

# Neuromuscular Warm-Up & Neuromuscular Training in Dance

Neuromuscular Warm-up has shown to prevent injuries in athletes  
How can that be achieved for dancers/trainers?

Saturday, May 8<sup>th</sup> 2021  
10.00am – 1.00pm  
Online  
*(link provided after registration)*

Register now:  
office@tanzpaedagogik.eu

International Lecture  
with **Judith-Elisa Kaufmann**  
www.judithelisakaufmann.com

## Background & Purpose

**Background:** The injury rates and risks are high in most of the dance styles, which is why finding and implementing means of injury prevention is paramount. In sports science, Neuromuscular Warm-up has shown to significantly reduce injury incidence as well as risk, while it enhances performance. Inspired by her research in sports science, Judith-Elisa Kaufmann has investigated and developed Neuromuscular Warm-up and Training for Dance.

**Purpose:** The Lecture aims to give dance medical and dance pedagogical background information on warm-up in general and Neuromuscular Warm-up specifically, and how it can be used in dance, to enhance performance and prevent injuries. Its specific design serves can meet fitness deficits in dancers and dance teachers/trainers with respect to strength or endurance and specifically bases all training aspects on the enhancement of proprioceptive and sensorimotor abilities.

**Target group:** relevant for dancers as well as teachers, trainers, masters, choreographers of all styles and levels of expertise (i.e., professional, vocational and amateur dancers).

## Aim

The aim of the lecture is to discuss results of available scientific research and background on the topic and provide the participant with practical input and ideas.

Based on this, questions are addressed such as

- ✦ What does warm-up mean from a scientific point of view?
- ✦ Which status does warm-up have in dance?
- ✦ How can performance be enhanced and injuries prevented through neuromuscular warm-up?
- ✦ Why does neuromuscular warm-up prevent injuries?
  
- ✦ How can I as a dancer, trainer, teacher, choreographers prepare myself specifically for the beginning of classes/rehearsals/performances?
- ✦ How can I support and plan my own (home) training through the information I receive on neuromuscular warm-up and training in this course?
- ✦ Can neuromuscular warm-up and neuromuscular training serve as preparation after vacation or summer break to start into a season or school year with a focus on performance enhancement *and* injury prevention?

[Teaser Judith-Elisa Kaufmann on Neuromuscular Warm-up in Dance](#)

## Course

**Format:** The lecture is held online, and includes practical and theoretical sessions (training garments).

**Registration & Information:** office@tanzpaedagogik.eu

**Duration:** 3 hours

**Language:** English (Lecture Slides bilingual, English & German)

**Costs:** € 89,-

**Certification:** for all registered participants a confirmation of attendance is provided through the Academy for Dance Pedagogy & Dance Medicine, Austria

Course material and links are provided after registration is complete