

BTEC Dance Summer Independent Learning Activity

Part 1 – Compulsory Content

Welcome to BTEC Extended Certificate in Performance - Dance, please complete the following tasks ready for your first day.

Task 1:

Prepare a short dance of 1-2 minutes to music of your own choice. This is your audition piece and will be performed at the beginning of the term to your teacher. Please ensure that you bring the music you are using on your phone to the lesson.

Task 2: Learning aim A: Understand the structure and function of the human body Learners must study the structure and function of the human body with reference to a minimum of three dance genres and styles, allowing for effective analysis, evaluation and understanding.

A1 Understand the structure of the human body

Example - Function of the skeleton, such as support, move, protect.

Bodily structure:

1. The function of the skeleton
 - how the bones support, move and protect
 - Main areas of the body - spine, shoulder, legs
 - Alignment of the body in relation to dance technique
2. Muscle groups
 - Tendons
 - Ligaments
 - Movement of the skeleton - flexion, extension, adduction and abduction.
3. Circulatory system
 - How blood is transported around the body to support the dancer.
4. Respiratory system
 - How the body regulates its temperature in relation to dance classes and performances.
5. Nervous system
 - How the body detects pain
 - How dancers use their long-term memory

Task 3: 1000-word reflection

Now you have knowledge and understanding of the five main functions of the body, you need to assess and comment on how each system assists the dancer in their everyday training and also when they are performing. To support your work, you must comment on a range of examples (exercises) of how each of the five systems work together.

Part 2

Task 4 (i)

What are the main food groups and their functions?

Task 5 (ii)

Research the main food groups from a balanced diet and comment on specific foods a performing dancer should be consuming to keep themselves healthy whilst training.

Task 6 (iii)

Create a mood board containing the main food groups and comment on how each of the groups;

- Repair muscle
- Release energy
- Aid concentration
- Rehydrate

You should give clear and considered examples.

Task 7

Create an informative document (info graph, leaflet etc) to demonstrate the importance of understanding the impact of injuries on a dancer. You must include;

- Research of the 2 types of injuries: chronic & traumatic
- The common types of chronic & traumatic injuries that affect dancers
- Select 2 chronic & 2 traumatic injuries – explain how these occur, how they should be treated and also further prevented

In addition to the above, you must write a 500-word account of the impact injury and injury prevention will have on a dancer in training.

Please ensure you bring this work to your first Dance class in September.