

COMPONENT	OBJECTIVES	COMPETENCY
<p>I Movement Skills and Underlying Principles</p>	<ol style="list-style-type: none"> <li>1. Understands and applies safety practices. (DA.A.1.3.1)</li> <li>2. Understands the need for a conditioning program for dancers. (DA.A.1.3.1)</li> </ol>	<ol style="list-style-type: none"> <li>A. The student can describe and demonstrate safety practices when engaging in flexibility, cardiovascular, and muscular strength activities. (DA.A.1.3.1)</li> <li>B. The student can describe in oral or written form the components of a conditioning program for dancers with reference to specific body and dance movement therapies such as Feldendreis, Bartenieff, Pilates. (DA.A.1.3.2)</li> </ol>
<p>II Dance Making</p>	<ol style="list-style-type: none"> <li>1. Employs safety in preparing to dance by executing warm-up procedures specific to each dance style studied. (DA.A.1.3.1)</li> <li>2. Employs knowledge of the elements of motion in creating dance studies and compositions. (DA.A.1.3.3)</li> </ol>	<ol style="list-style-type: none"> <li>A. The student creates and demonstrates an original warm-up sequence specific to a dance style.</li> <li>B. The student identifies through manipulation or orally the normal range of motion for various anatomical parts. (DA.A.1.3.3)</li> </ol>
<p>III Building Context: Cultural, Social, and Historical Inquiry</p>	<ol style="list-style-type: none"> <li>1. Examines the role of fitness and injury prevention in dance. (DA.E.1.4.1)</li> <li>2. Develops and implements a personal fitness and conditioning program. (DA.E.1.4.2)</li> </ol>	<ol style="list-style-type: none"> <li>A. The student researches the development of fitness and injury prevention program. (DA.E.1.3.1)</li> <li>B. The student selects from and develops a fitness program specific to individual needs. (DA.E.1.3.2)</li> </ol>

# DANCE

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<p>IV Critical and Aesthetic Inquiry</p>	<ol style="list-style-type: none"> <li>1. Identifies common dance injuries within specific dance styles. (DA.E.2.4.3)</li> <li>2. Analyzes conditioning and fitness testing results to determine amount and rate of improvement. (DA.E.1.4.1)</li> </ol>	<ol style="list-style-type: none"> <li>A. The student can explain in oral and written form injuries common to a specific dance style. (DA.D.1.3.3)</li> <li>B. The student can employ results of fitness testing and conditioning to improve quality of performance pieces in various dance styles. (DA.D.1.3.2)</li> </ol>