



waapa
Edith Cowan University



DANCE

AUDITION AND INTERVIEW GUIDE 2025 COMMENCEMENT

Application, Interview and
Admission Requirements

Apply now

Application Deadline – 8 SEPTEMBER 2024

*Audition application requirements submitted via Acceptd no later
than two weeks after the above date.*

waapa.ecu.edu.au

**Creative
thinkers
made here.**

OVERVIEW

Edith Cowan University acknowledges and respects the Noongar people, who are the traditional custodians of the land upon which its campuses stand and its programs operate. In particular ECU pays its respects to the Noongar Elders, past and present, and embraces their culture, wisdom and knowledge.

This document provides detailed information about the audition process involved for the Dance course at WAAPA. Candidates can apply for more than one course.

WAAPA encourages applications from First Nations people, people of colour, and people from culturally & linguistically diverse backgrounds. Please refer to ECU's commitment to Equity, Diversity and Inclusion and WAAPA's Anti-Racism statement for more information.

WAAPA and ECU welcome gender diversity and are committed to creating a safe and inclusive training environment for all LGBTIQ+ people.

ECU is committed to ensuring that students, staff and community members with a disability and/or health condition have equal opportunities to access, engage and participate in all levels of our university. As a dance is a physical art form, WAAPA Dance is committed to employing best practice with regards to touch and consent for all students and staff.

APPLICATION & AUDITION DATES

ALL DANCE COURSES:
ECU Application Deadline - 8 September 2024

Western Australia:

Perth 4 October 2024 - Diploma & Ad. Diploma
Perth 5 October 2024 - Bachelor of Arts

Interstate - all courses:

Brisbane 29 September 2024
Sydney 30 September 2024
Canberra 1 October 2024
Melbourne 2 October 2024
Adelaide 3 October 2024

Perth audition date for W92 Bachelor of Performing Arts
(Honours) - 19 October 2024
Application deadline 22 September 2024



APPLICATION PROCESS

All applicants should be familiar with the process outlined here. Candidates who are Year 12 ATAR students in Western Australia **do not need to apply to TISC**, instead apply direct to WAAPA through ECU's applicant portal.

CHECK GUIDELINES

For the program(s) you are applying for visit waapa.ecu.edu.au
Click on **Our Courses**, select each program you are interested in and check admission requirements.

If you are concerned that you will not meet ECU's entry requirements contact the following for details on alternative pathways: Domestic student enquiries [Future Students](#) and International student enquiries [International Students](#).

Application is a two step process: Apply through ECU's portal. You will then receive notification to complete your audition/interview application through *Acceptd*. Supporting materials must be submitted through *Acceptd* no later than two weeks after the application deadline.

Please note: You can apply for more than one course.

APPLY ONLINE 'ECU'

Using [ECU Application Portal](#)

- Apply by the application deadline
- Upload required supporting documents

AUDITION APPLICATION 'ACCEPTD'

Confirmation of application will be sent to you via email with a link to the *Acceptd* portal with your Application ID number. This is referred to as your *Audition Application*.

Make sure you submit your audition application in *Acceptd* by the application deadline.

- Follow the prompts completing all fields, selecting your audition date and uploading all supporting documents.
- Pay audition fee (\$100 per program) **Please note:** You only pay a fee per program.
- If you are not able to attend an in-person audition you can also submit a video audition through the *Acceptd* portal. Instructions & requirements for video auditions are accessed through *Acceptd*.

Please note: If you have not received an email from us within 15 business days, please check the JUNK folder in your email browser and contact us straight away via the [online enquiry form](#).

ATTEND AUDITION

Attend your in-person audition on the date scheduled.

Please note: The audition is only part of the process; candidates must also meet ECU academic and/or English entry requirements. *High school leavers*: it is crucial that you upload your final transcript of results as soon as you receive them.

AUDITION OUTCOMES

Audition outcomes are provided to you by email, to the address you provided on application.

- **Successful**
If you are successful at audition, the Admissions Office will then check that your academic qualifications meet ECU requirements.
- **Not Successful**
If you are NOT successful at audition for the course(s) you apply for, you will be advised by email and your application will not progress and no offer will be made.

If your preferences change once you receive audition outcomes, you should contact ECU and [request to change your preferences](#).

OFFERS

Successful at audition and meet ECU requirements:

If you are successful at audition/interview, **and** meet ECU's academic and/or English entry requirements, and there are places available, then an official offer will be made via email.

Please note: Successful applicants who meet ECU entry requirements will receive notification of their offer from December onwards.

Successful at audition and do NOT meet ECU requirements:

If you are successful at audition/interview, **but do not meet** ECU's academic and/or English entry requirements, you will not be made an offer and will be advised of the outcome via email.

SHORTLIST

In some courses, you may be advised that there is no place for you now, but you have been placed on a shortlist.

This means that your application was not successful, but, if a place becomes available in future, you will be contacted to see if you are still interested in the course and wish to reopen your application.

Please note: If your preferences change once you receive audition outcomes, you should contact ECU and [request to change your preferences](#).





DANCE

CUA51520 - DIPLOMA OF PROFESSIONAL DANCE (ELITE PERFORMANCE)

Course code C78

CUA60120 - ADVANCED DIPLOMA OF PROFESSIONAL DANCE (ELITE PERFORMANCE)

Course code C79

Bachelor of Arts (Dance)

Course code T73

ECU Application Closing Date: 8 SEPTEMBER 2024

Accepted Application completion and document submission by: 22 SEPTEMBER 2024

Apply early to avoid disappointment.

In exceptional circumstances, late applications *may* be considered at the panel's discretion.

AUDITION

Perth and Interstate Auditions for all courses will be held in-person:

- Applicants for all courses (including Honours) will be required to participate in a classical ballet and a contemporary dance class.
- Bachelor of Arts applicants are also required to perform a one-minute solo of their own choreography. Please come prepared with your music on iPhone or laptop.
- Diploma and Advanced Diploma applicants will need to bring pointe shoes.
- All applicants will be required to wear a leotard and tights for ballet, footless tights for contemporary and will need soft ballet shoes for the ballet class.
- You should arrive 30 minutes early so you can prepare yourself to start class on time.
- Specific requirements for W92 Honours -LINK Dance Company can be found on p. 8.

In-person Auditions:
(Melbourne, Canberra, Sydney, Brisbane, Adelaide, or Perth)

In-person auditions commence from: 29 September, 2024

Duration & Format:
Approximately 4-5 hours, with all auditionees attending together.

All auditionees are expected to stay for the whole audition.

Please refer to page 2 of this guide for specific audition dates and times

Applicants in these locations must attend in person.

Exceptional circumstances will be taken into account on a case-by-case basis (for example, for medical reasons or COVID-related travel restrictions).

If WAAPA is unable to facilitate in-person auditions in any city, e.g. due to COVID, applicants will be advised of the video audition process

W92 Honours application deadline is 22nd September. Please see more information about application details in the Bachelor of Performing Arts (Honours) section of this guide (p.8).

Audition Criteria:

While we welcome a broad range of applicants, please consider the audition criteria below -

Audition Criteria for VET courses

(C78 Diploma/C79 Ad. Diploma):

- Prior training in ballet to an intermediate standard in either RAD, Cecchetti or equivalent style.
- Appropriate physical facility and a personal capacity for intensive ballet training.
- Ability to respond to and assimilate feedback.

Audition Criteria for T73 Bachelor of Arts course:

- Prior training to an intermediate level in any dance style OR a significant natural aptitude and facility for dance.
- Appropriate physical facility and a personal capacity for intensive contemporary dance training.
- Ability to respond to and assimilate feedback.
- Interest and engagement with creative or choreographic ideas.
- Good track record in academic studies.

English language requirements apply for all dance courses - please check the ECU website for details.

Interviews will only be required if we need additional information to what has already been supplied via your *Acceptd* application. The whole audition process may take up to 4 or 5 hours. We aim to process all results as soon as possible.

Online Auditions: will be offered for anyone in remote, regional or international locations, or those affected by COVID, injury or illness, who cannot attend the live audition.

You will receive instructions on how to record and submit your audition video(s) as you progress through the application process on *Acceptd*. You will be provided with a specially prepared video will guide you through this process, giving you all the information you need.

Required Video Content for Remote, Regional, International or COVID affected Applicants:

- Introduce yourself by telling us your name, preferred pronouns, country of origin and a brief explanation about why you wish to study at WAAPA in Western Australia.
- Record yourself performing both the ballet and the contemporary class exercises as demonstrated in the video. You can rest between exercises and sections, but please do not edit the individual components of the class. You will also need to include one of the two solos described below.
- The C78 Diploma of Professional Dance (Elite Performance) & C79 Advanced Diploma of Professional Dance (Elite Performance) require you to include a solo from known Classical repertoire that shows your current level of ability/technique. It can be filmed in a dance studio or footage of a recent performance you have done. Please indicate the name of the variation, ballet and choreographer.
- The T73 Bachelor of Arts (Dance) requires you to include a one-minute solo of your own contemporary choreography. It can be filmed in a dance studio, site specific or from a recent performance you have done.



Online

(via video)

Video submissions due 22 September - submission dates may be extended in the case of unforeseen circumstances

Video submissions reviewed by panel: From week commencing 1 October, 2024

For international applicants, regional applicants or those affected by COVID, and who cannot travel.

Applicants who are able to travel to one of the in-person audition locations are encouraged to do so.

If you require an online audition you can request one as part of the application process in *Acceptd*.

You must supply all content to be considered for an audition



AFTER THE AUDITION

We will aim to advise you of the outcome as soon as possible.

Please note: It is not possible to provide individual feedback on auditions.

The following outlines the post-audition process:

If you are successful at audition:

The Admissions Office will check that you meet ECU's academic and/or English entry requirements.

If you meet ECU's entry requirements, and there are places available, an official offer will be made via email.

If you do not meet ECU's academic and/or English entry requirements, you will not be made an offer and will be advised of the outcome via email.

If you are NOT successful at audition for the course:

You will be advised by email and your application for this course will not progress and no offer will be made.

We endeavour to notify all applicants of the outcome of their audition interview as soon as possible, but there can be delays due to the number of applications being processed.

If you are not successful at audition for your first preference, consider applying for other courses at WAAPA. Many people interested in the dance courses are also well-suited to other performance courses:

- Diploma of Music Theatre
- Bachelor of Performing Arts (Performance Making).

You should keep your preferences updated if you wish to change them after receiving audition outcomes. You should contact ECU and **request a change of preferences**.

Student Accommodation:

If you wish to stay at student housing, you must make a separate application to the Student Housing office at Edith Cowan University:

Perth - Campus Living Villages

Do not wait until you are informed of your audition result, or you have made up your mind whether you wish to come to WAAPA before applying. Places are very limited and to have the best chance of success you should apply straight away regardless of your current intentions.



PERFORMING ARTS HONOURS

Bachelor of Performing Arts (HONOURS) - LINK DANCE COMPANY
Course Code W92

Application Closing Date: 22 SEPTEMBER 2024

Apply early to avoid disappointment.

In exceptional circumstances, late applications *may* be considered at the panel's discretion.

AUDITION

Perth and Interstate Auditions for all courses will be held in-person:

- W92 (Honours) applicants will be required to participate in a classical ballet and a contemporary dance class.
- The Perth audition will include learning a short section of current company repertoire.
- The physical audition is followed by a short interview.
- Interstate or online applicants will need to perform or record a 5-minute improvisation with a verbal explanation of their score or source of inspiration.
- All applicants will be required to wear a leotard and tights for ballet, footless tights for contemporary and will need soft ballet shoes for the ballet class.
- You should arrive 30 minutes early so you can prepare yourself to start class on time.

In-person Auditions:
(Melbourne, Canberra, Sydney, Brisbane, Adelaide, or Perth)

In-person auditions commence from:
29 September, 2024

Duration & Format:
Approximately 4-5 hours, with all auditionees attending together.

All auditionees are expected to stay for the whole audition.

Please refer to page 2 of this guide for specific audition dates and times

Applicants in these locations must attend in person.

Exceptional circumstances will be taken into account on a case-by-case basis (for example, for medical reasons or COVID-related travel restrictions).

If WAAPA is unable to facilitate in-person auditions in any city, e.g. due to COVID, applicants will be advised of the video audition process

For Performing Arts (Honours) – Performance Making, please see the Performance Audition Guide for audition information.

Applications for BPA Performance Making Honours are due 27th November 2024 and is a 2 stage process.

Online Auditions: will be offered for anyone in remote, regional or international locations, or those affected by COVID, injury or illness, who cannot attend the live audition.

You will receive instructions on how to record and submit your video(s) as you progress through the application process on *Acceptd*.

Required Video Content for Remote, Regional, International or COVID affected Applicants:

- Introduce yourself by telling us your name, preferred pronouns, country of origin and a brief explanation about why you wish to study at WAAPA in Western Australia.
- You should provide 20 minutes of ballet technique and 20 minutes of contemporary dance class material.
- A 10-minute video of recent performance (clearly identifying yourself).
- A 5-minute unedited improvisation, with a verbal explanation of your score or source of inspiration.
- W92 Interviews will subsequently be held via Zoom with the Artistic Director of LINK.

Online

(via video)

Video submissions due 30 September - submission dates may be extended in the case of unforeseen circumstances

Video submissions reviewed by panel: From week commencing 1 October, 2024

For international applicants, regional applicants or those affected by COVID, and who cannot travel.

Applicants who are able to travel to one of the in-person audition locations are encouraged to do so.

If you require an online audition you can request one as part of the application process in *Acceptd*.

You must supply all content to be considered for an audition



AFTER THE AUDITION

We will aim to advise you of the outcome as soon as possible.

Please note: It is not possible to provide individual feedback on auditions.

The following outlines the post-audition process:

If you are successful at audition, the Admissions Office will then check that your academic qualifications meet ECU requirements.

If you are successful at audition/interview, **and** meet ECU's academic and/or English entry requirements, and there are places available, then an official offer will be made via email.

If you are successful at audition/interview, **but do not** meet ECU's academic and/or English entry requirements, you will not be made an offer and will be advised of the outcome via email.

If you are NOT successful at audition for the course, you will be advised by email and your application for this course will not progress and no offer will be made.

We endeavour to notify all applicants of the outcome of their audition interview as soon as possible, but there can be delays due to the number of applications being processed.

APPENDIX 1

DANCER'S UNIFORM REQUIREMENTS

C78 | CUA51520 - DIPLOMA OF PROFESSIONAL DANCE (ELITE PERFORMANCE)

C79 | CUA60120 - ADVANCED DIPLOMA OF PROFESSIONAL DANCE (ELITE PERFORMANCE)

T73 BACHELOR OF ARTS (DANCE)

Minimum Yearly Requirements

All items must be purchased before arriving at WAAPA. Please do not purchase items until you have received an official offer from ECU Admissions. All Keto items are non-refundable. Please note the prices listed below are approximate and only a guide. If you have any questions please contact the [dance department school officer](#).

Gender and expression

Historically the art form of dance has been gendered in most aspects, from attire and presentation, to roles in performance. As such, the language around describing uniform requirements can often be gender specific.

At WAAPA, we encourage self-expression and for every dancer to wear the uniform attire that feels appropriate and comfortable for them in their daily classes. Some performances may require certain performance attire, but this is dependent on the dance style in which a person is trained, not their gender.

We acknowledge that our uniform providers still use gendered terms, but do not want this to discourage students from purchasing what feels right for them.

ALL STUDENTS

- 1 pair knee pads \$40/pair
- Two reusable ice packs \$10-\$14 each
- 1 Yoga mat \$20 - \$40 each
- Please allocate funds for a basic make-up kit - \$150-\$200
- Approx. \$200 to attend performances throughout the calendar year
- Please allow \$65-\$85 for a physiotherapy screening as part of the application process
- Recommended: Discounted ECU gym membership – see website [here](#)
- Please consider any health insurance options appropriate to your circumstances while studying at WAAPA

BASIC UNIFORM for all students/course

Bodywear - to be ordered from [Keto Dancewear](#):

- Leotard (colour by year group/course)- \$95 -paired with pink/skin-tone tights - \$30. Black footless tights maybe worn over the top in contemporary classes - \$17
- Unitard/demitard (in year group/course colours) -prices variable
- White singlet g-string leotard - \$65 -paired with tights in year group/course colours - \$90
- White or black form fitting tank or dance t-shirt paired with tights or leggings in year group/course colours -prices variable
- Skirts are optional for classical class; please budget \$100 for skirts if required.

Please order through Keto dancewear [here](#) -Please contact the dance department school officer if you have any questions

Undergarments:

- Proper supportive undergarments as required by the individual for all physical classes. Prices variable

Shoes:

- Soft ballet shoes are required for classical classes - \$40 - \$65. Matching tights and shoes are best where appropriate.

Presentation:

- Warm-ups and layers are appropriate for the beginning of class or as directed by the lecturer.
- All hair must be off your face and well secured at all times. A clean bun is preferred for ballet, no ponytails.
- No jewellery should be worn in class.

APPENDIX 1 *CONT.*

DANCER'S UNIFORM REQUIREMENTS - VET COURSES

C78 | CUA51520 - DIPLOMA OF PROFESSIONAL DANCE (ELITE PERFORMANCE)

C79 | CUA60120 - ADVANCED DIPLOMA OF PROFESSIONAL DANCE (ELITE PERFORMANCE)

If you are enrolling in CUADAN519/Pointe units then the following is recommended:

- Minimum 3 uniform leotards in your year colour (\$95 each). Please order through [Keto dancewear](#) - Please contact the dance department school officer if you have any questions
- 1 tie-wrap skirt in your year colour (\$55). Please order through [Keto dancewear](#).
- 1 white half tutu (\$145)
- Costume skirts (to be purchased at WAAPA, please budget \$100)
- 3 pairs of flesh colour tights with feet, \$30 each
- 2 pairs of footless tights - black (\$17 each)
- Minimum 4 pairs of flat ballet shoes \$45-\$60 pair
- 1 pair of 'Ladies Character Shoes' Black leather - approx. \$50-\$100 pair
- Minimum 10 pairs of pink satin pointe shoes per semester. \$125-\$150 pair
- Appropriate supportive underwear as required by the individual: i.e., bra, briefs, bodystocking, shorts (as required for performance and class) - Prices variable

If you are NOT enrolling in CUADAN519/Pointe units then the following is recommended:

- Minimum 2 pairs of tights in your year colour (\$90 each). Please order through [Keto dancewear](#) - Please contact the dance department school officer if you have any questions
- 4 singlet g-string leotards white (\$60 each). Please order through [Keto dancewear](#).
- Minimum 5 pairs of ballet shoes - 3 White & 2 Black \$50-\$65 pair
- Socks - at least 4 pairs white, 1 pair black approx. \$4-\$10 each
- 1 pair of 'Men's Character Shoes' black approx. \$60-\$80 pair
- 4 'Men's Dance Supports' \$50-\$60 each
- Appropriate supportive underwear as required by the individual: i.e., briefs, shorts (as required for performance and class) - Prices variable

All items must be purchased before arriving at WAAPA. If you have any questions, please contact the [WAAPA Dance department School Officer](#).



APPENDIX 2

Applicants should print the entirety of the form for their physiotherapist to complete (7 pages total, pp 12-18). Once completed, please scan and attach to your Accepted application with the other required documentation.

Dear Medical Practitioner,

The Western Australian Academy of Performing Arts (WAAPA) at Edith Cowan University (ECU) requires students applying for certain courses to confirm their capacity to meet the physical requirements of the course in which they have applied, prior to them starting the course.

As a part of our duty of care, we ask that all students arrange for a Medical Questionnaire and Assessment (below) be completed by an independent medical practitioner. This is to ensure we are aware of any concerns before the student starts the course, and that we manage any concerns throughout the duration of the student's time with WAAPA.

Any queries regarding this document can be directed to the WAAPA Dance department on (08) 9370 6831.

Thank you for your time and consideration in completing this form.

APPLICANT NAME:

ADDRESS:

PHONE:

DATE OF BIRTH:



PHYSIOTHERAPIST EXAMINATION FORM

GENERAL POSTURE:

- Leg Length Difference**

- Normal Right approx mm longer _____
 Normal Left approx mm longer _____

- Postural Symmetry**

- Iliac crest height Normal Right high Left high
 PSIS height Normal Right high Left high
 Scapular position Normal Right _____ Left _____

- Head and Neck Posture**

- Normal Poked Retracted

- Scoliosis**

- Normal Structural Postural

- Lumbar Lordosis**

- Normal Hyper Hypo

- Pelvic Tilt**

- Normal Anterior Posterior

- Foot Posture**

- Right Normal Pronation Supination
 Left Normal Pronation Supination

- Metatarsal Formula**

- Right 12345 21345 _____
 Left 12345 21345 _____

- Hallux Valgus ("Bunion")**

- Normal Right Left

LOWER LIMB:

HIP

Measurement	Right	Left	Optimal Requirement
Hip External Rotation (Hip Neutral) <ul style="list-style-type: none"> Active Passive 	_____	_____	40° 45°
Passive Hip Internal Rotation (Hip Neutral)			>20°
Iliopsoas Flexibility			10°
Straight Leg Raise <ul style="list-style-type: none"> Foot Relaxed (Hamstring) Foot Dorsiflexed (Neural) 	_____	_____	F = 120° M = 90° F = 110° M = 90°

KNEE

• **Patella (Kneecap) Mobility**

Right Normal Hypermobile Hypomobile
 Left Normal Hypermobile Hypomobile

• **Knee Hyperextension** Right: _____cms Left: _____cms

ANKLES AND FEET

Measurement	Right	Left	Optimal Requirement
1st MTP Joint (Big Toe) Extension			90 °
Pointe			180 °
Soleus Flexibility (Plie)			8 -17 cm
Gastrocnemius Flexibility (Calf)			> 15 °

TRUNK/SPINE

• **Lumbar Spine (Low Back) Extension**

Range of Normal Hypermobile Hypomobile
 movement Control Good Fair Poor
 of movement

• Abdominal Stability 5 4 3 2 1
 Test

UPPER LIMB

Measurement	Right	Left	Optimal Requirement
Shoulder Flexion (elevation)			180 °
Wrist Extension			90 °

GENERAL COMMENTS:

DISCLAIMER:

I understand that the results of this screening can be discussed by the undersigned physiotherapist with the staff undertaking the auditions I will be attending.

DANCER'S SIGNATURE: _____

PARENT'S/GUARDIAN'S SIGNATURE: _____

(Required only if the applying dancer is under the age of 18 years)

DATE: ____/____/____

DATE OF ASSESSMENT: ____/____/____

PHYSIOTHERAPIST: _____

ADDRESS: _____

PHONE: _____

PHYSIOTHERAPIST'S SIGNATURE: _____

1. GUIDELINES FOR PHYSIOTHERAPY EXAMINATIONS

This assessment should be completed by a nominated dance health professional (details below), signed and dated. It should take approximately 45-60 minutes to complete.

The dancer should ensure that:

- This physiotherapy assessment is completed by a physiotherapist with dance knowledge or experience wherever possible;
- Appropriate clothing is worn. The spine and limb measurements need to be viewed and therefore need to be visible. Accordingly, the dancer should be prepared to undergo the assessment in underwear or similar clothing (e.g. bike shorts and sports bra);
- He or she does not warm-up for the assessment ;
- He or she completes the questionnaire section of the assessment prior to presenting for the physiotherapy assessment ;
- A copy of this assessment is kept for their individual records.

The health professional should ensure that:

- The dancer is not warmed up prior to the assessment;
- All methods of measurement are closely adhered to;
- A goniometer and non-elastic measuring tape are used where necessary;
- The completed questionnaire is reviewed and commented upon where necessary.

This assessment should be completed by one of the dance physiotherapists from the Physiotherapy Association (Australia wide) where possible.

2. TESTING PROTOCOLS

The reliability of examination results can be influenced by:

- Between tester variability;
- Individual variability in the dancer being tested;
- Inherent errors in the testing procedures.

In order to minimise the level of variability between results, the testing procedures undertaken should be standardised. For this examination, the following protocols should be followed.

GENERAL POSTURE

A visual observation is undertaken from the front, side and behind the standing dancer. Special observations are made of:

1. Leg Length Difference

With the dancer in crook lying, he or she is asked to raise their hips off the ground and drop them back to the start position. The therapist then straightens the dancer's legs by grasping their ankles and compares the relative height of the medial malleoli.

2. Metatarsal Formula

Feel the length of the metatarsals by palpating the base of the metatarsal shafts in the relaxed non- weight bearing foot. Relative lengths of the metatarsals should be noted from the longest to the shortest. For example, in a foot which the second metatarsal is longer than the first, third, fourth and fifth respectively, the measurements is noted as 21345. If the first is longer or equal to the second the formula is 12345.

3. Hallux Valgus

If the line of the first metatarsal shaft and first phalanx of the big toes deviates towards the little toe by a measurement of greater than 10 degrees it is noted as hallux valgus + presence of thickened tissue over the joint line (bunion).

LOWER LIMB

1. Hip Rotation (Hip Neutral)

The dancer lies in supine with knees bent over the end of the plinth. The resting leg is lifted to place the foot flat on the end of the plinth (knee bent to ceiling). The following measurements are undertaken:

- a) The dancer is asked to actively externally rotate the test hip. The pelvis and thigh must remain flat on the plinth. The angle between the tibia and vertical is measured.
- b) This test is repeated with the examiner over-pressing external rotation and measuring the angle between the tibia and vertical. The pelvis and thigh must remain flat on the plinth.
- c) The examiner overpressures internal rotation and measures the angle between the tibia and vertical. The pelvis and thigh must remain flat on the plinth.

2. Iliopsoas Flexibility (Modified Thomas Test)

The dancer perches on the end of the testing plinth and rolls back to lying whilst holding both knees to the chest. The dancer is asked to keep hold of the contralateral limb in maximal flexion of the hip as the tested thigh is lowered towards horizontal (knee is relaxed into flexion). The dancer should relax the hip and thigh muscles. The angle of hip flexion is measured with a goniometer between the horizontal and the long axis of the femur (between the greater trochanter and the lateral tibial condyle). The hip angle is recorded as positive or negative from the 0° axis (horizontal). For example, -7° denotes a hip flexed above horizontal, 12° represents a thigh that lies below the horizontal.

3. Straight Leg Raise

With the dancer lying in supine, the leg is raised and over-pressured with minimal pelvic tilting. Slight hip adduction should be maintained and hip external rotation prevented.

- a) the foot is held in a relaxed position in order to measure the length of the hamstrings
- b) the measure is retested with the ankle dorsiflexed in order to measure the length of the neural structures.

4. Patella Mobility

With the dancer in long sitting and quadriceps relaxed, palpation of each patella is undertaken and the relative mobility laterally is noted.

5. Knee Hyperextension

With the dancer in long sitting on a plinth, he or she is asked to actively dorsiflex the ankle and straighten the knee fully. The distance between the heel and the top of the plinth is then measured in centimetres

6. 1st Metatarsophalangeal Joint Extension

With the dancer in long sitting, the first MTP joint is over-pressed (passively) into extension. The angle measured is between the line of the shaft of the first metatarsal and the proximal phalanx.

7. Pointe

With the dancer in long sitting, the foot is pointed (active plantarflexion). The angle between the line of the fibula and the 5th metatarsal is measured. The talocrural joint is the fulcrum. If the measure is over 180 degrees the larger ankle is the measure.

8. Soleus Flexibility (Plié)

With the dancer standing in front of a wall, he or she performs a demi plié in parallel on one leg to touch the bending knee to the wall (heel stays in contact with the ground, knee bends over the second toe). The distance from the wall to the big toe is measured and noted.

9. Gastrocnemius Flexibility

With the dancer standing with the ball of their foot on the edge of a step, measure the angle between the fibula and the fifth metatarsal as the heel is dropped over the edge (the leg is kept straight, ankle is the fulcrum).

10. Lumbar Spine Extension

With the dancer in standing, lumbar spine extension is observed with particular attention paid to:

- a) range of movement available
- b) control of the movement afforded by the lower abdominals (transversus abdominus) –especially as the dancer returns to the upright position

11. Abdominal Stability Test

The main purpose of this test is to assess the stabilising function of the abdominals. The dancer is instructed to hollow the abdominals, maintain a neutral spine position and keep the trunk and pelvis level. The tester palpates the abdomen for continued contraction throughout the test. One hand can be placed under the dancer's low back to encourage and facilitate the dancer to maintain the position. Failure to complete the test occurs when the back arches or tension is lost from the palpation.

- o The 5 tests are performed in crook lying (dancer lying on their back with the knees bent and feet on the floor)
- o Grade 1: the dancer is able to maintain the spine and pelvis position while lifting one bent leg to a hip angle of 90 degrees flexion and returning it to the bed
- o Grade 2: the dancer maintains the spine and pelvic position, while the first leg is lifted off the bed and lifting the second leg off the bed to the same position as 1 and down
- o Grade 3: the dancer keeps one leg off the bed at 90 degrees hip flexion and maintains neutral spine and pelvic position while extending the other leg sliding it out and returning to the start position
- o Grade 4: the dancer is able to maintain neutral spine and pelvic position while extending both legs from the raised crook lying position out together with heels touching plinth and return to raised crook lying
- o Grade 5: the dancer is able to maintain neutral spine and pelvic position while extending both legs from the raised crook lying position out together without heels touching the plinth (5cm above plinth) and return to raised crook lying. Examiner places hands under heels to catch if dancer cannot maintain abdominal control

12. Shoulder Flexion

In standing and with the thumbs facing forwards, the dancer raises both arms forward and above the head as far as possible. The angle between the long axis of the humerus (between the superior tip of the olecranon process and the midpoint of the lateral border of the acromion process) and the vertical (using the lateral midline of the iliac crest as a guide) is measured.

13. Wrist Extension

The dancer's wrist is over-pressured into extension and the angle between the line of the 5th metacarpal and the shaft of the ulna is measured.

