

## **M 4 the Body 1**

### **Anatomy**

This course addresses the form and structure of the locomotor system (anatomy), its function (physiology) and the practical application in movement (applied anatomy).

Contents: 1. Basic principles of dance training 2. How to deal with injuries/cures 3. Nutrition for dancers 4. Anatomy of the skeleton (bones, ligaments, tendons, joints, muscles) 5. muscle balance and dysfunction 6. various parts of the locomotor system (blood circulation, nervous system) 7. Physiological aspects.

### **Body awareness methods**

Dance and movement courses are based on grounded knowledge of the body and a sharpened perception taught through body awareness methods such as Feldenkrais, Alexander technique or Body-Mind Centering (BMC). By training the physical perception we strive for a deeper awareness and efficiency in movement. The knowledge of different body systems helps to recognize patterns of movement and their re-structuring thus minimizing the danger of injury.

### **Body work Yoga / Tai Chi / others**

Introduction of different approaches and methods, such as Gyrokinesis, Pilates, Yoga, Tai Chi, Laban Bartenieff and others which systematically and carefully train joints and muscles using rhythmical and flowing exercises. The respective breathing patterns stimulate the nervous system and open the body meridians. Experience made in this course will be part of the daily individual warm-up and training.

### **Sports Training science:**

The aim of this block seminar is to apply fundamental and state-of-the-art knowledge of sports science to the demands of professional dance studies.

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