that develop ability to correctly align body parts in movement and in stillness.* Describe correct alignment of body parts to facilitate ease of movement, efficient use of energy to avoid injury.  
4 marks
- *Safe dance practices for the prevention and management of injury.* Demonstrate understanding of effective methods for preventing and managing an injury specific to the execution of this phrase.  
4 marks
- *Body maintenance for the dancer.* What factors impact on body maintenance and methods of body maintenance relevant to the dancer performing this phrase.  
4 marks
- *Methods of safely developing and maintaining technical and physical skills.*  
Demonstrate understanding of effective methods for safely developing and executing technical and physical skills.  
4 marks
- Use appropriate terminology.