

# Health & Wellbeing

## Dance

HNC



Course Length	1 year
Entry Requirements	Higher (Grade A or B)
Intended Audience	School of Dance
Number of Units	8
Assignment/Added Value Unit	YES
Course Exam	Graded Units

### Course Description

This one year course is designed to develop the artistic creative technical and professional skills. Through in-depth training and specialisation you will learn what makes up the role of the dancer with a focus on performing choreography and teaching.

You will develop a minimum of four dance techniques as well as learning choreography, commercial performance and dance anatomy. This will prepare you as a versatile performer and equip you with skills that are transferable to a variety of pathways. If you continue to pursue a career in performing arts the HNC Professional Dance Performance will provide a foundation of experience, preparing you for work as a professional dance performer.

### Expectations for Homework

Homework will be issued by your teacher and you should regularly revise key ideas and practise key skills.

### Skills Focus



### Additional Course Information

- Classical Ballet
- Jazz Technique
- Commercial Dance
- Dance Anatomy and Injury Prevention
- Choreography Skills
- Introduction to Performance and Production
- Graded Unit 1
- Theatre Gymnastics
- Body Conditioning