

# Us&OurBest

## Preventive Dance Medical Dance Pedagogy® Injury Prevention & Performance Optimization

a unique training and continuing education program  
for dance teachers, coaches and those to-be of all dance styles

with Univ. Doz. Judith-Elisa Kaufmann, MAS, & Team  
[www.judithelisakaufmann.com](http://www.judithelisakaufmann.com)

The training in preventive dance medical dance pedagogy® (pdm-DP®) of the **Academy OnTour series** is able to move already reached boundaries of teachers(-to-be) of all dance styles and all working with dancers. It introduces new ways and thus opens new doors.

This course conveys science as such that it can become the basis for practice: experienceable, tangible, realizable, applicable, compact but from the ground up for already active or newly starting teachers and coaches.

When science (dance science & dance medicine) becomes the servant of the art of dancing and teaching dance, the resulting synergy leads to knowledge and increase of self-efficacy and self-esteem in those teaching and caring and those dancing.

Consequently, this intrinsic synergy enhances teachers' as well as dancers' performance, wellbeing, injury prevention, and motivation (thus the name "Us&OurBest").

Fusing pedagogy and dance science provides the basis for performance optimization, development, motivation, injury prevention, and the proactive desire for scientific education.

This needs an education, in which all teaching courses converge into one holistic, practice-oriented picture – one of our many assets. Through their own expert knowledge in the field of preventive dance pedagogy® the teacher him/herself is constantly developing in their skills which opens new paths for the development of the art of their dancers and at the same time prevents their injuries: Us&OurBest – the course which serves everyone.

Thus, pdmDP® promotes the further development of the art of dance itself, because it enables targeted performance optimization and injury prevention through the (recognition) of a dancer's individuality – for classes with amateurs as well as in professional dance training of all dance styles and goals.

## Background & Outlook

Many amateur and professional dancers of all dance styles take up the wonderful profession of the dance teacher. Therein lies the goal - for many a heart's desire - to lead amateurs and professional trainees to their own high performance and to guide them in their development. Many teachers quickly realize that it is especially important to have access to scientific know-how. The fact that someone can dance does not mean that he or she also knows how to support and guide others as a teacher in their goal achievement.

Dance medicine and dance science, with two of their most important areas of responsibility, namely prevention and education, becomes essential here. Nevertheless, it is the theoretical and practical synergy of the sciences with the arts which so many teachers desire. It is not enough to have been an amateur or professional dancer yourself. Also, it is not enough to have learned how to prepare dance lessons, choreographies and exercises for dance classes. The most important thing is to be able to transfer the theoretical teachings of dance pedagogy, dance medicine and dance science into practice and to apply them purposefully in order to increase performance and prevent injuries in dancers. Only that identifies dance educators as experts.

Teaching dance is a complex profession and many teachers feel that they lack the tools and resources to fulfill it the way they wholeheartedly want to. While many teachers in amateur dance mistakenly believe that they are worth less because they were not professional dancers, some who teach in professional schools think that their dancing career is enough to be a good teacher. Both will sooner or later lead to teachers reaching their limits. What is needed is preventive dance medical dance pedagogy<sup>®</sup>. It not only leads to performance optimization and injury prevention in dancers and thus motivation and health, but also enables both in the dance teacher. At the same time, the so important social and administrative skills for dance teachers are addressed and thus active help is given to deal with communication, motivational climate, classroom, school and studio management.

Judith-Elisa Kaufmann, international (university) lecturer, scientist, author, educator and former dancer founded the concept of preventive dance medical dance pedagogy<sup>®</sup> [pdmTP<sup>®</sup>] in early 2000. Since 2005, she and her team have been internationally teaching this fusion through the Academy for Dance Pedagogy & Dance Medicine, Austria, based on a unique curriculum.

The secret of Judith-Elisa Kaufmann's success proves her own approach best: she has her roots in each of the essential sub-areas: Dance, dance pedagogy, dance medicine and dance science, research and her own many years of activity and experience as a dancer. This unique bandwidth has created a concept that allows science to become the foundation of art:

Dance pedagogy & dance medicine serve the art so much that the recognition and care of the dancer's individuality become possible as the superior goal. At the same time, the dance teachers themselves are constantly developing in their work, which in turn opens up new paths for the development of the art of dancers, thus coming full circle.

## Goals & Target Groups

The multi-level training program is aimed at already active and also future teachers in the amateur dance sector as well as those who educate future professional dancers in vocational training. Accordingly, the focus of the course modules is adapted to the needs of the respective teachers and their goals: Some content, such as anatomy and physiology, motivational climate, or communication, is relevant to both professional groups. Other content differs depending on the work with amateurs or professional trainees and is accordingly taught to specific target groups. Preventive dance medical dance pedagogy® serves all dance styles! The contents are also interesting for all who are active in physical training such as Pilates, Yoga, etc..

The following questions are answered in the training in theory and practice in manageable small groups (quality assurance):

- ✦ How can a teacher guide amateur and professional (trainee) dancers to their individual peak performance while actively, uninterruptedly and without additional effort preventing their injuries?
- ✦ How should training be prepared so that amateur dancers or future professional dancers can become mentally, emotionally, and physically fit for their individual requirements?
- ✦ What competencies (dance technical, preventive-dance medical, social, psychological, cognitive) does a dance teacher need to feel up to her/his job without worry?
- ✦ How can dance technique of *all styles* be taught in such a way that the most important performance-enhancing and injury-preventing aspects can be considered?
- ✦ In doing so, how can a dance teacher apply all her/his knowledge to keep herself/himself healthy and high performing?
- ✦ How can a teacher further educate him/herself and deepen his/her knowledge in the future, what possibilities do dance medicine and dance pedagogy offer and how can these be made accessible?

## Courses & Modules

5x36-hour modules for teachers/coaches/caretakers in professional dance education (BT) or amateur dance (AT) are available for all dance styles.

**Attention:** Due to the high-quality standards of the Academy for Dance Pedagogy & Dance Medicine, Austria, all courses and modules have a **participant limit**. We only work in smaller groups to ensure our high quality.

The training levels are in hybrid format and can be booked by individual, active and future teachers but also by schools or institutions such as theaters, companies, etc. for their staff and employees as a complete package or in modules.

Extensive course material accompanies each individual registration.

Module I & II are the basics and are booked as one course. Modules III-V are in-depth intensive weeks for all those who caught fire.

### Module I

**Us&OurBest Preventive Dance Pedagogy® Basis 1:** for AT or BT  
6 days basic training 1

### Module II

**Us&OurBest Preventive Dance Pedagogy® Basis 2:** for AT or BT  
6 days basic training 2

### Module III (2025)

**Summer Intensive Seminar 1 - Advanced Level 1:** for AT and BT  
5-day intensive advanced course with special topic:  
Dance History and its Influence on Today & Tomorrow of Art and Preventive Dance Pedagogy ©

### Module IV (2023, 2026)

**Summer Intensive Seminar 2 - Advanced Level 2:** for AT and BT  
5-day intensive advanced course with special topic:  
Injuries in dance: dance style specifics, origins & prevention strategies.

### Module V (2024, 2027)

**Summer Intensive Seminar 3 - Advanced Level 3:** for AT and BT  
5-day intensive advanced course with special topic:  
Special topics preventive dance pedagogy® : essential aspects in the care of different ages, transitions, auditions, exams, curricula, management and much more.

## Contents & Details

Module I: Us&OurBest pdm dance pedagogy® Basis 1 (certificate of attendance)	Scope
<b>Introduction to dance medicine &amp; dance science:</b> how dance medicine & pdmDP® can be integrated in practice to achieve performance improvement & proactively enhance injury prevention.	3 hours
<b>Applied Anatomy &amp; Physiology 1:</b> Practical tangible basics on structure and function of muscles, supporting tissues, central nervous system & joint biomechanics.	3 hours
<b>Applied Anatomy &amp; Physiology 2:</b> Practical tangible basics on structure and function of muscles, supporting tissues, central nervous system & joint biomechanics.	3 hours
<b>Self-study &amp; continuing education for dance teachers:</b> how to access, obtain and deal with publications (studies) from dance medicine and pdmDP® on your own for further studies	3 hours
<b>Growing up with &amp; through dance:</b> The target groups and necessary methodology & didactics with respect to pdmDP® (children, youth, (older) adults).	6 hours
<b>Fitness for Dancers:</b> How aspects of fitness (strength, power, stretching, aerobic endurance, proprioception) can be incorporated into dance training for all styles.	6 hours
<b>(Neuromuscular) warm-up and warm-down in dance:</b> warm-up and warm-down as active contributions to performance enhancement and injury prevention in theory and practice.	3 hours
<b>Applied Anatomy Pelvis &amp; Hip:</b> experience, recognize, teach and correct biomechanics, alignment and economy of movement to optimize dance technique.	3 hours
<b>Presentations, Q&amp;A:</b> There is one comprehensive Q&A session per module. The presentations of the participants additionally serve all as a deepening in individually chosen topics.	6 hours

Module II: Us&OurBest pdm dance pedagogy® Basis 2 (Certificate I)	Scope
<b>Applied Anatomy Knee:</b> experience, recognize, teach and correct biomechanics, alignment and economy of movement to optimize dance technique.	3 hours
<b>Applied Anatomy Foot:</b> experience, recognize, teach and correct biomechanics, alignment and economy of movement to optimize dance technique.	3 hours
<b>Applied Anatomy Arm, Hand &amp; Shoulder:</b> experience, recognize, teach and correct biomechanics, alignment and economy of movement to optimize dance technique.	3 hours
<b>Applied Anatomy Spine &amp; Head:</b> experience, recognize, teach and correct biomechanics, alignment and economy of movement to optimize dance technique.	3 hours
<b>Applied neuropsychology 1:</b> attention, learning, motor & cognitive development, flow & expression: why pdm dance pedagogy leads to high performance.	3 hours
<b>Applied Neuropsychology 2:</b> Motivation (climate), communication, feedback, goal setting & achievement as part of performance and injury prevention in dancers & teachers.	3 hours
<b>First Aid &amp; Injury Prevention in Dance:</b> Knowing injury mechanisms & factors enables targeted injury prevention but also how to deal with emergencies.	6 hours
<b>Dance Technique &amp; Biomechanics:</b> Analysis and targeted, evidence-based, individualized training & correction for leg axes, turnout, alignment, jumps, balances, leg heights, expression, etc.	6 hours
<b>Presentations, Q&amp;A:</b> There is one comprehensive Q&A session per module. The presentations of the participants additionally serve all as a deepening in individually chosen topics.	6 hours

Module III: Preventive Dance Pedagogy® Summer Intensive Seminar 1	Scope
<b>Exclusively accessible after completion of module I &amp; II pdm dance pedagogy.®</b> Details & contents for the advanced level (module III-V) are explained in module I or II respectively	5 days 36 hours

Module IV: Preventive Dance Pedagogy® Summer Intensive Seminar 2	Scope
<b>Exclusively accessible after completion of module I &amp; II pdm dance pedagogy.®</b> Details & contents for the advanced level (module III-V) are explained in module I or II respectively	5 days 36 hours

Module V: Preventive Dance Pedagogy® Summer Intensive Seminar 3	Scope
<b>Exclusively accessible after completion of module I &amp; II pdm dance pedagogy.®</b> Details & contents for the advanced level (module III-V) are explained in module I or II respectively	5 days 36 hours

Certificate II: Certification of completion of all 5 modules pdmDP®
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One of the many quality features of the Academy for Dance Pedagogy & Dance Medicine, Austria, is the internal structuring of the courses. All course programs have a continuous "red thread" which enables the participant to grasp the fundamentals of dance medicine and dance pedagogy as a holistic whole. Active learning and application are facilitated as students learn to link content and apply it to practice in a flexible and versatile way, for which the internal coordination of all course units is essential.

In addition, space is created deliberately for cooperative learning, exchange, networking and consolidation. Participants themselves are allowed and expected to become active and autonomous, their own learning and further education is encouraged as well as networking and connecting with others in order to combine resources, knowledge and strengths. In this way, everyone can benefit from each other and what has been learned can also be reflected upon and expanded together.

All modules aim to make dance teachers of all styles and backgrounds proactive in terms of preventive dance medicine, holistic but science-based foundations. While participants learn how to promote motivation, learning, performance and health in students, the described internal structuring and the way of presentation by the instructor actively promotes motivation, autonomy and connectedness of the participants themselves. This results in increased perception of their own competence and thus in increased self-efficacy as well as motivation - health and joy in the teacher himself.

## Dates 2023

### Module 1:

February 18 & 19 2023 (online)  
March 11 & 12 2023 (online)  
March 25 & 26, 2023 (Live, Vienna; as online-event or online-participation possible, e.g. in case of pandemic restrictions)

### Module 2:

April 22 & 23, 2023 (online)  
May 13 & 14, 2023 (online)  
June 10 & 11, 2023 (Live, Vienna; as online event or online participation possible, e.g. in case of pandemic restrictions)

## Training Volume & Costs

The modules Us&OurBest pdm dance pedagogy® I and II (available in German or English) each include



2 online-live stream intensive weekends of 12 hours each (practice & theory)

1 in-person intensive weekend of 12 hours (practice focus, presentations, Q&A).

Working groups accompanied by course material promote the choice of topics as well as preparation of presentations with 1 or 2 meetings of the participants for exchange, consolidation of basics, discussion of the contents and networking.

The two modules each comprise 36 live-supervised group lessons and, depending on the participant, require about 30-50 hours of individual preparation and follow-up time for literature reading, working groups, and the development and creation of the final presentation. All modules and classes can take place as live on-site or online units and are therefore adaptable to the needs of individual clients (schools, ensembles, etc.) but also pandemic-proof. In addition, the chosen compact course structure facilitates participation for teachers whose work week is usually very full.

Modules I and II take place at least once a year and can be booked in-house by schools, academies, ensembles and theaters for their staff on request (also immediately available in English). Modules III, IV and V are repeated at the beginning of July in a 3-year rhythm and represent an intensive theoretical and practical training, which builds on the basic levels. They have a scope of 36 hours each plus their own preparation and follow-up time.

Module I and II (basic training) together cost € 1440,- per participant (€ 20,- per hour). The training fee includes the teaching units, course materials and support. Payment in installments over 3 or 6 months is possible.

Travel, accommodation and meals for the final weekend are not included in the course fee and must be organized by the participant. The final weekends can take place in Vienna or in other cities internationally, depending on the participants. The high flexibility of the course structure allows an immediate course adaptation depending on the area in which interest groups are formed.

Special offers and various possibilities for institutions that would like to send their employees to the courses are available and will be individually designed if required. Please contact our office (see "Registration & Contact").

## Certification & Qualification

Module I ends with a short, scientific presentation by the participant. The foundations are laid in Module I. After module I, participants receive a certificate of participation, which documents by details how the participant\* has acquired the basics of pdmDP®

Module II ends with a final presentation by the participant based on 10 questions from both modules, which are answered via the presentation. This can be done as a short film (self-recording through zoom or other ways of filming) or in written form, which the teachers can then use simultaneously for their own work. Through this conclusion, the teacher reflects on the changes that have taken place in him/her as a result of the newly acquired knowledge, what conclusions he/she has drawn for his/her own practice, and where new paths have been opened up for him/her. The foundations for this presentation are laid in the course. The result can then also be used directly by each participant for the application of their own work, which makes them doubly valuable.

Upon completion of Module II, participants will receive Certificate I. This documents that he/she has completed the training in practice and theory and has acquired basic knowledge as a teacher in the field of dance pedagogy and preventive dance medicine in relation to performance optimization and injury prevention. The certificate contains detailed information on the scope and content of the training and can thus be used as proof of qualification.

Upon completion of all 5 modules, participants will receive Certificate II.

Certification level III is the total training at the Academy for Dance Pedagogy & Dance Medicine, Austria.

For graduates of the pdm Dance Pedagogy® AcademyOnTour there is also a special advantage: Each graduate can attend one lecture from the ongoing training program of the Academy for Dance Pedagogy & Dance Medicine, Austria, free of charge.

This integration of an additional, intensive but free lecture aims to enable graduates to actively deepen their knowledge of preventive dance pedagogy in dance medicine® immediately after the compact basic and advanced training and to specifically deepen their areas of interest (newly discovered through the training).

## Registration & Contact

Information and registration are made via [office@tanzpaedagogik.eu](mailto:office@tanzpaedagogik.eu). Course materials and links for online units will be provided to the participant only after registration and payment at the beginning of the course (or binding deposit in case of payment in installments).

Information on the Academy for Dance Pedagogy & Dance Medicine, Austria, can be found at <https://tanzpaedagogik.eu>

We are happy to guide you to and on your individual way!

Judith-Elisa Kaufmann & the team of the Academy for Dance Pedagogy & Dance Medicine, Austria