

Episode 22: Flight or Fight Response

Clip: Leap of Faith

Activity: Rehabilitation

Theme: Health and Wellbeing

1. As a class, view the clip, *Leap of Faith*, where Tara is recovering from an injury. Tara has to recuperate so that her injury heals. Once Tara's cast is removed, she must begin the process of regaining strength and fitness. This is a slow process and in Tara's case is achieved through basic movements at the barre and exercises in the pool. Discuss with students any injuries they may have sustained. Ask what rehabilitation they underwent after treatment. Discuss the individualised nature of a rehabilitation program – based on a person's strengths, weaknesses and other personal factors such as age, previous injury (for instance, there may be scarring of a tissue from past tissue damage), and available resources.
2. Have students consider their personal physical strengths and complete a 'mind map'. Repeat the activity for physical weaknesses.
3. As a class, discuss and list exercises or activities that may strengthen a personal physical weakness (i.e. crunches for core strength, aerobic activity for building stamina, stretches for lack of flexibility, dance sequences for coordination, yoga poses for balance). As the discussion continues, ask students to be more specific. For example, ask them what types of aerobic activity, or what yoga poses could be used?
4. Take the students through the Ausdance fitness test. Divide the class into pairs and have each pair record their results. This test includes the following components:
 - a. Resting pulse
 - b. Aerobic activity
 - c. Pulse after exercise
 - d. Supported Sphinx spine extension
 - e. Curl Up/Crunches Endurance Test
 - f. Calf muscle flexibility test
 - g. Push-Up Endurance Test
 - h. Shoulder flexibility test

Activity: Rehabilitation

- i. 15 Side Ramp Test
 - j. Sit and reach test (hamstrings)
 - k. V sit and reach test for adductors
 - l. Lead the students in a cool down routine
5. Using the **Student Activity Sheet E22.2: Personal Fitness Plan**, ask students to reflect on their physical strengths and weaknesses. Have students devise a simple personal fitness plan over a two week period to improve their physical weaknesses in performance.

Download

- Student Activity Sheet E22.2: Personal Fitness Plan
- Ausdance Information sheet: Fitness test for dance

Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- Ausdance Video Segment 5 - Alignment for Dance, Neutral Spine.
- [Ausdance Factsheet 16: Caring for the dancer's body](#)
- [Ausdance Factsheet 7: Safe dance floors](#)
- [Ausdance Factsheet 13: Safe spaces for dance](#)
- [Ausdance Factsheet 14: First aid for dancers](#)
- [Ausdance: Safe dance reports](#)
- Howse, J & Hancock, S, *Dance Technique and Injury Prevention*, 2nd ed, A & C Black, London, UK 1992.
- Arnheim, D, *Dance Injuries: Their Prevention and Cure*, 1991 3rd ed, Princeton Book Company, Pennington, New Jersey, USA.



NAME:

Student Activity Sheet: E22.2 Episode 22: Flight or Fight Response

Activity: Personal Fitness Plan Clip: Leap of Faith

Personal Fitness Plan

Strengths

List each of your strengths here and note why you think it's a strength.

Weaknesses

List each of your weaknesses here and note why you think it's a weakness.

Action to improve weaknesses

Over the next 14 days, take some action to try to improve your weaknesses. Start with a little bit of activity and increase it over the two weeks. Have a look at your diary and pick two days to have as rest days. For each activity in the table below, note which weakness you are trying to fix. Always ensure you exercise safely, drink plenty of water and stop immediately if any exercises cause you pain.

Day	AM Activity	PM Activity	To address which weakness?