

WEEK THREE: THE PELVIS AND HIP JOINT

1. Name the bones which make up the pelvic girdle.

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2. List the movement possibilities of the pelvic girdle and give examples.

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3. Name the bones which make up the hip joint.

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4. List the movement possibilities of the hip joint and give examples.

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5. Discuss the factors which limit a dancer's ability to develop a turnout and suggest the safest method to improve one's turnout.

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