

Me&MyBest

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

Certified Online Course in English language
for Professional Dancers

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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 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

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

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,- (incl. Workout 4 Dancers)
single days € 150,- (excl. Workout 4 Dancers)

Certification

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

1 May 2021	Dance Medicine & Science for Myself I: Introduction to Performance Enhancement & Injury prevention	10am-3pm (Vienna, GMT+1)
5 June 2021	Fitness for Professionals: Enhancing performance through targeted training of endurance, strength & power	10am-3pm (Vienna, GMT+1)
3 July 2021	Neuromuscular Warm up & Training: a dancer's way to boost performance via sensorimotor and proprioceptive control	10am-3pm (Vienna, GMT+1)
7 August 2021	How to Plan Training: train at home, prepare for a season, return after vacation, or transition after an injury	10am-3pm (Vienna, GMT+1)
4 September 2021	Anatomy of Hip & Pelvis in Action: Biomechanics, alignment, economy of motion in practice	10am-3pm (Vienna, GMT+1)
2 October 2021	Anatomy of Knee & Feet in Action: Biomechanics, alignment, economy of motion in practice	10am-3pm (Vienna, GMT+1)
6 November 2021	Anatomy of Arms, Shoulders & Spine in Action: Biomechanics, alignment, economy of motion in practice	10am-3pm (Vienna, GMT+1)
4 December 2021	Dance Technique: Improving turnout, leg heights, dynamic balance & Co by applying dance medical content knowledge	10am-3pm (Vienna, GMT+1)
8 January 2021	Neuropsychology: how to get stronger, find flow, and fight performance anxiety with motor imagery, goal setting & Co	10am-3pm (Vienna, GMT+1)
12 February 2021	First Aid for Dancers: Essential knowledge how to help yourself and others in case of accident and injury	10am-12.30pm (Vienna, GMT+1)
12 February 2021	Dance Medicine & Science for Myself II: How to go on & how to find, read and use research in dance science	1pm-3pm (Vienna, GMT+1)
Wednesdays	Workout 4 Dancers: fitness training class as additional help how to practically implement your knowledge <i>free (no-fees) for all who booked the whole certified course</i>	7.30pm-8.30pm (Vienna, GMT+1)