

# Me&MyBest

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

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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 myself contribute 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](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,- (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

5 March 2022	<b>Dance Medicine &amp; Science for Myself I: Introduction</b> to Performance Enhancement & Injury Prevention	10am-3pm (Vienna, GMT+1)
2 April 2022	<b>Fitness for Dancers:</b> Enhancing performance through targeted training of endurance, strength, power & flexibility	10am-3pm (Vienna, GMT+1)
7 May 2022	<b>Neuromuscular Warm up &amp; Training:</b> a dancer's way to boost performance via sensorimotor and proprioceptive control	10am-3pm (Vienna, GMT+1)
11 June 2022	<b>How to Plan Training:</b> train at home, prepare for a season, return after vacation, or transition after an injury	10am-3pm (Vienna, GMT+1)
2 July 2022	<b>Anatomy of Hip &amp; Pelvis in Action:</b> Biomechanics, alignment, economy of motion in practice	10am-3pm (Vienna, GMT+1)
6 August 2022	<b>Anatomy of Knee &amp; Feet in Action:</b> Biomechanics, alignment, economy of motion in practice	10am-3pm (Vienna, GMT+1)
3 September 2022	<b>Anatomy of Arms, Shoulders &amp; Spine in Action:</b> Biomechanics, alignment, economy of motion in practice	10am-3pm (Vienna, GMT+1)
1 October 2022	<b>Dance Technique:</b> Improving turnout, leg heights, dynamic balance & Co by applying dance medical content knowledge	10am-3pm (Vienna, GMT+1)
5 November 2022	<b>Neuropsychology:</b> how to get stronger, find flow, and fight performance anxiety with motor imagery, goal setting & Co	10am-3pm (Vienna, GMT+1)
3 December 2022	<b>First Aid for Dancers:</b> Essential knowledge how to help yourself and others in case of accident and injury	10am-12.30pm (Vienna, GMT+1)
3 December 2022	<b>Dance Medicine &amp; Science for Myself II:</b> How to go on & how to find, read and use research in dance science	1pm-3pm (Vienna, GMT+1)
Thursdays	<b>Fit4Stage: Workout for Dancers:</b> online fitness training class as additional help how to practically implement your knowledge <i>free (no-fees) for all who booked the whole certificate</i>	7.30pm-8.30pm (Vienna, GMT+1)