

JYOTI NIVAS COLLEGE AUTONOMOUS

Programme: B.Voc VP.

Semester: I

Conditioning for Movement Practice

Course Code: 18BVV106

60 hours; 4 Credits

Objectives:

1. Introducing the students to the idea of movement and the science behind the movement
2. Conditioning the student's body to endure vigorous physical training
3. Develop student's intelligence on the Human body with respect to movement

Unit 1:[6hrs]

Human anatomy in brief

Unit 2: [2hrs]

Studio behaviour

Unit 3: [4hrs]

Understanding Physical development

Unit 4:[4hrs]

Concert Dance

Unit 5: [4hrs]

Yoga (language and philosophy)

Functional movement and Basic Alignments

Unit 4: [12hrs]

Yoga

Unit 5: [8 hrs]

Choreography

Practical [40 hrs]

Unit 1: [8hrs]

Games and Exercises

Unit2: [8hrs]

Body Conditioning

Unit 3: [4hrs]

Reference Material:

Franklin, Eric: Conditioning for Dance

Calais-Germain, Blandine: Anatomy of Dance

Dills, Ann & Albright, Ann Cooper: A Dance History Reader [Moving History/Dance Cultures]