

C H A P T E R

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**Safety, Health, and  
Wellness**

# **Chapter 2**

## **Safety, Health, and Wellness**

**Enduring understanding:**

**Safety, health, and wellness are key to dancing for life.**

**Essential question:**

**How do safety, health, and wellness apply to dancers?**

# Learning Objectives

- **Recognize the difference between movement as physical activity and movement as dance.**
- **Develop your body knowledge to ensure dance safety through proper warm-up and cool-down techniques.**
- **Demonstrate body science to practice dance safety using correct dance technique.**
- **Apply proper alignment to move correctly and efficiently, executing correct dance technique.**
- **Interpret dance fitness and conditioning principles to gain and maintain physical fitness.**
- **Understand the mental demands of dance.**
- **Plan good nutrition and self-care for optimum dance performance, health, and wellness.**

**“It takes an athlete to dance, but an artist to be a dancer.”**

**--Shanna La Fleur, dancer**

# Introduction

**Dancing is physically and mentally demanding.**

**You need strength, flexibility, endurance, and overall fitness for dance class and performance.**

**You develop these attributes through conditioning in dance and other movement-related disciplines.**

# Chapter 2 Vocabulary Terms

**alignment**

**kinesthetic awareness**

**body composition**

**kinesthetic sense**

**dance wellness**

**ligament**

**FITT principle**

**PRICED**

**flexibility**

**range of motion**

**endurance**

**strength**

**joint**

**tendon**

# Dance as Movement and Movement as Dance

**Dance is movement, but not all movement is dance. To distinguish dance from movement, you must answer the fundamental questions**

***What is dance? and Who is a dancer?***

**When you watch a dancer execute movement, what are some of the attributes that set the dance movements apart from other types of movement?**

**What abilities does the person need in order to create the movement so that it is dance?**

# **Safety, Health, and Wellness**

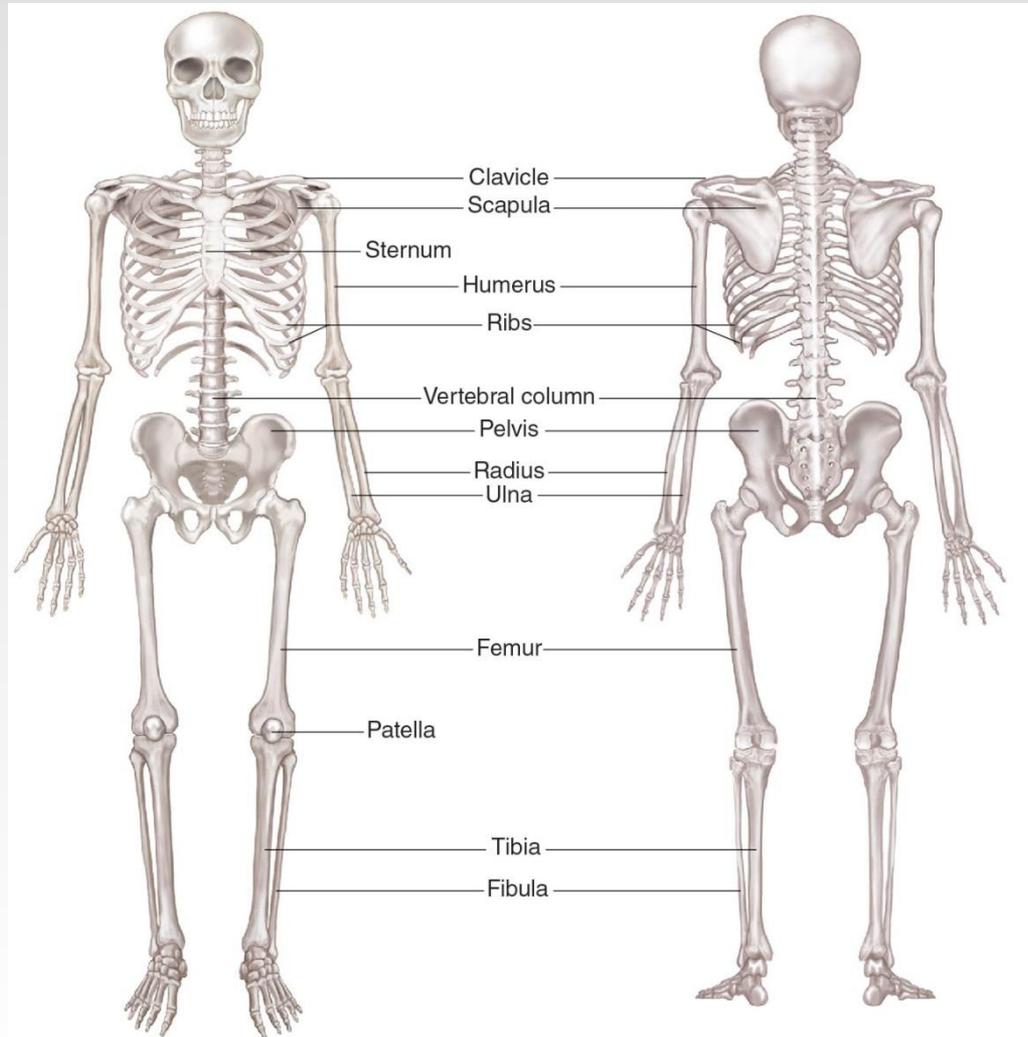
**Collectively, safety, health, and wellness create a holistic view of how your body and mind work when participating in dance.**

**Understanding anatomy, fitness, kinesiology, alignment, safety, and mental and physical preparation will help you move and dance well throughout your lifespan.**

# Basic Anatomy

**The skeleton is the framework for the body.**

**It includes 206 bones of various sizes and types.**



# Joints

A joint is a point where two bones connect in the body.

Joint types identify how joints move, their strengths, and their limitations.

- ***Ball-and-socket joints***: hip and shoulder joints.
- ***Hinge joints***: elbow, finger, knee, and toe joints.
- ***Gliding joints***: spine; in the cervical (neck), thoracic (middle back), lumbar (lower back) vertebrae.
- ***Pivot joints***: at the top of the spine, in the forearm, and the lower leg; allow the wrist and ankle to move.

# Connective Tissue

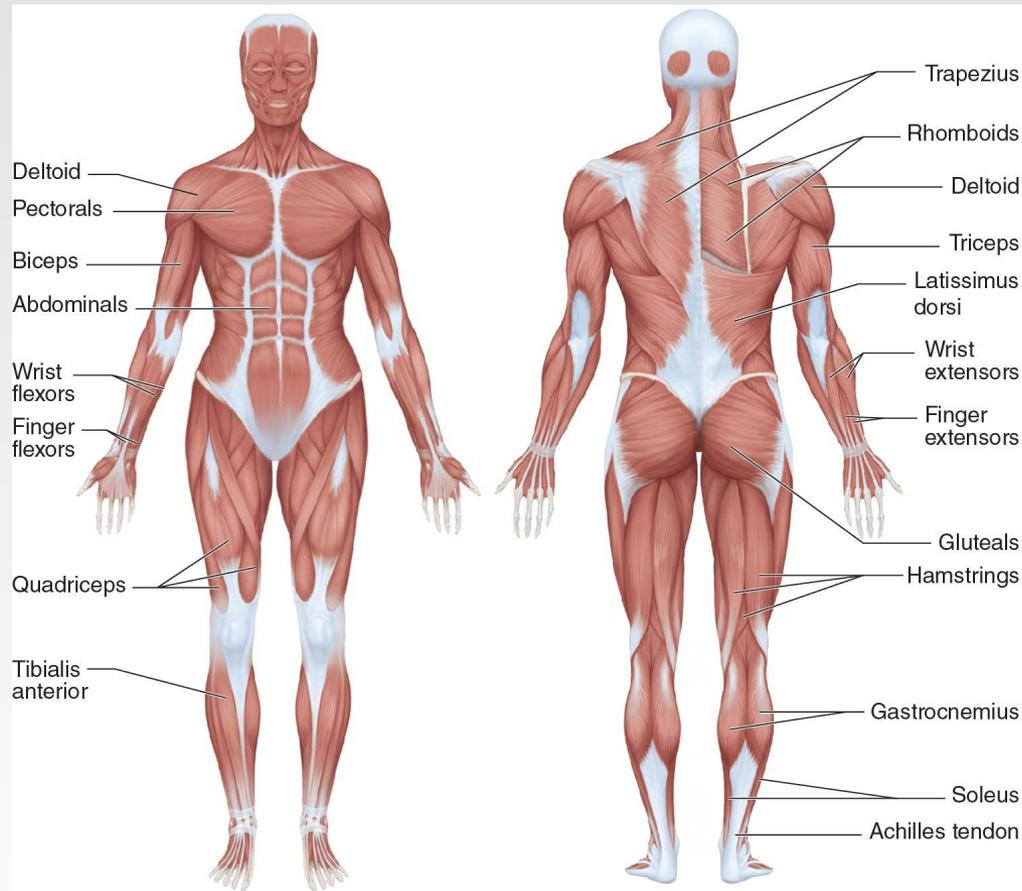
**Two types of tissue connect bones and muscles: ligament and tendon.**

***A ligament* is a strong band of tissue that connects bone to bone.**

***A tendon* is a strong band of tissue that connects muscle to the bone.**

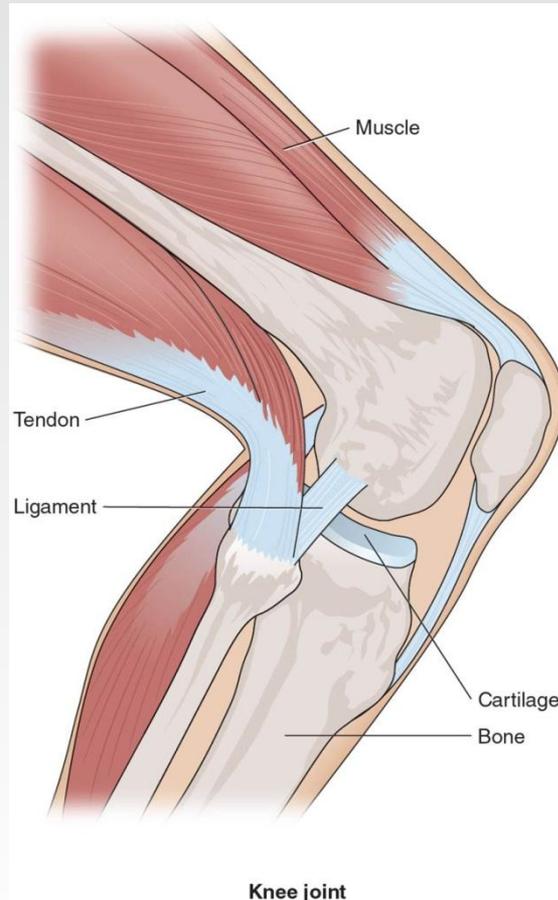
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# Muscular System



***(continued)***

# Connective Tissue *(continued)*



# Dance Fitness

- ***Strength*** is the amount of force a muscle can produce. You need strength to dance.
- ***Range of Motion*** is the full movement potential of a joint.
- ***Flexibility*** is the ability to move a joint throughout an entire range of motion. Flexibility is an essential part of dance training, and you increase it through stretching.
- ***Endurance*** is the ability to perform a movement for a long time.
- ***Body composition*** is made up of bone, muscle, fat, and other tissues in addition to water. In exercise science, body composition refers to the proportion of fat mass to lean muscle tissue in the body.

# Basics of Kinesiology

**Kinesiology is the science of body movement.  
These kinesiology principles apply to dance:**

**Jumping and leaping**

**Pointing**

**Turning and spotting**

**Falling and rising**

**Contracting and releasing**

**Breathing**

**Ankle and foot movements**

**Leading and following**

**Isolations**

# **Kinesthetic Awareness and Sense**

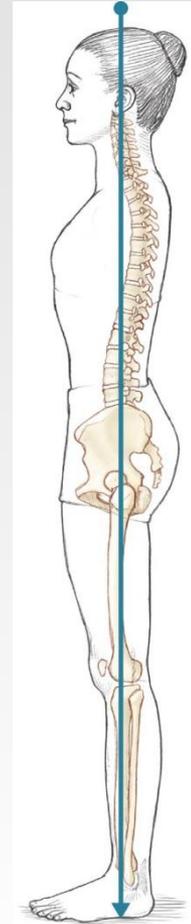
***Kinesthetic awareness*** is developing a consciousness of muscles, bones, and joints in relation to space and becoming aware of the entire body or a body part as it moves through space.

***Kinesthetic sense*** is feeling how your body moves in space. Kinesthetic sense is also known as muscle memory.

# Alignment

***Alignment*** is the optimal placement of the Body parts so that the bones and muscles are efficiently used.

**Achieving good vertical alignment requires correctly positioning the parts of the body.**



Your text provides a checklist of the steps for doing a self-check on your alignment. See activity 2.4.

# Dance Safety

**Practicing dance safety crosses all dance forms and includes a variety of components.**

- **Dance wear, shoes, hairstyles, and jewelry**
- **Dance class etiquette**
- **Personal space and general space**
- **Watch, listen, do**

# Physical Preparation

- **Warming up**
- **Cooling down**
- **Stretching**
- **Treating dance injuries**
- **PRICED (prevention of injuries, rest, ice, compression, elevation, and decision if you need to see a health professional)**

# Mental Preparation

## Understanding dance related stress:

- Performance anxiety
- Lack of preparation
- Lack of instant gratification
- Being vulnerable

# Dance Wellness

**Dance wellness includes**

- **nutrition and hydration,**
- **rest, and**
- **self-care**