**Introduction**

**Dance** is an art form consisting of rhythmic movements to music, often used for self-expression and communication of emotions.

Dance can help relieve stress, especially during stressful times like the COVID-19 pandemic.

**Learning Outcomes**

By the end of the module, students should be able to:

Identify the different benefits of dance.

Appreciate the importance of dance for the human body.

Perform some fitness dance routines.

**Definition of Dance**

**Dance** involves purposeful, rhythmic human movements with aesthetic and symbolic value.

It can express emotions and create a self-contained world for dancers, pushing them beyond normal physical limits.

**Self-Expression**- Dancing allows people to express how they feel at a given moment. On another note, dance is an expression of art, in that it appeals to the emotions.

**Sense of Community**- People come together through dance. It provides entertainment for people of all ages, races, and backgrounds.

**Source of Relaxation**- Dancing helps bodies and minds relax as the music and surroundings take people away from their anxiety and frustration for a while.

**Entertainment** – When people are laughing and trying to keep up with the moves involved in line-dancing, they are being entertained.

**Exercise and Conditioning** - Dancing is a great form of aerobic exercise since it works many muscles in the body. Muscles become stretched, conditioned, and toned while the heart rate increases, pumping blood at a faster rate.

**Building Affiliations** - Professional dancers form affiliations. Some of these people will be seen on stage as background dancers while a singer or group is performing. Sometimes singers themselves dance as part of their performances.

**Importance of Dances**

1. **Self-expression**: Dance allows individuals to express emotions.

2. **Community**: Dance brings people together, regardless of age, race, or background.

3. **Relaxation**: Helps in stress relief and provides physical and mental refreshment.

4. **Entertainment**: Provides enjoyment and laughter.

5. **Exercise**: A great form of aerobic exercise that enhances muscle conditioning.

6. **Affiliations**: Professional dancers often form networks and partnerships.

**Benefits of Dancing**

**Physical**: Improves cardiovascular health, muscle strength, balance, and flexibility. It also reduces body fat and the risk of chronic diseases.

**Mental**: Enhances mental sharpness and reduces the risk of Alzheimer’s disease and dementia.

**Emotional/Spiritual**: Promotes inner peace, joy, and emotional release.

**Social**: Boosts self-esteem and opens opportunities for new friendships and career growth.

**Dance for Fitness**

Dance is a great fitness activity, improving muscular endurance, flexibility, and mental well-being.

A 30-minute dance session can burn between 130-250 calories, similar to jogging.

**Building Muscular Endurance**

**Dancing Improves The Body’s Flexibility**

**Developing Upper And Lower Body Strength**

**Dancing Yourself to A Happier Mind**

**Dance Away the Calories**

**Get Stronger Bones**

**It’s Good For Your Mental Health**

**Balancing The Body**

**Fact: Dancing Creates Better Blood**

**FITT Principle in Dance**

**Frequency**: It's beneficial to practice dance with regular breaks for muscle recovery.

**Intensity**: Balance between moderate and high-intensity workouts.

**Time**: Trainers recommend 20-30 minutes of continuous dance exercise 4-6 days per week.

**Type**: Select dance movements and routines that enhance strength and endurance.

**Types of Dance Fitness**

1. **Ballroom**: Increases heart rate and burns calories.

2. **Zumba**: Full-body workout incorporating Latin music and dance.

3. **Jazzercise**: Includes yoga, Pilates, and strength training.

4. **Barre**: Combines ballet, yoga, and strength exercises.

5. **Pole Dancing**: Focuses on strength and flexibility.

6. **Buti Yoga**: A high-energy workout blending yoga and cardio.

**Nutrition for Dancers**

A well-balanced diet rich in carbohydrates, proteins, fats, and micronutrients is essential.

Carbohydrates fuel energy, protein repairs muscles, and fats aid in vitamin absorption and long-endurance activities.

Proper hydration is critical to prevent dehydration, especially during intense dance sessions.

**Carbohydrate**

• It is the major source of energy.

• During digestion, carbohydrates break down into glucose stored in the as glycogen, which fuels energy and keeps muscles working.

• During strenuous periods of rehearsals, and competition or performance, dancers should increase carbohydrate intake to 65% of their diet.

• Good complex carbohydrates worth incorporating into meals include whole-grain breads and pasta, grains, and starchy vegetables.

• Whole grains take longer to break down than white or refined carbohydrates, providing dancers with more energy for longer periods of time.

• Eating carbohydrates before and after exercising, class, rehearsals, and performances is also necessary to replenish glycogen.

**Protein**

• It helps repair muscle fibers that are stressed by constant use.

• It synthesizes enzymes required for proper metabolism.

**Fat**

• Fat from the diet provides structure for all cell membranes, comprises the insulating layer around nerves, and forms the base of many hormones. Fat is needed for the absorption of fat-soluble vitamins and is an important fuel muscles.

• Fatty acids are used as an energy source in the muscles for endurance activities such as long rehearsal where the body continuously exercises for over 20 minutes at a time.

**Micronutrients**

Vitamins and minerals comprise the micronutrients in the diet.

• The B vitamins play an important role in energy production.

• Vitamin A, C, and E function as antioxidants that are necessary for the repair and recovery of overstressed muscles caused by strenuous classes and rehearsals.

• Vitamin D is important in bone formation.

• Calcium is also important in bone formation. It is essential to ingest adequate calcium during the bone growth years.

• Iron carries oxygen in the blood and is used to produce energy in the muscles.

**Hydration**

Dancers sweat as they generate heat during training, rehearsal, and performance. This is how the body cools itself. This loss of fluid, however, can lead to dehydration, resulting in dizziness, lack of energy, inability to concentrate, sore muscles, and lackluster performance. Hence, adequate fluid intake is a must for all dancers.

**Introduction**

Rhythmic movements, such as tapping your fingers or clapping to music, can help relieve stress. Regular practice, especially during aerobic exercises or dancing, offers numerous health benefits.

**Learning Outcomes**

By the end of the module, students should be able to:

Develop skills in rhythmic movements for enjoyment.

Improve rhythmic accuracy and coordination.

Perform rhythmic dances using natural movements.

**Learning Content**

**Rhythm**

Rhythm involves bodily responses to rhythmic accompaniment, manifesting in dance and movement. It's a fundamental part of nature, seen in the beating of the heart, breathing, and even the earth's movements.

**Elements of Rhythm**

1. **Beat**: The underlying pulse of the rhythm.

2. **Measure**: Grouping of beats.

3. **Pattern**: Grouping of sounds or beats relative to the underlying beat.

4. **Tempo**: The speed of movement.

5. **Accent**: Emphasis on certain beats.

6. **Phrase**: Grouping of measures.

7. **Intensity**: Variation of stress in movements.

8. **Syncopation**: Shifting of the regular accent.

**Natural Movements**

Natural movements are classified into two types:

**Locomotor movements**: Movements where the body travels in space (e.g., walking, running, hopping, jumping, skipping).

**Non-locomotor movements**: Movements that do not involve traveling but involve body parts moving (e.g., bending, circling, pulling, pushing, stretching, swinging, swaying, striking, twisting, vibrating).

**BENDING** is contracting or shortening of a body part from a joint.

Half-kness bend

Full-kness bend

Trunk forward bend

Trunk sideward bend

Arms forward bend

Head forward bend

Head sideward bend

Elbow bend

**CIRCLING** is moving the body or body forming a circle.

Right arm circle forward

Left arm circle forward

Both arms circling

**PULLING** is an act of lugging or towing an object towards or with the body.

Pull with one arm

Pull with both arms

**PUSHING** is an act of shoving an object away from the body.

Push with one arm

Push with both arms

**ROLLING** in an act of transferring weight to adjacent body parts around a central axis.

**ROTATING** is the turning of the body parts around a central axis.

Head rotation

Trunk rotation

**STRETCHING** is extending or straightening a body part from a joint.

**SWINGING** is moving the body or body parts from a joint resembling a pendulum.

Arms swinging sideward

Arms swinging overhead

SWAYING is moving the body or body parts from a joint side to side.

Body swaying right and left

**STRIKING or HITTING** is giving an impetus to an object with a hit, punch or tap.

Arm strike with closed fist

Arm strike with open fist

Hit with one hand

Hit with both hands

**TWISTING** is turning the body or body parts to one side.

Head twist

Trunk twist

**VIBRATING** is the shaking of the body parts or beating movement.

Shake arms and hands rhythmically

Shake hips and shoulders to rhythmic pattern

Vibrate entire body rhythmically