

Learning Competencies:

- Explains how to optimize the energy systems for safe and improved performance. (PEH12FH-Ib-c-2)
- Identifies school and community resources in case of an injury or emergency. (PEH11FH-li-j-11)

Activity 1.

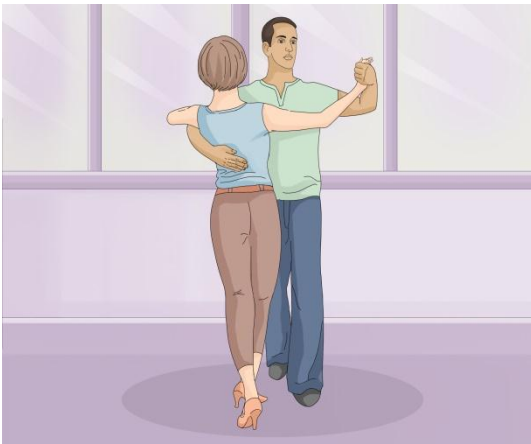
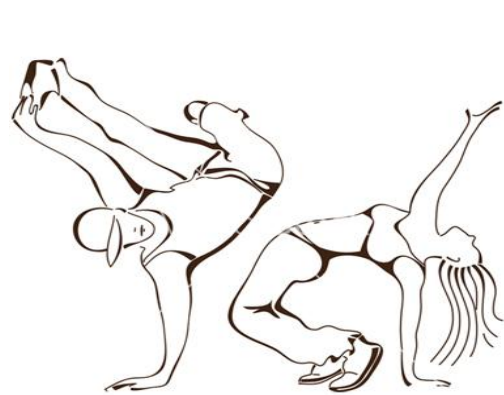
You will be given 3-5 minutes to stretch your bodies from head to toe. The stretching must use a variety of position such as standing, kneeling, sitting and lying.



We should have a greater knowledge about physiologically appropriate warm-up and cool-down techniques, the ideal times and ways to stretch for flexibility improvement and recovery, and how to properly nourish and hydrate our bodies. It's the best way to improve performance and lower the chance of injury. It cannot be denied that dancers sustain injuries. In our line of work, injury rates are high.

We can gain from a better understanding of the different dancing bodies and what or how a dancer's transform as they participate, as they progress, and as the stylistic requirements of an expanding number of genres.

Proper Posture in Dancing

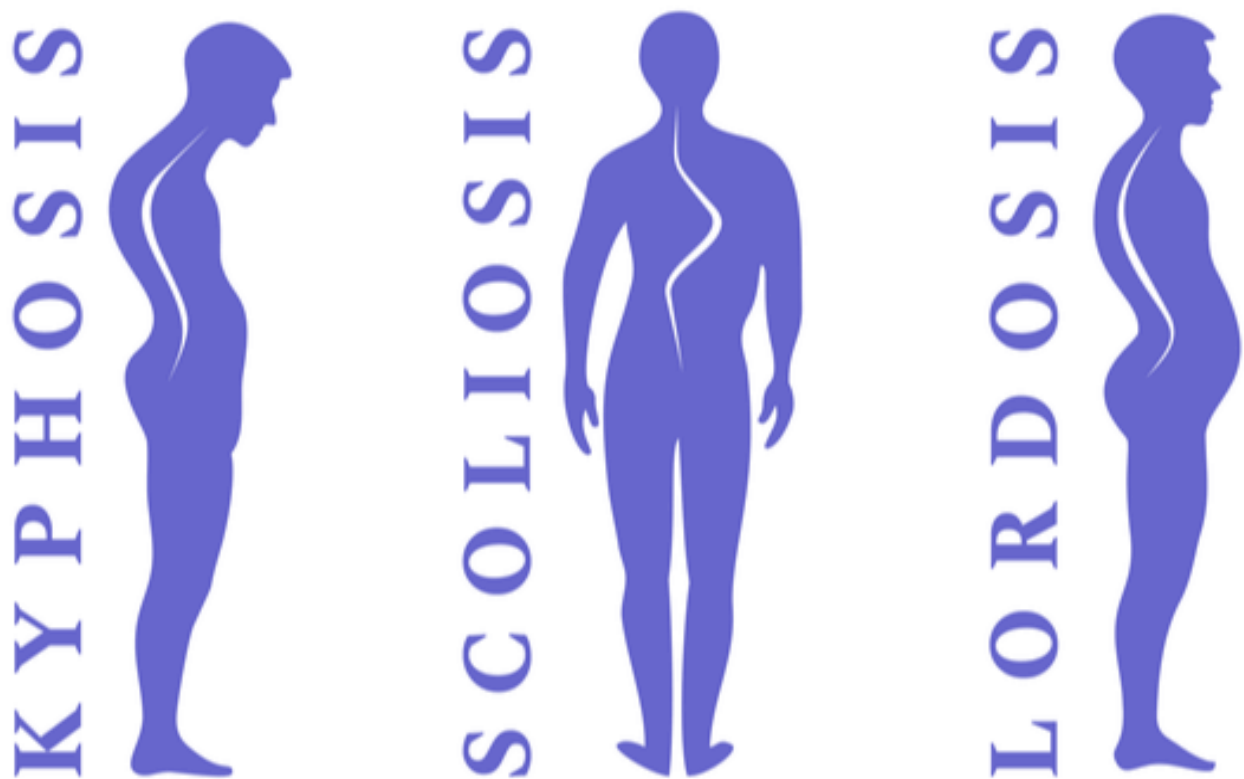


Proper body alignment and posture are essential to dancers as it makes them appear more elegant and confident. It also improves overall balance and body control. Dancing with correct alignment makes dancing more comfortable.

Good posture is vital for control, safety and expression. The correct postural line runs from the ear lobe, the center of the shoulder and hip, in front of the ankle, and down through the foot. The shoulders, hips, and knees should be on the same level along the imaginary line.

Injuries of the Spine Due to Postural Problems

Dance programs usually emphasize the importance of core stability and body awareness. However, having improper posture while dancing may cause problems in the future and lead to some chronic injuries.



Kyphosis - round back

- An increased front-to-back curve of the spine. Kyphosis is an exaggerated, forward rounding of the upper back. In older people, kyphosis is often due to weakness in the spinal bones that causes them to compress or crack.

Scoliosis – lateral deviation of the spine

- Where the spine curves either to the left or right. Scoliosis is a sideways curvature of the spine that most often is diagnosed in adolescents.

Lordosis – swayback

- Lordosis is an exaggerated inward curve of the spine that typically affects the lower back, a condition called lumbar lordosis. Less often, children develop a pronounced inward curve of the neck, cervical lordosis. Lordosis can affect people of all ages.

Treatment – Spine treatment vary, depending on the severity of the curve. Children who have very mild curves usually don't need any treatment at all, although they may need regular checkups to see if the curve is worsening as they grow. Bracing or surgery may be needed if the spinal curve is moderate or severe.

Other injuries of the Bones

Stress Fracture (including shin splints) – Localized cracks in bones due to repeated stress on one area of bone caused by dancing on unsuitable floors and poor alignment in any of the following:

- Fibula – Sickled Foot
- Tibia Bow – Weight Back
- Lumbar Vertebrae – Weak abdominal muscles.

Fracture – Common fractures in the fifth metatarsal and ankle when twisted, inverted, or rotated.

Treatment – Rest, Stretching front of lower leg for shin splints. Plaster cast. Treat a minor fracture³ with strapping.

Safety measures are vital in dancing as this may prevent bad things like accidents and injuries from happening.

Activity.

Instructions: Group yourself into 5 and make a short video that shows the right things to do to prevent injury/problems in dancing.

Remember these things to prevent injury:

1. Wear properly fitting clothing and shoes.
2. Perform proper warm-up and cool down exercise.
3. Resist the temptation to dance through pain.
4. Pay close attention to correct technique.
5. Be mindful of the limits of your body and do not push too fast too soon specially if you are a beginner.
6. Drink plenty of fluids.
7. Get enough rest and avoid overtraining.

Synthesis:

Safety precautions are essential in dancing since they can help avoid negative outcomes like accidents and injury. Dancers are likely to perform to the best of their abilities if they feel secure no matter what happens.

Reference:

- <https://www.safeindance.com/so-what-is-safe-and-healthy-dance-practice/#:~:text=But%20healthy%20and%20safe%20dance,are%20high%20in%20our%20profession>. (Safety in Dancing)
- <https://www.nhs.uk/conditions/kyphosis/treatment/#:~:text=A%20technique%20called%20spinal%20fusion,is%20made%20in%20your%20back>. (Spine Problems and Treatment)
- Dance for Life K12 CURRICULUM (H.O.P.E for SHS)
(Authors)
Marcelita L. Apolonia
Mia Elaine P. Collao
Pauline A. Gabayan
Gilda Ma. Paz R. Kamus
(Coordinator)
Jerome A. Porto

Edited by: T. Abigail W. Ponce

Physical Education and Health 3
SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK2

Test I. IDENTIFICATION

Instructions: Write your answers before the number.

- _____ 1. An exaggerated inward curve of the spine that typically affects the lower back.
- _____ 2. An exaggerated, forward rounding of the upper back.
- _____ 3. A sideways curvature of the spine that most often is diagnosed in adolescents.
- _____ 4. Sickled Foot.
- _____ 5. Weak abdominal muscles.

Test II. ESSAY (5 points)

1. How can dance injuries be prevented?