

# 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 Judith-Elisa Kaufmann  
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### 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 to preventing or healing my injuries myself?
- ✎ 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 registration is complete

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

**Duration:** 11 months (provided all courses are attended)

**Volume:** online seminars, practical workshops, final paper assessment (120 hours); own reading, writing and course preparation throughout the year (30 hours)

**Costs:** certified course € 999,-  
single days € 165,-

## 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

5 March 2023	<b>Dance Medicine &amp; Science for Myself I: Introduction</b> to Performance Enhancement & Injury Prevention with a focus on the Individual	10am-3pm (Vienna, GMT+1)
2 April 2023	<b>Fitness for Dancers:</b> Enhancing performance through targeted and individual training of endurance, strength, power & flexibility	10am-3pm (Vienna, GMT+1)
7 May 2023	<b>Neuromuscular Warm up &amp; Training:</b> a dancer's way to individually boost performance via sensorimotor and proprioceptive control	10am-3pm (Vienna, GMT+1)
4 June 2023	<b>How to Plan Training:</b> train at home, prepare for a season, return after vacation, or transition after an injury – knowledge is power	10am-3pm (Vienna, GMT+1)
2 July 2023	<b>Anatomy of Hip &amp; Pelvis in Action:</b> Biomechanics, alignment, economy of motion in theory & practice	10am-3pm (Vienna, GMT+1)
6 August 2023	<b>Anatomy of Knee &amp; Feet in Action:</b> Biomechanics, alignment, economy of motion in theory & practice	10am-3pm (Vienna, GMT+1)
3 September 2023	<b>Anatomy of Arms, Shoulders &amp; Spine in Action:</b> Biomechanics, alignment, economy of motion in theory & practice	10am-3pm (Vienna, GMT+1)
1 October 2023	<b>Dance Technique:</b> Practical Implementation for improving leg alignment, turnout, leg heights, dynamic balance & Co	10am-3pm (Vienna, GMT+1)
5 November 2023	<b>Neuropsychology:</b> the dancer as a holistic individual – resilience, mental practice, self-talk, flow, goal setting, communication & Co	10am-3pm (Vienna, GMT+1)
3 December 2023	<b>First Aid &amp; Self-Care for Dancers:</b> how to help yourself and others in case of accident and injury and how to care for yourself at all times	10am-12.30pm (Vienna, GMT+1)
3 December 2023	<b>Dance Medicine &amp; Science for Myself II:</b> How to go on & how to find, access, read, and use research in dance science	1pm-3pm (Vienna, GMT+1)
Different time slots to choose from	<b>Yoga or Workout for Dancers based on dance medicine:</b> online fitness training class as additional help how to practically implement your knowledge. <i>included for all who booked the whole certificate</i>	7.30pm-8.30pm (Vienna, GMT+1)