

# Me&MyBest

## Dance Medicine for Professional Dancers

How **professional dancers of all dance styles** can care for themselves through practical implementation of dance medicine & science

Certified Online Course in English language  
for Professional Dancers

with Univ. Lect. Dr. Judith-Elisa Kaufmann  
[www.judithelisakaufmann.com](http://www.judithelisakaufmann.com)

### Aim & Purpose

Not only in times of a pandemic, professional dancers benefit from own content knowledge on dance medicine & science. Such knowledge is power when it comes to questions such as

- ✎ How can I enhance my own performance?
- ✎ How can I contribute myself to preventing or healing my injuries?
- ✎ How can I plan my own training when nobody else is available?
- ✎ How can I prepare for the beginning of classes/rehearsals after vacation?
- ✎ What do I have to know about dance medicine & science that I can meet my own needs in my own dance style and profession?

### Course & Fees

Classes and seminars in praxis and theory are held online  
Course material and links are provided after the registration is complete.

**Registration:** apply at [office@tanzpaedagogik.eu](mailto:office@tanzpaedagogik.eu)

**Duration:** 10 lecture days, 11 lectures (provided all courses are attended)

**Volume:** Confirmation of Attendance: online seminars, praxis & theory, own reading, writing and course preparation throughout the year (30 hours);

Certificate Dance Medicine For Professional Dancers (see next page): final paper assessment (120 hours);

**Costs:** certified course € 1100,- (single days € 199,-)

## Certification & Future

After all classes were attended and the final paper (see below) met requirements, the course is certified through the Academy for Dance Pedagogy & Dance Medicine, Austria. Additionally, International Certification through the CID International Dance Council (UNESCO) can be achieved (minimum of 150 hours and CID membership required)

**Final paper:** Evidence-based reflections on a chosen topic, based on the input of the course and own study, which shows that the participant has acquired and can implement knowledge on dance medicine and science

**Diploma Dance Pedagogy & Dance Medicine:** A M&MB-certificate entitles to start the Diploma course for Dance Pedagogy & Dance Medicine in the Academy for Dance Pedagogy & Dance Medicine, Austria, without admission procedure or audition.

## Content & Details

|                   |   |                                |
|-------------------|---|--------------------------------|
| 7 April 2024      | <b>Dance Medicine &amp; Science for Myself I: Introduction</b> to Performance Enhancement & Injury Prevention with a focus on the Individual    | 9am-2pm<br>(Vienna, GMT+1)     |
| 26 May 2024       | <b>Fitness for Dancers:</b> Enhancing performance through targeted and individual training of endurance, strength, power & flexibility          | 9am-2pm<br>(Vienna, GMT+1)     |
| 23 June 2024      | <b>Neuromuscular Warm up &amp; Training:</b> a dancer's way to individually boost performance via sensorimotor and proprioceptive control       | 9am-2pm<br>(Vienna, GMT+1)     |
| 8 July 2024       | <b>How to Plan Training:</b> train at home, prepare for a season, return after vacation, or transition after an injury – knowledge is power     | 9am-2pm<br>(Vienna, GMT+1)     |
| 9 July 2024       | <b>Anatomy of Hip &amp; Pelvis in Action:</b> Biomechanics, alignment, economy of motion in theory & practice                                   | 9am-2pm<br>(Vienna, GMT+1)     |
| 10 July 2024      | <b>Anatomy of Knee &amp; Feet in Action:</b> Biomechanics, alignment, economy of motion in theory & practice                                    | 9am-2pm<br>(Vienna, GMT+1)     |
| 11 July 2024      | <b>Anatomy of Arms, Shoulders &amp; Spine in Action:</b> Biomechanics, alignment, economy of motion in theory & practice                        | 9am-2pm<br>(Vienna, GMT+1)     |
| 12 July 2024      | <b>Dance Technique:</b> Practical Implementation for improving leg alignment, turnout, leg heights, dynamic balance & Co                        | 9am-2pm<br>(Vienna, GMT+1)     |
| 15 September 2024 | <b>Neuropsychology:</b> the dancer as a holistic individual – resilience, mental practice, self-talk, flow, goal setting, communication & Co    | 9am-2pm<br>(Vienna, GMT+1)     |
| 6 October 2024    | <b>First Aid &amp; Self-Care for Dancers:</b> injury management, nutritional aspects, injury prevention & how to care for yourself at all times | 9am-11.45pm<br>(Vienna, GMT+1) |
| 6 October 2024    | <b>Dance Medicine &amp; Science for Myself II:</b> How to go on & how to find, access, read, and use research in dance science                  | 12.15pm-2pm<br>(Vienna, GMT+1) |