



Healthy Dance Practice Certificate Candidate Full Guidance Updated 2023

Introduction

The Healthy Dance Practice Certificate (HDPC) has been written by Safe in Dance International (SiDI) and is based on principles originally developed by leading members of the dance science community. It references up to date research in several key areas, knowledge in which is considered essential to support and encourage safe and healthy practice.

In awarding this Certificate, SiDI recognises and endorses the efforts of dance teachers and practitioners, working in any genre and with dancers of any age or ability level, as they strive to minimise injury and optimise performance in the studio or educational environment through their application of the healthy dance practice principles.

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Certificate Overview

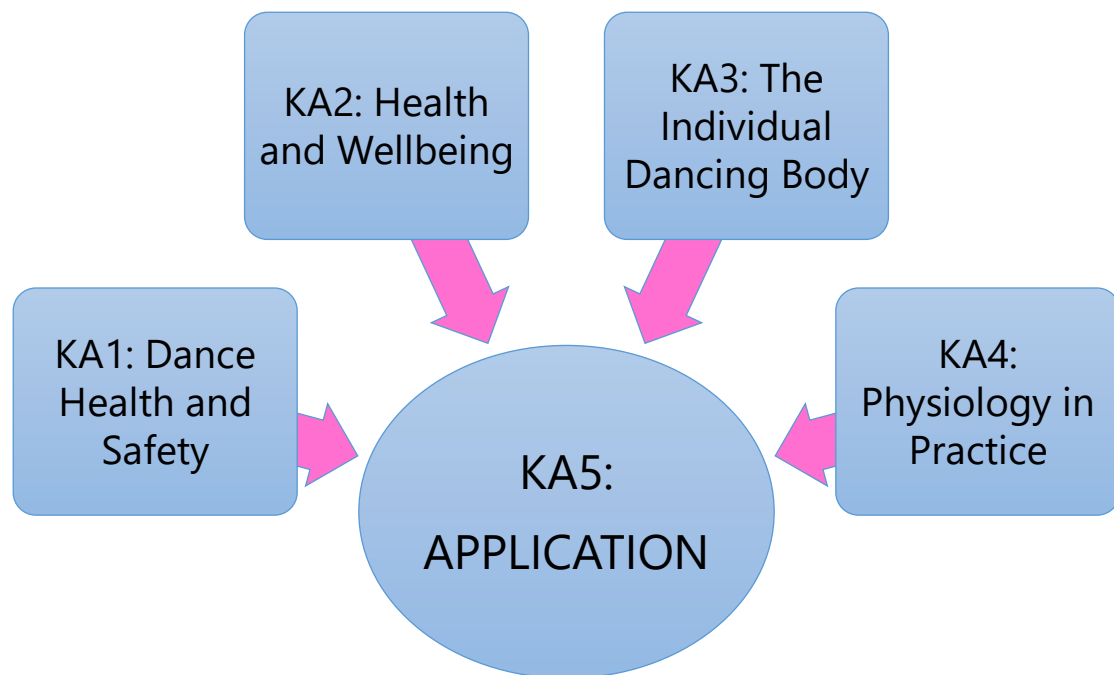
The Healthy Dance Practice Certificate is designed around 5 **Knowledge Areas (KAs)**, which form the basis of a practitioner's understanding of healthy dance practice. Each has specific Learning Outcomes.

The first 4 KAs contain 10 **Core Principles (CPs)** considered essential to the implementation of healthy dance practice.

The fifth KA is the **Application** of the 10 CPs, which evidences your awareness and understanding of how the CPs inform and support your own practice context.

It is both your knowledge and application, and the evidence you provide, that determines the level of achievement for the Certificate.

The Five Knowledge Areas



Core Principles of Healthy Dance Practice

The HDPC is based on your evidence of appropriate knowledge and practical application of safe and healthy dance practice with reference to the following CPs:

KA1: DANCE HEALTH AND SAFETY

CP1: HEALTH AND SAFETY IN THE DANCE ENVIRONMENT

KA2: HEALTH AND WELL BEING

CP2: INJURY PREVENTION AND MANAGEMENT

CP3: NUTRITION AND HYDRATION

CP4: PSYCHOLOGICAL ASPECTS OF DANCE PRACTICE

KA3: THE INDIVIDUAL DANCING BODY

CP5: ANATOMICAL AND BIOMECHANICAL PRINCIPLES OF ALIGNMENT

CP6: INDIVIDUAL ANOMALIES AND ADAPTATIONS

CP7: GROUP SPECIFIC NEEDS AND RISK FACTORS (AGE AND ABILITY/DISABILITY)

KA4: PHYSIOLOGY IN PRACTICE

CP8: WARM-UP AND COOL DOWN

CP9: INTEGRATED AND SUPPLEMENTARY PHYSICAL CONDITIONING

CP10: SAFE PROGRESSION, SEQUENCING, AND STRUCTURE OF DANCE ACTIVITIES

KA5: APPLICATION

INCORPORATING THE ABOVE CORE PRINCIPLES INTO PRACTICE

Indicative Content and Achievement Criteria

KA1: DANCE HEALTH AND SAFETY

Indicative Content	Learning Goals and Outcomes	Achievement/ Success Criteria
<p>These are the topics that you should research and understand before you begin the assessment.</p>	<p>These are the knowledge, skills and application that you should be able to demonstrate after studying for the Certificate.</p>	<p>These are how you will evidence to SiDI that you have understood and can demonstrate the learning goals and outcomes.</p>
CP1: Health and Safety in the Dance Environment		
<p>Indicative content:</p> <p>Preparation, management and monitoring of dancers and facilities and acknowledgement of any specific legal requirements including:</p> <p>Maintenance of hazard-free facilities and equipment</p> <ul style="list-style-type: none"> ▪ Optimum floor surface and construction ▪ Adequate space availability ▪ Temperature, light and noise levels ▪ Appropriate genre-specific attire (including clothing, jewellery, footwear and hair) ▪ Insurance policies 	<p>On the completion of the Certificate, you will be able to:</p> <p>Successfully integrate and manage general health and safety principles within your own working environment</p>	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Preparing and conducting dance activities in a safe, secure, and hazard-free environment ▪ Complying with legal requirements and regulations and assessing/monitoring the suitability of facilities and equipment to ensure the safety of your participants ▪ Protecting all participants, including yourself, through familiarisation with relevant country-specific regulations and policies ▪ Using appropriate risk assessment techniques to anticipate potential negative outcomes resulting directly from dance activities

<ul style="list-style-type: none"> ▪ Safeguarding, child protection and equal opportunities ▪ Duty of Care ▪ Risk assessment and injury reporting recommendations ▪ Fire and emergency regulations 		
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KA2: HEALTH AND WELLBEING

CP2: Injury Prevention and Management		
<p>Indicative content:</p> <p>General strategies and recommended procedures for injury minimisation and management including:</p> <ul style="list-style-type: none"> ▪ Awareness of injury risk factors ▪ Immediate injury management procedures ▪ Adaptation of dance material in response to the changing health and injury status of the individual 	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Utilise recommended injury management techniques ▪ Formulate injury prevention strategies ▪ Apply appropriate injury management techniques in relation to your dance session 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Considering strategies to reduce injury incidence ▪ Applying effective injury management techniques in your practice should the need arise

CP3: Nutrition and Hydration		
<p>Indicative content:</p> <p>Appropriate nutrition and hydration principles to support the dancer’s health, wellbeing and performance including:</p> <ul style="list-style-type: none"> ▪ Balanced nutritional intakes for the dancer in work and training and how food effectively fuels dance activity ▪ The importance of adequate hydration and how fluid intake should be considered within the dance session 	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Provide appropriate advice on supportive nutrition and hydration for dance activity 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Providing information on balanced nutritional intakes for the dancer in work and training and how food effectively fuels dance activity ▪ Explaining the function of hydration and how fluid intake should be considered within the dance session
CP4: Psychological Aspects of Dance Practice		
<p>Indicative content:</p> <p>Psychological considerations that contribute to a safe and supportive learning and practice environment including:</p> <ul style="list-style-type: none"> ▪ Creating and maintaining a safe learning and practice environment through appropriate communication (behaviour, language, and methods of feedback) according to participant group ▪ Codes of conduct and moral responsibilities (for example, safeguarding) 	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Maintain a healthy working environment by communicating effectively ▪ Uphold recommended codes of conduct and responsibilities within your role 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Using relevant techniques of communication and appropriate behaviour to create and maintain safe, healthy and supportive learning relationships ▪ Referring to your responsibilities, both legal and moral, that are relevant to your participant group

<ul style="list-style-type: none"> Psychological aspects that affect the dancer's wellbeing (self-esteem/self-confidence) and psychological skills or tools that can positively support performance (motivation, goal setting, mental practice) 		
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KA3: THE INDIVIDUAL DANCING BODY

<p>CP5: Anatomical and Biomechanical Principles of Alignment</p>		
<p>Indicative content:</p> <p>Principles relevant to the maintenance of functional and safe style-specific placement including:</p> <ul style="list-style-type: none"> Functional bone and muscle relationships Maintenance of safe biomechanical alignment and posture within stylistic frameworks 	<p>On the completion of the Certificate, you will be able to</p> <ul style="list-style-type: none"> Provide feedback on and promote healthy alignment to individual dancing bodies 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> Using your understanding of functional anatomy to gauge the capabilities of dancers Providing feedback on individual weaknesses and limitations that affect safe alignment for individual participants Assessing the potential impact that ineffective or inadequate technique has on safe execution of genre-specific movement
<p>CP6: Individual Anomalies and Adaptations</p>		
<p>Indicative content:</p> <p>Recognition and awareness of potential anatomical differences and modification of material for individual bodies including:</p>	<p>On the completion of the Certificate, you will be able to:</p>	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> Evidencing a practical understanding of the effects of technical deviations from ideal alignment

<ul style="list-style-type: none"> ▪ Factors or conditions that affect a dancer’s ability to maintain healthy and efficient posture and alignment ▪ Attention to a dancer’s individual structure so as not to exceed personal structural limitations ▪ Adaptation of session aims and content in response to individual needs 	<ul style="list-style-type: none"> ▪ Effectively describe and communicate required style-specific placement ▪ Adapt your session aims, content and feedback in response to individual needs 	<ul style="list-style-type: none"> ▪ Evaluating potential risk due to inefficient alignment and/or individual structural anomalies
<p>CP7: Group Specific Needs and Risk Factors (Age and Ability/Disability)</p>		
<p>Indicative content:</p> <p>Awareness of issues affecting different dancing populations including:</p> <ul style="list-style-type: none"> ▪ The needs of different stages ages and abilities disabilities that will require special consideration in dance participation ▪ The unique potential risk factors in dance participation for specific groups 	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Respond to and adapt delivery for the unique characteristics of each dancing group ▪ Recognise the needs of dancers at differing ages and abilities/disabilities and stages of physical development 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Adapting your dance material to suit the specific needs of a range of dancing groups ▪ Explaining the potential impact of session material on participants’ physiological and psychological ability to successfully perform the dance activity

KA4: PHYSIOLOGY IN PRACTICE

CP8: Warm Up and Cool Down		
<p>Indicative content:</p> <p>A working knowledge of all the elements of physiologically effective warm-up and cool down including:</p> <ul style="list-style-type: none"> ▪ Physiological preparation through warm-up: raising the heart rate, general joint mobility, genre-specific mobility, and appropriate warm-up-specific stretching techniques ▪ Physiological recovery through cool-down: heart rate normalisation, gradual decrease in activity and beneficial cool-down-specific stretching techniques 	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Deliver an effective warm-up and cool-down that follows recommended physiological principles 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Practical application and communication of the physiological principles and stages of warm-up and cool-down ▪ Leading your participants through recommended warm-up and cool-down procedures when preparing for and recovering from your session
CP9: Integrated and Supplemental Physical Conditioning		
<p>Indicative content:</p> <p>Consideration of training principles and components of physical</p>	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Construct a dance session that considers training principles in physical development 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Incorporating technical training principles to support the development of physical readiness to dance

<p>activity/fitness in safe dance practice including:</p> <ul style="list-style-type: none"> ▪ The different components of physical activity/fitness and principles of training to support dancers' skill development and readiness to dance: stamina, strength, endurance, power, flexibility, balance, rest, recovery, overload, and overtraining ▪ Supplementary conditioning, bodywork and relaxation practices that support dance activity 	<ul style="list-style-type: none"> ▪ Provide information on supplementary activities as appropriate for your group that can support the work of your dance session and genre 	<ul style="list-style-type: none"> ▪ Explaining the benefits of supplementary physical activities that support dance practice
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CP10: Safe Progression, Sequencing and Structure of Dance Activities

<p>Indicative content:</p> <p>Effective structuring of material and activities within a dance session to enhance healthy practice including:</p> <ul style="list-style-type: none"> ▪ The factors that affect the safe structure of dance sessions, including pace, intensity, appropriate amount of repetition and the appropriate sequencing of dance activities ▪ Placement of preparation for stretching, jumping, and lifting 	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Ensure that any activities that may have potential detrimental effects are sited strategically within the session to minimise their impact or maximise their benefits ▪ Incorporate appropriate rest periods in your session to prevent overwork and fatigue 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> ▪ Ensuring safe execution by strategic preparation for, and timing of, any jumping, stretching, or lifting activities ▪ Structuring your sessions effectively to include rest/recovery and avoid injury through excessive repetition, overwork, and fatigue
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<p>activities with the class/ rehearsal structure</p> <ul style="list-style-type: none"> ▪ The effects of fatigue and the significance of rest and recovery during and following dance sessions 		
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KA5: APPLICATION TO PRACTICE

<p>Indicative Content:</p> <p>Practical application and integration of every Core Principle as evidenced in all the submitted materials for the Certificate</p>	<p>On the completion of the Certificate, you will be able to:</p> <ul style="list-style-type: none"> ▪ Construct strategies to apply healthy dance principles to your own practice ▪ Successfully evaluate the degree to which these have informed your genre-specific practice and have been of benefit to your participants 	<p>You will demonstrate this by:</p> <ul style="list-style-type: none"> • Evidencing rational and informed healthy dance practice choices to translate and integrate the CPs into a practical genre-specific context • Providing an objective critique and judgment on your own ability to apply healthy dance practice principles by reviewing your choices of methods, strategies and activities • Highlighting areas of good practice and identifying areas for improvement
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Assessment of your work

The Assessment is based on how you have been able to evidence your knowledge and practical understanding of each of the CPs. You need to demonstrate a theoretical understanding of the CPs, but more important is how you can assimilate these into your own genre-specific context.

Achievement levels are awarded with specific reference to:

- The degree to which you have evidenced understanding through the choice of activities you have included in your session and the strategies you have employed
- The degree to which the CPs have been incorporated with explicit reference to the participant group's characteristics, including ability level, age, gender, or health and injury status
- The degree to which you have been able to review and evaluate your own ability to apply the CPs and identify both areas of good practice and aspects that could be improved

ACHIEVEMENT DESCRIPTORS

Achieved with Best Practice

To Achieve the HDPC with Best Practice, you must:

- Achieve all the CPs
- Achieve with Best Practice every essential CP (CP1, CP2, CP5, CP8 and CP10)
- Achieve an additional 2 CPs with Best Practice.

You will also successfully evidence all the following elements:

- An advanced demonstration of in-depth knowledge and critical understanding of all the CPs
- Excellent communication and integration of the CPs into your own work, which is representative of high-quality best practice
- An assured and mature analysis of your own effectiveness, awareness of techniques and strategies to find healthy dance practice solutions and a high level of professional expertise that informs your decisions
- An engagement with research and assimilation of theory and practice to support your independent study, an awareness of current topics in the field, and a superior level of professional attitude and experience

Achieved

To Achieve the HDPC, you must:

- Achieve at least 7 of the Core Principles
- Achieve each essential CP (CP1, CP2, CP5, CP8, and CP10)

You will also successfully evidence all the following elements:

- A secure demonstration of a broad knowledge and critical understanding of the CPs
- Effective communication and integration of the CPs in your own practice context
- A clear perception of and ability to reflect on your own work, adapting and finding solutions to healthy dance practice challenges with references to continuing professional development
- Appropriate research and referencing to support your independent study, in combination with personal discussion relating to your professional standards and experience

Not Achieved

If you do not achieve the HDPC, you will not successfully evidence most or all the following elements:

- A demonstration of basic knowledge and understanding of the CPs
- An ability to integrate and apply the CPs to your own practice context
- An ability to analyse and reflect on healthy dance practice in general and in review of your submitted work
- Appropriate research (and referencing where applicable) to support your study

The HDPC Structure

The HDPC has three sections:

Section 1: Dance health and safety

Section 2: Theoretical knowledge

Section 3: Application to genre-specific practice

SECTION 1: DANCE HEALTH AND SAFETY

Section 1 of the HDPC is an online assessment via the Schoology platform. This consists of multiple-choice questions and short written answers (generally 50 words or less). Only one submission is permitted but the assessment is not time-limited, and you can return to your work as often as you like to amend it before you submit it for assessment.

To access the questions, you will be asked to log on to <https://www.schoology.com> input identification details and create a password. Access codes are provided in your registration email.

The questions relate specifically to KA1 and CP1, which focus on basic dance health and safety, and frequently refer to common procedures, policies, and legislation. SiDI acknowledges that there will be country, state, county, or territory specific requirements or even that there may be no official published guidelines in certain areas, for example, in dealing with issues such as codes of conduct, insurance or risk assessment. However, knowledge of these aspects is regarded as integral to safe dance practice and SiDI expects that you gain an awareness of their significance, regardless of whether you are legally required for practice in different international locations.

All 20 questions in the on-line assessment must be completed. In the questions requiring written input, the Assessors are looking for factual responses that are short and succinct. The question doesn't have to be answered in complete sentences but can be in bullet point form. The numbers of marks awarded to each question give an indication of the number of points expected.

Achievement in Section 1:

- To achieve Section1/CP1, you need at least 70% of the marks available in the Schoology assessment
- To achieve Section 1/CP1 with Best Practice, you need at least 90% of the marks available in the Schoology assessment



NOTE

If you've previously successfully completed the Preparation for Healthy Dance Certificate (PHDC), you don't have to re-submit Section 1.

Optional Online Course

The content required to complete Section 1 is covered in an optional online course developed by SiDI and People Dancing: “*Preparing for safer dance practice*”. It is not compulsory to complete the course prior to submission of this section of the HDPC.

The course provides full explanations of some of the key terms used in Section One. If you have not completed this course, we advise further independent research to become familiar with some of those identified in the following glossary:

Glossary

Accident and injury report

A detailed summary of the reasons for and consequences of any accidents or injuries sustained during an activity. A formal report may be required when dance leaders work for an institution or authority and is especially important in supporting cases of questionable liability.

Criminal records check/ DBS

A police search to ascertain if an individual has any previous convictions that may be relevant when in contact with a specific group of people. In some countries such a disclosure is usually necessary before being able to work as a dance leader with children and young people.

Codes of conduct

A set of good practice rules, principles and standards that outlines the responsibilities deemed necessary to protect the welfare of an individual, group or organisation.

Duty of care

Concerns individual wellbeing, welfare, compliance and good practice. It is the moral responsibility to treat all individuals with care and respect.

Risk assessment

An analysis of potential hazards that could affect the safety of those participating in an activity, so that precautions can be taken to minimise any negative effects.

Safeguarding

The actions taken to protect the health, wellbeing and fundamental human rights of individuals so they can live free from maltreatment, abuse (mental, physical or emotional) harm and neglect. The term is most often used with reference to children, young people and adults at risk, especially in the UK where it is a legal requirement. However, the term ‘safeguarding’ may be used in respect of any individual.

SECTION 2: THEORETICAL KNOWLEDGE

In this section, you'll evidence your theoretical understanding of the CPs with reference to your own dance context and genre and how you apply these to your dance practice.

You need to choose 3 questions from the selection provided which deal with specific CPs from each of KA2, KA3 and KA4. The theoretical responses must also clearly demonstrate how and why the CPs are integrated into your actual practice. You'll show through your responses that you can generate ideas and analyse and evaluate the information that is presented and demonstrate your ability to use good judgement in planning and processes and are responsible and accountable when working with dancers.

Each question requires a concise 500-word response that can either be written or spoken as an audio or visual recording. You'll be expected to use theoretical information combined and compared with your own reasoning in applying this to practice. Quotes and allusions to others' work should be clearly referenced. In text references should include author and date published, and in the Bibliography/reference list, the author, date, title, and publisher. A Bibliography/Reference list can be provided for each question or as a separate document (if the latter, the full name, and candidate number must be included).

For example:

Koutedakis, Y., & Sharp, N. C. C. (1999). *The fit and healthy dancer*. Chichester: Wiley.

You'll find the questions and submission sheet in your registration email.



TIP

Think about how you have been able to include the CPs in Section 3 before you decide on your choice of questions for Section 2



TIP

Consider choosing questions in Section 2 for the CPs that are less easily evidenced in the filmed session in Section 3, for example CP3: Nutrition and hydration, and CP2: Injury prevention and management

SECTION 3: APPLICATION

In this section, you'll demonstrate your application of all the CPs to working with dancers in your usual setting and specific genre or style of dance. This provides an opportunity for you to demonstrate your specialist knowledge of your selected dance style in terms of healthy dance practice, referencing all the CPs with specific focus on the guidelines for KA5: Application.

There are three parts to complete in this section. You must submit all the following:

- Part One: A 45 minute long filmed/recorded dance session that represents your integration of the CPs in a specified genre
- Part Two: A Session Review of the filmed session
- Part Three: A response to one genre-specific question (written or spoken/recorded).

Part One: The Filmed session

The filmed session will demonstrate elements of how you work with dancers in your normal type of dance environment, emphasising your understanding and implementation of the indicative content of the CPs. This is a representation of your usual dance session, condensed into 45 minutes maximum. It should be planned so that you can clearly and specifically address the CPs.

Guidance:

- the session might not include all aspects of the class or rehearsal. To save time, you might not need to repeat an exercise on the second side or explain it in depth with the participants. If parts of a session are missed out in this way due to time constraints, you can explain this to camera.
- you can also speak to the camera to elaborate on your choices within the session or provide explanations for adjustments in relation to individual needs.
- use only simple editing to organise and structure your film if necessary. Sophisticated presentation techniques, animations or effects aren't required.
- **CP8: Warm-up and cool-down** can **only** be evidenced in the filmed session. Physiological warm-up refers to the general preparation for physical activity rather than style-specific vocabulary at the beginning of the session (see the CP8 Indicative Content). This can be condensed to fit into the 45-minute film, along with a cool-down, as appropriate.
- **CP10: Safe progression, sequencing, and structure of dance activities** can also **only** be evidenced in the filmed session through the organisation of your session content.

Things to include:

- examples of activities you use in a physiological warm-up and cool down for your specific participant group (note the "Common Errors" below).

- how you normally sequence a whole session
- opportunities for rest and recovery within your session
- how you provide feedback to your dancers on alignment and safe technical execution
- ways that you encourage a safe and supportive learning or working environment through your modes of delivery
- examples of how you focus on any unique characteristics of your individual participants and the group

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IMPORTANT

At the beginning of your film, state your name and Candidate Number and describe the type of class and specific group (dancers' level, age, and experience) that you are leading. You can also comment on the space or identify any participants who have specific requirements at this point



TIP

Check that the camera isn't too near any other sound source and that you can be heard clearly. You should be seen on camera most of the time

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IMPORTANT

Films **must** be recorded standard definition (720) and H262 encoding (standard 'You Tube' encoding) so that your files aren't too large

If there are any questions regarding filming technical issues and submission, please contact Matthew Tomkinson: matthew@safeindance.com.

Common errors

For the assessment, you need to include a practical demonstration of recommended physiological warm-up and cool-down procedures, even if you don't normally include these pre- or post-session activities. The following reasons for leaving out a practical demonstration won't be accepted:

- "My dancers were already warm, therefore I didn't need to conduct a warm-up".

- “My dancers are familiar with a cool-down procedure, so I instructed them to do their own following my session as I ran out of time”.
- “My dancers are professionals – I don’t give them a warm-up and cool-down because they prefer to do their own”.

Part Two: The Session Review

This is a personal critique and evaluation of your recorded session, with respect to how you have applied the CP content, in up to 750 written or spoken words (provide the word count at the end). You don’t need to include lesson plans or a syllabus.

The Session Review is an opportunity to provide additional information and reasoning on the activities you’ve included in your chosen genre, and comment on your achievements or any difficulties you experienced when representing your work.

For example:

- highlighting both areas of good practice and aspects that you could improve, plus what you could do differently in future sessions.
- adding further detail on any unique features and needs of your genre or group that you would consider

Common errors

You can use the Session Review to justify the absence of CPs that are not explicitly evidenced on the recording but take care not to over-generalise or decline responsibility, for example:

- “I give my dancers instruction on nutrition and hydration”.
- “My workplace has a first-aider therefore I wouldn’t attend to a dance injury myself”.
- “I have no direct influence on the condition of the dance space as it’s provided by my employer, so I rely on others to assess its suitability”.



TIP

The Session Review also gives you the opportunity to address any remaining CPs that you haven’t already covered in other sections of your submission

You choose one question from the Genre-specific selection that specifically targets your specialist knowledge in your chosen genre. The 500-word response (written or spoken/recorded) needs to *explicitly* relate to your actual practice. Add the word count at the end of each question.

Guidelines for referencing and bibliography are the same as for the Section Two questions.
You'll find the genre-specific questions and submission sheets in your registration email.

Completing your submission

All the documents you need for submission can be found in your registration email.

- Candidate ID
- Email with information on Schoology online assessment
- Full Guidance document
- Coversheet
- Section 1 Submission sheet
- Section 2 Questions
- Section 2 Submission sheet
- Section 3, Part 2 Submission sheet
- Section 3, Part 3 Submission sheet
- Genre-specific questions

Section 1 can be completed online at any time following registration.

Section 2 and Section 3 are submitted together, preferably via WeTransfer.

Send to maggie@safeindance.com



Check

As CP1 is covered in the Schoology assessment, check that you've addressed all the remaining CPs (2-10) in Sections 2 and 3. Complete the Checklist in your Candidate pack.

Reading and Resources

The texts included in the books section below can provide a good overview of many of the CPs. For specific subjects, websites and journals can frequently offer targeted information, up to date research in dance medicine and science, user-friendly and applicable articles, and genre-specific detail.

BOOKS

The following texts are for research and wider reading. This is an extensive list – it will not be necessary to read or consult all these texts. Following each text there is a list in **bold italics** which indicated the specific Core Principles that the text focusses on.

Essential text

Covering all Core Principles:

Quin, E., Rafferty, S., Tomlinson, C. (2015). *Safe dance practice: An applied dance science perspective*: Champaign: Human Kinetics

Recommended texts

Buckroyd, J. (2000). *The student dancer: Emotional aspects of the teaching and learning of dance*. London: Dance Books (**CP4**).

Fitt, S. S. (1996). *Dance kinesiology* (2nd ed.). New York: Schirmer Books (**CP2, CP3, CP5, CP8, CP9**).

Franklin, E. (2018). *Conditioning for dance. Training for whole body coordination and efficiency*. Champaign IL: Human Kinetics (**CP8, CP9**).

Koutedakis, Y., & Sharp, N. C. C. (1999). *The fit and healthy dancer*. Chichester: Wiley (**CP3, CP5, CP8, CP9**).

Simmel, L. (2013). *Dance medicine in practice: Anatomy, injury prevention, training*. London, UK: Routledge (**CP2, CP3, CP4, CP6, CP9**).

Simmel, L & Kraft, E. (2018). *Nutrition for dancers: Basics, performance enhancement, practical tips*. London, UK: Routledge (**CP3**)

Wilmerding, M.V. & Krasnow, D. (2017). *Dancer wellness*: Champaign, IL: Human Kinetics (**CP1, CP2, CP3, CP4, CP5, CP9**).

Useful texts

Bean, A. (2003). *The complete guide to sports nutrition* (4th Edition). London: AC Black (**CP3**).

- Berardi, G. (2005). *Finding balance: Fitness, training and health for a lifetime in dance*. London: Routledge **(CP2, CP3, CP4, CP6, CP9)**.
- Clippinger, K. (2016). *Dance anatomy and kinesiology*. (2nd edn). Champaign, IL: Human Kinetics **(CP5)**.
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WEBSITES

Safe in Dance International: www.safeindance.com – Blogs and articles on Safe Dance Practice, Dancer Wellness

International Association for Dance Medicine & Science (IADMS): www.iadms.org - Resource papers and Bulletins for Teachers: accessible and relevant to healthy dance practice

One Dance UK: www.onedanceuk.org - Fact sheets

British Association for Performing Arts Medicine (BAPAM): www.bapam.org.uk - Health advice and information factsheets

AusDance: www.ausdance.org.au - Safe dance fact sheets

The Nureyev Foundation: <http://www.nureyev-medical.org> - Suggested articles on dancers' health and wellbeing

Harkness Centre for Dance Injuries Education and Research:
<http://www.med.nyu.edu/hjd/harkness> - Information on dance injury and prevention

People Dancing: www.communitydance.org.uk - Information on leading dance in specialist settings

Journals

Journal of Dance Medicine and Science: www.iadms.org

Journal of Physical Education, Recreation, and Dance: www.tandfonline.com

Medical Problems of Performing Artists:
<https://www.ingentaconnect.com/content/scimed/mppa>

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