

DAN 213: Dance Medicine

Dance movements are analyzed and understood through application of anatomical principles. Special consideration is given to body alignment, range of motion, and identification and remediation of poor movement habits. Attention will be given to long term injury and resulting depression. Systems of movement analysis will also be discussed as well as applied: Laban, Bartenieff Feldenrais, Pilates, and Yoga.

Credits: 3

Program: Dance