

Healthier Dancer Programme Talks



One Dance UK's Healthier Dancer Programme (HDP) offers specialist 90-minute training talks to support you to be healthy, well, and performing at your best, whether you are a student, practitioner, leader, educator, creative, freelancer or any combination! These talks are an invaluable opportunity to gain knowledge and tips from world leaders in the field of dancers' health.

For more in-depth training, modules of three or more talks can be taught over a creation period, term, or programme to develop a deeper knowledge of certain subjects. Suggested modules are listed below, or you can create your own.

HDP Talks are run in partnership with the National Institute of Dance Medicine and Science. Talks are provided by highly qualified dance medicine and science experts from our Healthier Dance Programme Speakers List. Please note: Depending on the expertise of the speaker, our rates per talk vary. We want to make sure that your educational needs are met with the most appropriate speaker for your budget and level of training. We will agree budget and level with you before we confirm the booking. We also offer a Pay It Forward scheme – if you need to access a lower cost talk, or if you would like to donate towards offering a lower rate for an organisation in need, please let us know.

All Healthier Dancer Talks include Complimentary access to specialist information sheets on topics covered in the session, as well as speaker slides and handouts.

PRICES

Talks: £200 members / £250 non-members [in-person], £150 members / £200 non-members [online]

Modules (3 Talks): £500 members / £650 non-members [in-person], £425 members / £575 non-members [online]

Empowering Dance: £45 members / £60 non-members [per person, in-person], £35 members / £50 non-members [per person, online]

Speaker travel expenses and VAT need to be covered in addition to the fee above



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HEALTHIER DANCER TALKS FOR STUDENTS AND PROFESSIONALS

INTRODUCING HEALTHY DANCE PRACTICE

Delivered by a member of the Healthier Dancer Programme Speakers List, this talk covers an introduction to the basics of healthy dance practice to support dancers to apply these tools into their practice. The session will provide opportunities for discussion about the value of safe dance practice for health, wellbeing and performance and a chance to ask questions. This 90-minute session can be delivered online or in-person.

Session content includes:

- Introduction to nutrition and hydration, warming-up and cooling down, and injury management and how to implement appropriate practices within dance
- How to access free dance specialist healthcare in the UK
- The value of healthy dance practice
- Complimentary access to our One Dance UK Information Sheets on Finding a Dance Healthcare Practitioner, Warming Up and Cooling Down, and Dance Spaces

Outcomes

1. Participants will be able to recognise healthy dance practices related to nutrition and hydration, warming-up and cooling down, and injury management
2. Participants will be able to identify and use free dance specialist healthcare in the UK



WARMING UP & COOLING DOWN

Delivered by a speaker from our Healthier Dancer Programme Speakers List, this practical workshop considers why warm up and cool down are important and what movements dancers should include. This 90-minute session can be delivered online or in-person.

Session content includes:

- The key organ systems which should be involved in warm up and cool down
- How individuality, specificity, and gradual progression can be integrated in warm up and cool down
- How warm up and cool down practices can be applied within training, rehearsals, touring, and audition settings
- Complimentary access to our One Dance UK Information Sheet on Warming Up and Cooling Down

Outcomes

1. Participants will be able to recognise warm and cool down activity that integrates individuality, specificity, and gradual progression and provides a physiologically and psychologically sound preparation and recovery for the body
2. Participants will be able to demonstrate warm up and cool down practice that is relevant to the demands of planned dance activity

NUTRITION & HYDRATION

Delivered by a qualified and experienced dance specialist dietician from our Healthier Dancer Programme Speakers List, this practical workshop explores nutrition and hydration in dancers. The session will provide education about the role of fuelling the body in supporting health, wellbeing, and performance. This 90-minute session can be delivered online or in-person.

Session content includes:

- Introduction to nutrition and hydration for dancers, and practical aspects of fuelling including budgeting for healthy food, recipe ideas, and how to schedule meals around classes, rehearsals, and performances
- The culture and environmental pressures that dance training and careers may place on appearance, weight and shape and the impact of this on dancers
- Relative Energy Deficiency in dance and the impact this may have on dancers
- How and where to seek advice about nutrition and hydration for dancers
- Complimentary access to our One Dance UK Information Sheets on Nutrition for Dancers, Fluid for Dancers, and Hormones and Dance Performance

Outcomes

1. Participants will be able to recognise nutrition and hydration practices to support dance practice
2. Participants will be able to identify and use resources available for individual questions about nutrition and hydration

REST AND BURNOUT

Rest is a vital part of all dance training to facilitate learning and to help optimise performance. Delivered by a member of the Healthier Dancer Programme Speakers List, this talk explores the signs and symptoms of overtraining, and the ways that dancers can reduce fatigue and prevent burnout. This 90-minute session can be delivered online or in-person.

Session content includes:

- Overtraining, overreaching or overload in dance training and performance
- The pressures that dance training and careers may place on practices around rest and recovery
- The symptoms of acute and chronic overtraining
- Complimentary access to our One Dance UK Information Sheet on Burnout in Dance

Outcomes

1. Participants will be able to distinguish overreaching from overtraining and recognise the signs and symptoms of overtraining
2. Participants will be able to identify and use strategies of rest and recovery



FIT TO DANCE: DANCE SPECIFIC CONDITIONING*

- flexibility, strength, plyometrics, cardiorespiratory, and core training, conditioning for contemporary floorwork and partnering, and 11+

Delivered by a qualified and experienced dance specialist physiologist, strength and conditioning coach, or conditioning specialist from our Healthier Dancer Programme Speakers List, this talk introduces dancers to concepts and practice in dance-specific fitness training. This 90-minute session can be delivered online or in-person.

**90-minute sessions on individual components of conditioning are also available. These include sessions on Flexibility, Strength, Plyometrics, Cardiorespiratory, and Core training, conditioning for contemporary floorwork and partnering, and 11+*

Session content includes:

- Components of fitness and their importance in dance, including the role of fitness in injury reduction and rehabilitation
- Methods of conditioning and physical training applicable to the demands of dance performance, including dance based cardiovascular exercise, interval training, and circuit training
- How and whether current dance training integrates aspects of fitness training
- Where to seek advice about conditioning and fitness
- Complimentary access to our One Dance UK Information Sheets on Care of the Instrument and Core Stability

Outcomes

1. Participants will be able to identify dance-specific conditioning and training approaches relevant to dance practice
2. Participants will be able to identify and use resources for individual strength and conditioning training

THE MIND IN DANCE: MENTAL HEALTH*

- anxiety, depression, stress and coping, and body image

Delivered by a qualified and experienced dance specialist practitioner psychologist, psychotherapist or counsellor from our Healthier Dancer Programme Speakers List, this practical workshop considers the key challenges those in dance face in maintaining and enhancing their mental health. This 90-minute session can be delivered online or in-person.

**90-minute sessions on individual components of mental health are also available. These include sessions on anxiety, depression, stress and coping, and body image*

Session content includes:

Anxiety

- The stressors in dance training and careers that may cause anxiety and impact on confidence
- Coping strategies for stress
- How and where to seek advice about anxiety
- Complimentary access to specialist information sheets on topics covered in the session

Body image

- What is body image?
- What are the factors that influence how we feel about our appearance?
- How to address poor body image and develop body positive and confident feelings about appearance
- The pressures and situations in dance that may influence those in dance to feel self-conscious or anxious about their appearance
- Complimentary access to specialist information sheets on topics covered in the session

Outcomes

Anxiety

1. Participants will be able to identify dance specific stressors, recognise the signs and symptoms of performance anxiety and general anxiety, and describe self-efficacy
2. Participants will be able to recognise coping strategies and identify and use resources for individual support for addressing anxiety and developing confidence

Body image

1. Participants will be able to describe signs and symptoms of poor body image and body dysmorphia
2. Participants will be aware of the elements of the dance environment that increase risk for developing increased self-consciousness and anxiety about our appearance
3. Participants will be able to identify and use resources to support those in dance who are struggling with or at risk of developing poor body image

THE MIND IN DANCE: PERFORMANCE PSYCHOLOGY*

– motivation, mindfulness, self-compassion, goal setting, imagery, self-talk, mental rehearsal, building confidence, resilience, creativity, perfectionism, psychology of injury, and managing rejection, critique, and competition

Delivered by a qualified and experienced dance specialist sport or performance psychologist, chartered psychologist, or wellbeing specialist from our Healthier Dancer Programme Speakers List, this practical workshop explores tools and strategies from performance psychology to support dance practice. This 90-minute session can be delivered online or in-person.

**90-minute sessions on individual components of performance psychology are also available. These include sessions on motivation, mindfulness, self-compassion, goal setting, imagery, self-talk, mental rehearsal, building confidence, resilience, creativity, perfectionism, psychology of injury, and managing rejection, critique, and competition*

Session content includes:

Confidence

- Confidence and self-efficacy definitions
- Strategies to develop confidence and self-efficacy to support dance activity
- How experiences of critique and rejection may impact confidence and self-efficacy

Mental skills

- Psychological tools, including positive self-talk, imagery, goal setting and mental rehearsal
- The role of psychological skills on performance enhancement in dance
- How and where to seek support for performance psychology
- Complimentary access to specialist information sheets on topics covered in the session

Perfectionism

- Aspects of perfectionism, including striving for excellence and concern over evaluation or mistakes
- The impact of expectations of perfection from ourselves and others, and the impact of others expecting us to be perfect
- Strategies for managing perfectionism within their dance practice
- How the environment in dance may impact development of perfectionism
- Complimentary access to specialist information sheets on topics covered in the session

Psychology of Injury

- The psychological effects of injury to those in dance including impacts on identity, self-esteem, anxiety, body image, confidence, and training and career progression
- Coping techniques to address psychological challenges around injury
- The culture and environmental pressures that dance training and careers may place on injured dance practitioners and the impact of this on those in dance
- How and where to seek advice and psychological support for injury
- Complimentary access to specialist information sheets on topics covered in the session

Outcomes

Confidence and mental skills

1. Participants will be able to identify key psychological skills including positive self-talk, imagery, goal setting and mental rehearsal and describe examples of how these can be integrated into dance practice
2. Participants will be able to identify and use resources for individual support for psychological performance enhancement

Perfectionism

1. Participants will be able to compare the benefits and challenges of perfectionism in dance
2. Participants will be able to identify and use strategies for effectively managing the challenges of perfectionism within their dance practice

Psychology of Injury

1. Participants will be able to recognise the psychological challenges that may arise during periods of injury
2. Participants will be able to identify coping strategies and use resources for individual support for injury



EATING DISORDERS AND RELATIVE ENERGY DEFICIENCY IN DANCE

Fuelling the body and mind is a fundamental part of health and performance for those who dance. However, there can be individual and dance-specific challenges in adopting approaches to eating and body image that prioritise health. Delivered by a team of medical and psychological experts, this talk explores the signs and symptoms of disordered eating, eating disorders, and relative energy deficiency in dance, and what support is available to reduce the risk of these mental and physical health experiences through education, medical support, and healthy approaches to shape and weight in dance. The talk will also explore what experts suggest supporting those in dance who may be experiencing them.

This 90-minute session can be delivered online or in-person.

Session content includes:

- Signs and symptoms of disordered eating and eating disorders
- Relative Energy Deficiency in Dance (RED-D) and how it impacts those in dance
- The cultural and environmental pressures in dance that may impact approaches to eating, exercise behaviours, and body image
- Where and how to seek advice and support for RED-D, disordered eating and eating disorders
- Complimentary access to our One Dance UK Information Sheets on Nutrition for Dancers, Fluid for Dancers, Hormones and Dance Performance, and How to Have Healthy Bones

Outcomes

1. Participants will be able to describe signs and symptoms of disordered eating and eating disorders, and Relative Energy Deficiency in Dance (RED-D)
2. Participants will be aware of the elements of the dance environment that increase risk for developing disordered eating and eating disorders, and Relative Energy Deficiency in Dance (RED-D)
3. Participants will be able to identify and use resources to support those in dance who are struggling with or at risk of developing disordered eating and eating disorders, and Relative Energy Deficiency in Dance (RED-D)

BODY IMAGE

Body image is a term that describes how we think, feel and experience our body. These thoughts and feelings can impact us positively and negatively throughout our life, impacting our mental health and well-being, and our relationship with food and dietary practices. Delivered by a member of the Healthier Dancer Programme Speakers List, this series of workshops take a deep dive into body image, and how our behaviours are influenced by our thoughts and feelings.

Session content includes:

- factors that might impact our body image
- types of unhelpful behaviours that someone may engage in when they experience poor body image
- exploring ways in which we can improve our self-esteem and self-worth
- developing appreciation for our whole self, placing value on functionality over appearance

There are three sections to this body image workshop series (1, 2a and 2b). Each session lasts 90 minutes and covers the topics outlined below:

1. Understanding body image and how to create more helpful behaviours
2. Understanding how body image changes through key transitions:
 - A. Puberty
 - B. Injury

Each workshop can be adjusted according to the target audience:

- Teachers, trainers and practitioners involved in supporting dancers
- Dancers: male or female
- Parents and guardians

Session Outcomes:

By the end of session 1 participants will have a greater understanding of:

1. What body image is, how it can change and why it can change
2. The impact of body image on our relationship with food and mental health
3. Unhelpful behaviours associated with poor body image
4. Ways to create helpful behaviours and appreciate our whole self

By the end of session 2a participants will have a greater understanding of:

1. What puberty is, how it affects us physically and mentally
2. The challenges and positives of going through puberty
3. What we can do for ourselves and those around us during times of change
4. How to appreciate our whole self and celebrate our uniqueness

By the end of session 2b participants will have a greater understanding of:

1. Controlling the controllables and how to minimise our risk of injuries
2. How our body changes during an injury and how this can impact our body image
3. 3. How to find opportunities in our 'setbacks'

HEALTHIER DANCER TALKS FOR LEADERS/EDUCATORS

EMPOWERING DANCE

Research shows that the 'right' training and learning environment leads to happier, healthier, and more accomplished performers, who are more able to cope with the demands of training as well as professional dance careers. Based on the ground-breaking work of Prof Joan Duda at the University of Birmingham, this workshop offers choreographers, directors, teachers, and educators the knowledge to create positive environments for dancers.

This session is delivered by Erin Sanchez, MSc or Edel Quin, MSc, who have undertaken specialist training in motivational climates in dance with Prof Joan Duda. This training can be delivered online or in-person as an introduction (3 hours) or as a full day course (6 hours).

Session content includes:

- Reflection on teaching philosophy and leading in an empowering and effective way
- The motivational climate and the nature of motivation
- Supporting dancers' basic psychological needs
- Why being an Empowering leader is important
- Access to a workbook with strategies, exercises, and content to continue developing your teaching practice following the course

Outcomes

1. Participants will be able to recognise the impact of the motivational climate in a dance environment
2. Participants will be able to explain and use strategies to build intrinsic motives and support wellbeing in dance through their leadership behaviours

FIT TO DANCE – FOR LEADERS

Delivered by a qualified and experienced dance specialist physiologist, strength and conditioning coach, or conditioning specialist from our Healthier Dancer Programme Speakers List, this talk introduces teachers and leaders to concepts and practice in dance-specific conditioning, screening, and fitness to support dance practice. This 90-minute session can be delivered online or in-person.

Session content includes:

- Components of fitness and their importance in dance, including the role of fitness in injury reduction and rehabilitation
- Methods of conditioning and physical training applicable to the demands of dance performance, including dance based cardiovascular exercise, interval training, and circuit training
- The value of screening and fitness testing in understanding fitness for dance and monitoring changes across time
- How and whether current dance training integrates aspects of fitness training
- Where to seek advice about conditioning and fitness, and what options are available for dance-specific screening
- Complimentary access to our One Dance UK Information Sheets on Care of the Instrument and Core Stability

Outcomes

1. Participants will be able to identify dance-specific conditioning, fitness testing and screening approaches relevant to dance practice
2. Participants will be able to identify and use resources for individual strength and conditioning training, monitoring fitness, and screening



INTRODUCTION TO THE ADOLESCENT DANCER

This talk is delivered by Dr Siobhan Mitchell, a specialist in growth and maturation in dance from our Healthier Dancer Programme Speakers List. Aimed at those who want an in-depth introduction to the topic of growth and maturation and its implications or those who feel they would benefit from an update on their knowledge in this area. This 90-minute session can be delivered online or in-person.

Session content includes:

- Reflection on own experiences
- Overview of the biological basis for change
- Introduction to physiological and psychological development
- Implications for performance and health
- Discussion around of best practice for negotiating these changes.
- Follow up session on zoom for questions and discussion – 2 hours within 6 months of introductory session.
- Consideration of the unique pressures that dance training may place on the growing dancer and the impact of this on those in dance
- Clarity around how and where to seek advice about growth and maturation
- Complimentary access to our One Dance UK Information Sheets on The Growing Dancer

Outcomes

1. Participants will be able to identify physiological and psychological aspects of development during adolescence
2. Participants will be able to identify and use resources to support individuals who are experiencing adolescence in dance



HYPERMOBILITY

Delivered by a qualified and experienced specialist in hypermobility from our Healthier Dancer Programme Speakers List, this practical workshop considers what it means to be hypermobile in dance. This 90-minute session can be delivered online or in-person.

Session content includes:

- How joint range of motion is assessed
- Diagnosis and support for joint hypermobility
- Benefits and risks of hypermobility in dance
- Teaching and training strategies, recommendations for care and safe practice for hypermobile individuals in dance
- How and where to seek advice about hypermobility for on those in dance
- Complimentary access to specialist information sheets on topics covered in the session

Outcomes

1. Participants will be able to describe joint hypermobility
2. Participants will be able to identify and use resources for joint hypermobility in dance



HEALTHIER DANCER MODULES – FOR STUDENTS, PROFESSIONALS, AND LEADERS/EDUCATORS

INJURY AND THE DANCER – MODULE 1

Research shows that the 'right' training and learning environment leads to happier, Research conducted by One Dance UK in 1995 and 2005 suggests that 80% of dancers are injured each year. Injury is not only a time of physical difficulty but may also come with psychological distress. Those in dance face fears of lost training time, work and income and thus may not seek medical advice when injuries occur.

Delivered by a team of speakers from our Healthier Dancer Programme Speakers List including qualified and experienced dance specialist practitioner psychologist, psychotherapist or counsellor, a dance specialist physiologist, physiotherapist, strength and conditioning coach, or conditioning specialist, and safe dance practice specialist, these three 90-minute sessions can be delivered online or in-person.

This module combines the content from the HDP Talks on:

- Introducing Healthy Dance Practice
- Safe Dance Practice
- Rest and Overtraining
- The Psychology of Injury

Combined three session content includes:

- Reducing injury through healthy dance practices such as warming up and cooling down and appropriate nutrition and hydration
- The working conditions that increase the risk of injury in dance
- Fitness for dance
- Signs and symptoms of overtraining
- Psychological effects of stress and anxiety that may precede injury
- Tools, advice, and healthcare resources for injury
- The culture and environmental pressures that dance training and careers may place on injured dance practitioners and the impact of this
- Complimentary access to our One Dance UK Information Sheets on Finding a Dance Specialist Healthcare Practitioner, and Warming Up and Cooling Down

Outcomes

1. Participants will be able to recognise healthy dance practices related to nutrition and hydration, warming-up and cooling down, safe dance environments, and injury management
2. Participants will be able to identify and will know how to access free dance specialist healthcare in the UK
3. Participants will be able to distinguish overreaching from overtraining and recognise the signs and symptoms of overtraining
4. Participants will be able to identify and use strategies of rest and recovery
5. Participants will be able to recognise the psychological challenges that may arise during periods of injury
6. Participants will be able to identify coping strategies and use resources for individual support for injury



MINDSET FOR DANCE – MODULE 2

Individuals can develop both physical and mental skills to train and work in dance, and research among dancers and athletes suggest that having mental skills may differentiate expert performers from less skilled performers.

Delivered by a team of speakers from our Healthier Dancer Programme Speakers List including qualified and experienced dance specialist practitioner psychologist, psychotherapist or counsellor, dance specialist sport or performance psychologist, chartered psychologist, or wellbeing specialist, these three 90-minute sessions can be delivered online or in-person.

This module can be composed of any three talks from The Mind in Dance: Performance Psychology or Mental Health sections. If you are not sure what you would like, get in touch and we can provide information and advice for what may best suit your needs.

Indicative content will be based on the selected talks, but may include:

- The psychological challenges dancers face, such as developing a performance mind set, managing anxiety, coping with setbacks, and developing resilience and confidence
- Strategies and tools to begin integrating mental skills in dance practice
- Recommendations for further education and resources
- The culture and environmental pressures that dance training and careers may place on mental health and the impact of this on those in dance
- How and where to seek advice about mental health for on those in dance
- Complimentary access to specialist information sheets on topics covered in the session

Indicative Outcomes

1. Participants will be able to identify key psychological skills including positive self-talk, imagery, goal setting and mental rehearsal and describe examples of how these can be integrated into dance practice
2. Participants will be able to identify dance specific stressors, recognise the signs and symptoms of performance anxiety and general anxiety, and describe self-efficacy
3. Participants will be able to identify and use resources for individual support for psychological performance enhancement
4. Participants will be able to recognise coping strategies and identify and use resources for individual support for addressing anxiety and developing confidence
5. Participants will be able to compare the benefits and challenges of perfectionism in dance
6. Participants will be able to identify and use strategies for effectively managing the challenges of perfectionism within their dance practice

DANCING FIT – MODULE 3

Fitness is a crucial factor for developing dance performance and supporting effective training for dancers.

Delivered by a team of speakers from our Healthier Dancer Programme Speakers List including dance specialist physiologist, physiotherapist, strength and conditioning coach, or conditioning specialist, and safe dance practice specialist, these three 90-minute sessions can be delivered online or in-person.

This module can be composed of any three talks from the Fit to Dance: Dance Specific Conditioning section. If you are not sure what you would like, get in touch and we can provide information and advice for what may best suit your needs.

Indicative content will be based on the selected talks, but may include:

- Components of fitness and their importance in dance, including the role of fitness in injury reduction and rehabilitation
- Methods of conditioning and physical training applicable to the demands of dance practice and/or performance
- How and whether current dance training integrates aspects of fitness training
- The focus on and support for fitness training in dance training and careers
- How and where to seek advice and support from knowledgeable experts about fitness and conditioning
- Complimentary access to our One Dance UK Information Sheets on Warming Up and Cooling Down, Care of the Body, and Core Stability

Indicative Outcomes

1. Participants will be able to recognise warm and cool down activity that integrates individuality, specificity, and gradual progression and provides a physiologically and psychologically sound preparation and recovery for the body
2. Participants will be able to describe the impact of appropriate conditioning on injury reduction in dance
3. Participants will be able to demonstrate warm up and cool down practice that is relevant to the demands of planned dance activity
4. Participants will be able to identify dance-specific conditioning and training approaches relevant to dance practice
5. Participants will be able to identify and use resources for individual strength and conditioning training

FUELLING FOR DANCE: NUTRITION, EATING DISORDERS, AND RED-D – MODULE 4

Research suggests that the incidence of eating disorders, particularly anorexia, among dancers is up to three times higher than in the general population. Relative Energy Deficiency, or the imbalance between the energy taken in and the energy expended, is also being explored in ballet, with indications that unintentional under fuelling could be a concern.

Delivered by a qualified and experienced dance specialist practitioner psychologist or psychiatrist and dance specialist dietician from our Healthier Dancer Programme Speakers List, this practical workshop explores relative energy deficiency, disordered eating, and eating disorders in dance. This 90-minute session can be delivered online or in-person.

This module combines the content from the HDP Talks on:

- Nutrition and Hydration
- Eating Disorders and RED-D
- The Psychology of Injury

Session content includes:

- Signs and symptoms of disordered eating and eating disorders
- Relative Energy Deficiency in Dance (RED-D) and how does it impact those in dance
- The cultural and environmental pressures in dance that may impact approaches to eating and exercise behaviours and body image
- Where and how to seek advice and support for RED-D, disordered eating and eating disorders
- Complimentary access to our One Dance UK Information Sheets on Nutrition for Dancers, Fluid for Dancers, Hormones and Dance Performance, and How to Have Healthy Bones

Outcomes

1. Participants will be able to describe signs and symptoms of disordered eating and eating disorders, and Relative Energy Deficiency in Dance (RED-D)
2. Participants will be aware of the elements of the dance environment that increase risk for developing disordered eating and eating disorders, and Relative Energy Deficiency in Dance (RED-D)
3. Participants will be able to identify and use resources to support those in dance who are struggling with or at risk of developing disordered eating and eating disorders, and Relative Energy Deficiency in Dance (RED-D)

SCHEDULE FOR SUCCESS: PERIODISATION IN DANCE – MODULE 5

Delivered by Prof Matthew Wyon, dance specialist physiologist, from our Healthier Dancer Programme Speakers List, this talk introduces periodisation in dance and explores the impacts of periodisation in reducing injury, enhanced training outcomes, enhancing employability, and less knackered dancers. This 90-minute session can be delivered online or in-person.

Session content includes:

- Defining periodisation
- Planning: macrocycles and micro cycles of training
- The traditional nature of dance training and careers and barriers to periodisation
- Implementation on periodisation in the UK and Europe and what we know so far
- Complimentary access to specialist information sheets on topics covered in the sessions

Outcomes

1. Participants will be able to describe periodisation and its applications to dance practice
2. Participants will be able to identify resources to support the implementation of periodisation into dance settings



SAFE DANCE PRACTICE COURSE*

Safe Dance Practice*

<http://www.onedanceuk.org/programme/healthier-dancer-programme/>

Delivered by Safe in Dance International Registered Provider, Erin Sanchez, MSc, this series of sessions covers the course requirements for the for pursuit of the Certificates in Healthy Dance Practice, awarded by Safe in Dance International (SiDI; www.safeindance.com), which have been developed and written by international leaders in healthy dance practice and is endorsed by The Council for Dance Drama and Musical Theatre (CDMT). It evidences knowledge in the key areas of safe dance practice that are essential for those working in all dance genres and settings. For more information, please contact team on HDP@onedanceuk.org

- This certificate awards 60 hours of continuing professional development through independent study.
- The cost of the Certificates in Healthy Dance Practice, awarded by Safe in Dance International is £190

Session content includes:

- Coverage of Safe in Dance International's 10 Core Principles of Healthy Dance Practice, including
 - the necessity of understanding how the body works biomechanically to promote good alignment
 - how good injury awareness and management can protect dancers,
 - why proper nutrition and hydration is important to maintain dancers' health and performance while they dance
 - why psychological elements should be taken into consideration to ensure a safe and effective learning environment
 - application of the above with individual needs, abilities, and desired outcomes in mind
- Complimentary access to specialist information sheets on topics covered in the sessions

Outcomes

1. Participants will be able to identify core information within Healthy Dance Practice
 2. Participants will be able to use the content to prepare themselves to enter for the Certificates in Healthy Dance Practice, awarded by Safe in Dance International.
- Please note that preparation of materials to enter the Certificate will be supported by the course leaders but is within the participant's own time.