



Faculty of Arts and Social Sciences  
Dance

# Course Reading

## Alternative exercise for dance

Valid from 01/16/2023

**Course Code:** DAGALT

**Course Title:** Alternative exercise for dance

**Credits:** 7.5

**Degree Level:** Undergraduate level

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### Books

Franklin, Eric N. (2004). *Conditioning for dance : [training for peak performance in all dance forms]*. Champaign, Ill.: Human Kinetics

Isacowitz, Rael, Clippinger, Karen S. (2019). *Pilates anatomy*. Champaign, IL: Human Kinetics Second edition.

Jo Ann Staugaard Jones. *Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga*

### Web resources

[PDF] diva-portal.org (2019). Dansens inverkan på hälsan. <https://www.diva-portal.org/smash/record.jsf?pid=diva2:1336875>

[PDF] diva-portal.org (2017). Det är inget fel på din dans du behöver bara lite mer självförtroende. <https://www.diva-portal.org/smash/record.jsf?pid=diva2:1111267>

Indian Journal of community medicine (2014). yoga & health. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4067931/>

Journal of bodywork and movement therapies (2001). The pilates method. [https://www.bodyworkmovementtherapies.com/article/S1360-8592\(01\)90237-2/abstract](https://www.bodyworkmovementtherapies.com/article/S1360-8592(01)90237-2/abstract)

Journal of strength and conditioning research (2010). Pilates för förbättring av muskeluthållighet, flexibilitet, balans och hållning. [https://journals.lww.com/nsca-jscr/fulltext/2010/03000/Pilates\\_for\\_Improvement\\_of\\_Muscle\\_Endurance..10.aspx](https://journals.lww.com/nsca-jscr/fulltext/2010/03000/Pilates_for_Improvement_of_Muscle_Endurance..10.aspx)

Luleå Universitet, Lisa Thörnberg (2012). Vad krävs av en danslärare, examensarbete. <https://www.diva-portal.org/smash/get/diva2:1029252/FULLTEXT02>

Luleå Universitet, Nathalie Djordevic (2018). Är du dansare? Oj, vad vig du måste vara!: En hermeneutisk studie om danslärares syn på styrka och rörlighet inom dansutövandet. <https://www.diva-portal.org/smash/record.jsf?pid=diva2:1223389>

Lunds Universitet, Johannes Cavallin och Susanna Piculell (2011). När livet är en dans. <https://lup.lub.lu.se/student-papers/record/3626542/file/3626545.pdf>

Science direct (2004). journals & books. <https://www.sciencedirect.com/science/article/pii/S1360859203000573>

Siencedirect (2000). journals & books yoga. <https://www.sciencedirect.com/science/article/abs/pii/S0889857X05701265>

### **Reference material**

Birnberg. R., Dormaier. C., Ubertini. F. (2018). *Why yoga works and How it can work for you*. Seaside, Washington: Yoga Unites Publications

Joseph Hubertus Pilates (1945). *Pilates´ return to life through contrology: Revised Edition for the 21st Century* (21 juni 2012). presentation dynamics inc

Madeline Black (2015). *Centrerad: Organisera kroppen genom kinesiologi, rörelseteori och pilates-teknik*. Pencaitland, Storbritannien: Handspring Publishing Limited

Massey, Paul (2009). (2009). *The anatomy of pilates*. Nutbourne [England] :: Lotus Publishing

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Approved by the Faculty Board of Arts and Social Sciences 12/01/2022