

One Dance UK

Healthier Dancer Programme Talks For Organisations



- Train more effectively
- Find out about the most up-to-date dance medicine and science research
- Optimise performance
- Meet course curriculum requirements
- Gain tips from dance health experts

One Dance UK's Healthier Dancer Programme (HDP) offers specialist 90-minute training talks for dancers, students, dance teachers and choreographers / directors to optimise health, reduce injury and increase wellbeing.

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 and Trinity Laban Conservatoire of Music and Dance. Talks are provided by HDP Managers Erin Sanchez and Sarah Beck and experts in specific areas of dance medicine and science. These talks are an invaluable opportunity to gain knowledge and tips from world leaders in the field of dancers' health.

Prices

Talks: £130 One Dance UK corporate members / £150 non-members

Modules (3 Talks): £351 One Dance UK corporate members / £405 non-members

Empowering Dance: £35 ½ day, £65 full day, per person

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

Healthier Dancer Talks for Dancers

Introducing Healthy Dance Practice

This talk covers an introduction to all the basics of healthy dance practice – nutrition and hydration, warming-up and cooling down, injury management and how to access specialist dance healthcare.

Maximum participants: 100 / delivered by One Dance UK

Perfectionism

This practical workshop considers the pros and cons of perfectionism and how dancers can balance trying to achieve high standards with setting realistic goals.

Maximum participants: 40 / delivered by One Dance UK

Confidence and Anxiety

This talk explores why some dancers are more confident than others and how to manage anxiety to optimise performance.

Maximum participants: 100 / delivered by One Dance UK

The Psychology of Injury

This practical workshop explores the psychological effects of injury and offers coping techniques to help dancers get back to dancing as quickly as possible.

Maximum participants: 40 / delivered by One Dance UK

Psychology and Performance Preparation

This practical workshop explores how dancers can use psychological tools, including positive self-talk, imagery, goal setting and mental rehearsal to prepare effectively for performance.

Maximum participants: 40 / delivered by One Dance UK

Theory and Practice of Interval and Circuit Training

This talk introduces dancers to the components of fitness and their importance in dance, as well as introducing methods of interval training applicable to the demands of dance performance.

Maximum participants: 30 / delivered by One Dance UK

Dancers' Physical Differences

This practical workshop explores individual differences in flexibility, strength, fitness and body shape. It also considers how age, gender and genetics may affect these areas to help dancers understand their unique strengths and needs.

Maximum participants: 30 / delivered by One Dance UK

Nutrition and Hydration

This practical workshop explores optimal nutrition and hydration for dancers, including budgeting for healthy food, recipe ideas and how to schedule meals around classes, rehearsals and performances.

Maximum participants: 40 / delivered by One Dance UK

Rest and Overtraining

Rest is a vital part of all dance training in order to facilitate learning and to help optimise performance.

This talk explores the signs and symptoms of overtraining, and the ways that dancers can reduce fatigue and prevent burnout.

Maximum participants: 100 / delivered by One Dance UK

Warming Up and Cooling Down

This practical workshop considers why warm up and cool down are important and what movements dancers should include.

Maximum participants: 40 / delivered by One Dance UK

Dance Specific Conditioning with Athletic Artist

Floorwork

This practical workshop on floorwork applies elements of ballistic, plyometric and strength training to allow for more movement flow, stability, and creativity. With vocabulary and principals drawn from diverse styles; creative tasks and choreography play a large part in the workshop structure, with attention on performance and movement aesthetic.

*Maximum participants: 40 / delivered by
Khyle Eccles, Director, Athletic Artist*

Partnering

Modern choreography is pushing physical limits in advanced partnering. This practical workshop addresses the strength, momentum and trust based skills needed in advanced partnering. As well as physical training sessions will look at the layering of performance qualities and how this can affect strength and grounding.

*Maximum participants: 40 / delivered by
Khyle Eccles, Director, Athletic Artist*

Healthier Dancer Modules for Dancers

Dancers' Module 1: Injury and the Dancer

80% of dancers are injured each year. Injury is not only a time of physical difficulty, but may also come with psychological distress. Dancers face fears of lost training time, work and income and thus may not seek medical advice when injuries occur. This module explores introductory tips on:

- reducing injury through warm up and cool down
- optimal fitness for dance
- the signs and symptoms of overtraining
- the psychological effects of stress and anxiety that may precede injury
- tools, advice and healthcare resources for injury

Maximum participants: 30/ delivered by One Dance UK

Dancers' Module 2: The Mind in Dance

Dancers must develop both the mind and the body to prepare for training and a career in dance. This module will:

- provide a brief overview of the challenges dancers face, such as developing a performance mind set, managing anxiety, coping with setbacks and developing resilience and confidence
- explore tools to begin integrating mental skills
- provide recommendations for further education and resources

Maximum participants: 30/ delivered by One Dance UK

Dancers' Module 3: Dancing Fit

Fitness is a key factor for excellent performance and optimal health for dancers and preparing for performance is about much more than what happens in dance class. This module will:

- give a brief overview of the theory and research on the physiological demands of dance
- explore the use of supplementary training to develop strength, flexibility and cardiovascular fitness
- offer specialised workshops on conditioning for floor work and partnering

Maximum participants: 30/ delivered by One Dance UK and Khyle Eccles, Director, Athletic Artist

Healthier Dancer Talks for Dance Teachers

Accredited for CPD

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 and teachers the knowledge to create positive environments for dancers.

Maximum participants: 10 / delivered by One Dance UK

Managing Adolescence

This talk explores how teachers should approach adolescent students, including optimal nutrition and hydration, psychological considerations and managing growth spurts.

Maximum participants: 100 / delivered by One Dance UK

Physical Differences

This practical workshop explores students' physical differences in flexibility, strength, fitness and body shape. It also considers how age, gender and genetics may affect these areas.

Maximum participants: 30 / delivered by One Dance UK

Hypermobility

This practical workshop for dancers, teachers and healthcare professionals considers what determines joint flexibility and what it means to be hypermobile as a dancer. Teaching and training strategies, recommendations for care and safe practice will be discussed.

Maximum participants: 30 / delivered by One Dance UK

Eating Disorders

This practical workshop explores how teachers can identify and prevent eating disorders in students, as well as considering the issues of confidentiality and limiting participation. Teachers will also be directed to further eating disorders resources.

Maximum participants: 40 / delivered by Nicola Stevens, physiotherapist, and Heather Walker, Head of Ballet and Student Welfare, London Studio Centre

Fitness Training

This talk introduces the components of fitness and explores approaches to dance specific fitness training including: dance based cardiovascular exercise, interval training, and circuit training.

Fitness Testing

This practical workshop explains why screening and fitness testing is important and gives teachers tools to how to implement fitness tests, interpret results and monitor changes across time.

Maximum participants: 30 / delivered by One Dance UK

Schedule for Success

This talk discusses how to recognise the signs and symptoms of overtraining, and the ways in which teachers can prevent such situations occurring, including periodisation.

Maximum participants: 100 / delivered by One Dance UK

Safe Dance Practice*

This talk covers all the basics of safe dance practice including industry standards and injury management.

Maximum participants: 100 / delivered by One Dance UK

* The talk can be expanded to cover course requirements for the **Safe in Dance International Healthy Dance Practice Certificate**, which has been developed and written by international leaders in healthy dance practice and is endorsed by the Council for Dance Education and Training to award 60 hours of CPD through independent study. It evidences knowledge in the key areas of safe dance practice that are essential for dance teachers working in all dance genres and settings. The cost of taking the Healthy Dance Practice Certificate is £140, with a 10% discount available through the One Dance UK course. For more information, please contact the One Dance UK Healthier Dancer Programme managers on hdp@danceuk.org.

Healthier Dancer Modules for Teachers

Accredited for CPD

Teachers' Module 1: How to integrate Fitness into Dance Programmes

Fitness training and scheduling for performance is a valuable supplement to technique and can improve artistic elements of dance performance. This module will:

- give a brief overview of the theory and research on the physiological demands of dance
- explore the use of supplementary training to develop strength, flexibility and cardiovascular fitness
- explore the implications of scheduling on dancers' performance and fitness
- look at the value of periodization in training and creation
- provide recommendations for further resources and consultation

Maximum participants: 30/ delivered by One Dance UK