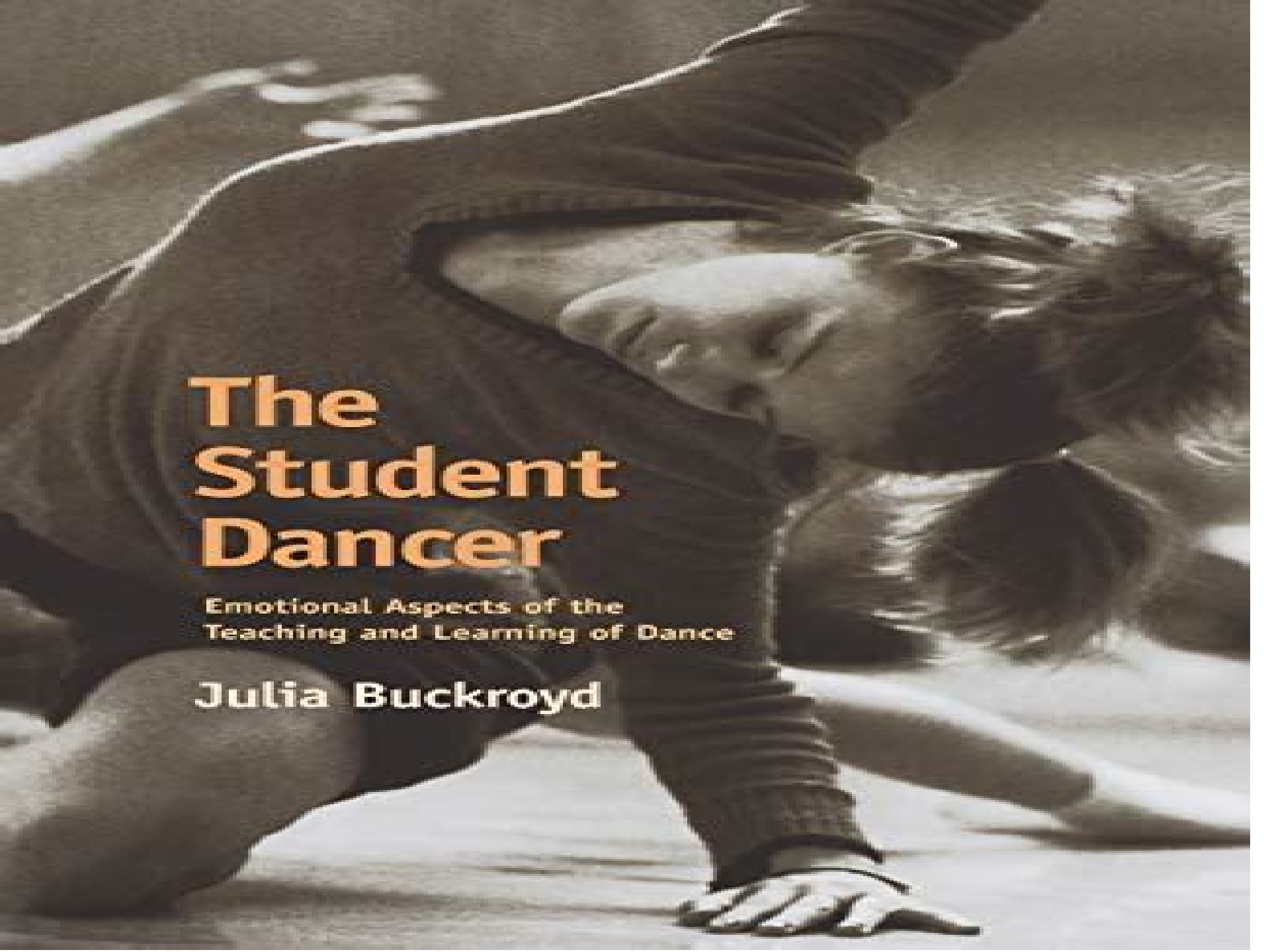




The Student Dancer

Emotional Aspects of the
Teaching and Learning of Dance

Julia Buckroyd

Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance

Susan W. Stinson



Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance:

The Student Dancer Julia Buckroyd, 2000 Acknowledging the evidence that there is a high incidence of illness smoking injury and eating disorders amongst dance students Julia Buckroyd argues that current dance training can be harmful and that a radically new approach is required The Oxford Handbook of Dance and Wellbeing Vicky Karkou, Sue Oliver, Sophia Lycouris, 2017-08-04 In recent years a growth in dance and wellbeing scholarship has resulted in new ways of thinking that place the body movement and dance in a central place with renewed significance for wellbeing The Oxford Handbook of Dance and Wellbeing examines dance and related movement practices from the perspectives of neuroscience and health community and education and psychology and sociology to contribute towards an understanding of wellbeing offer new insights into existing practices and create a space where sufficient exchange is enabled The handbook's research components include quantitative qualitative and arts based research covering diverse discourses methodologies and perspectives that add to the development of a complete picture of the topic Throughout the handbook's wide ranging chapters the objective observations felt experiences and artistic explorations of practitioners interact with and are printed alongside academic chapters to establish an egalitarian and impactful exchange of ideas *The Oxford Handbook of Sport and Performance Psychology* Shane M. Murphy, 2012-09-06 This title describes current research findings in the study of human performance Experts from all fields of performance are brought together covering domains including sports the performing arts business executive coaching the military and other applicable high risk professions *Dance Psychology for Artistic and Performance Excellence* Jim Taylor, Elena Estanol, 2015-06-25 The dance world is filled with technique books which certainly serve an important role in helping dancers improve their performance But the market has been conspicuously void of instruction on a vital aspect of dance performance the mental aspect Developing Psychological Strength in All Dancers Jim Taylor a veteran sport and dance psychologist and author and Elena Estanol a dancer instructor and sport and dance psychologist bring their experience and knowledge to Dance Psychology for Artistic and Performance Excellence to help dancers at all levels develop psychological strength to maximize their performance Dance Psychology for Artistic and Performance Excellence will help dancers in these ways Understand how to use the mental aspects of dance to their advantage Learn simple techniques to raise their dancing to a new level Refine their technique and overcome performance challenges Individualized Program and Web Resource Tools Dancers will build a strong foundation for performance by employing the dance specific psychological strategies The individualized program will help dancers reach their potential in artistry and excellence in school the dance profession and dance related careers The book comes with a companion web resource containing 40 worksheets that will help dancers grow mentally through reflection and self examination Dancers will be able to use these tools to refine their technique and overcome performance challenges Scientifically Proven Psychological Methods Dance Psychology for Artistic and Performance Excellence incorporates some

updated content from Taylor's original best selling book *Psychology of Dance* Through the authors research and experience with dancers over the past two decades this book offers the latest in scientifically proven psychological methods and practices that dancers have used to achieve optimal performance As the authors write in their preface What separates good dancers from the best dancers lies in how mentally prepared they are to perform their best despite circumstances that dance and life throw at them Dancers who are the most motivated to train who have the greatest confidence in themselves who perform best under pressure who stay focused on their performance who keep their emotions under control and who are able to direct their emotions to elevate their performance and technique to true artistry are the most successful and revered

Key Psychological Concepts Explored To help dancers elevate their performance the authors explore these concepts in the context of dance performance and provide practical exercises for each concept Self knowledge Motivation Confidence Intensity Focus Emotions Goal setting Imagery The authors also examine the foundations of dance psychology and delve into special concerns for dancers including stress and burnout pain and injury and disordered eating

Making Your Mind the Most Powerful Tool Once you get to a certain level your mind is your most powerful tool or your most harmful weapon

Dance Psychology for Artistic and Performance Excellence will help dancers turn their minds into powerful tools not only to improve their technical and artistic performance but also to enhance their enjoyment bring greater fulfillment and enrich their lives personally and professionally This text is an important contribution to the Human Kinetics dance list because it equips dancers with the psychological tools they need for success

Embodied Curriculum Theory and Research in Arts Education Susan W. Stinson, 2015-10-26 This collection of articles by Susan W Stinson organized thematically and chronologically by the author reveals the evolution of the field of arts education in general and dance education in particular through narrative and critical reflections by this unique scholar and a few co authors It also includes contextual insights not available elsewhere The author's pioneering embodied research work in arts and dance education continues to be relevant to researchers today The selected chapters and articles were predominantly previously published in a variety of journals conference proceedings and books between 1985 and the present Each section is preceded by an introduction and the author has written a post scriptum for each article to offer a commentary or response to the article from the current perspective

Sexuality, Gender and Identity Doug Risner, Julie Kerr-Berry, 2018-10-24 Sexuality is a difficult topic for all educators Dance teachers and educators are not immune to these educational challenges especially given the large number of children adolescents and young adults who pursue dance study and performance Most troubling is the lack of serious discourse in dance education and the development of educative strategies to promote healthy sexuality and empowered gender identities in proactive ways This volume focused on sexuality gender and identity in dance education expands this developing area of study and investigates diverse perspectives from public schools private sector dance studios and schools as well as college and university dance programs By openly bringing issues of sexuality and gender to the forefront of dance education and

training this book straightforwardly addresses critical challenges for engaged educators interested in age appropriate content theme and costume the hyper sexualization of children and adolescents sexual orientation and homophobia the hidden curriculum of sexuality and gender sexual identity the impact of contemporary culture and mass media and sexual exploitation The original research provides a frank discussion highlighting practical applications and offering insights and recommendations for today s educational environment in dance This book was originally published as a special issue of the Journal of Dance Education

Humanizing Ballet Pedagogies Jessica Zeller,2024-12-30 In *Humanizing Ballet Pedagogies* Jessica Zeller offers a new take on the ballet pedagogy manual examining how and why ballet pedagogies develop considering their implications for students and teachers and proposing processes by which readers can enact humanizing equitable approaches This book supports pedagogical thinking and development in ballet Across three parts it reflects how pedagogies come to be through rationales dialogues and practices Part 1 Philosophies offers a contextual reading of ballet pedagogy s historic relationship to ideals and it describes an alternative approach that takes its meaningful purpose from the embodied knowledge of participants in the ballet class Part 2 Perspectives looks at how the teacher s person shapes the ballet class It draws from a new survey of ballet students that illuminates the direct effects of pedagogies and proposes future directions Praxis Part 3 includes three theoretically based approaches that can be applied directly or adjusted to readers contexts for teaching ballet yielding to student agency and autonomy ungrading graded ballet classes in higher education and practicing reflection for growth Grounded in the wide range of people who participate in ballet themes of equity ethics and humanity are at the heart of this book *Humanizing Ballet Pedagogies* is a valuable resource for those teaching or developing a teaching approach in ballet It addresses important issues for school owners administrators or anyone responsible for supporting ballet teachers or students in the twenty first century

A Case-Solution Companion to Building Consulting Skills for Sport and Performance Psychology Sarah L. Castillo,Chelsea Butters Wooding,Douglas A. Barba,Stiliani "Ani" Chroni,2023-11-13 This international compilation offers a range of potential solutions to case studies that cover pertinent issues within a variety of performance environments Offering a companion text to *Building Consulting Skills for Sport and Performance Psychology An International Case Study Collection* this book provides three solutions for each of the case studies introduced In so doing it highlights that there is no one answer fits all solution to the common issues with sport and performance psychology consulting and offers various suggestions for how an individual may wish to approach these and similar cases Solutions address the CEDI principles Case Conceptualization Ethical Considerations Diversity Awareness Reflection and Intervention Planning and Evaluation as well as any case specific questions This clearly structured book serves as a useful resource for instructors looking to deepen discussion and offer alternatives to students ideas on how to approach certain cases It will also be of interest to practitioners when approaching similar situations in their own work and looking for new pathways that they may not have considered

Dance Medicine

in Practice Liane Simmel, 2013-10-30 Dance Medicine in Practice is the complete physical textbook for dance written specifically to help dancers understand the anatomy function and care of their bodies Specific chapters are devoted to focusing on the spine pelvis hips knees feet shoulders and arms Each of these covers the following key aspects Anatomy bone structure musculature and function How each part of the body moves and how it responds under pressure Pitfalls Common examples of bad practice and the effect that these can have on the body Self Analysis How to become aware of and muscle groups and the capacity of each joint Injury Prevention Tips and advice on how to best avoid and prevent injury both in training and everyday life Exercises Simple and effective methods of strengthening mobilising and relaxing joints and muscles Checklists Dos and Don'ts for the best dance technique The best dancers know that looking after their bodies is the key to their success and Dance Medicine in Practice also covers how to ensure the best possible nutrition plan and manage training schedules and ensure that injuries are kept to a minimum both in frequency and impact It is the best possible companion to a life in dance

Dance, Professional Practice, and the Workplace Angela Pickard, Doug Risner, 2020-01-10 Originally published as a special issue of Research in Dance Education now with an added chapter this text acknowledges and celebrates the increasingly diverse careers and employment networks in which dance professionals and dance educators are engaged Addressing issues and developments relating to the workplace of dance the text explores what it means to transcend the boundary between dance as passion and dance as employment Chapters explore challenges of professional practice including limitations on access precarity bodily risk gender inequality and sexual harassment and challenge the status quo to offer readers new ways of thinking about dance and how this might translate into professional practice and work Ultimately celebrating the passion which motivates dancers to embark on a professional career and highlighting the elation and joy which such employment can bring this volume encourages dance professionals students and educators to imagine things differently and develop teaching approaches curricula work places and communities which capitalise on the diversity and dedication of individuals in the field This text will be of great interest to graduate and postgraduate students researchers academics professionals in the field of Dance Dance Education Choreography and related art forms Curriculum studies and Sociology of Education

This book delves into Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance. Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance
 - Chapter 2: Essential Elements of Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance
 - Chapter 3: Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance in Everyday Life
 - Chapter 4: Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance. The first chapter will explore what Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance is, why Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance is vital, and how to effectively learn about Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance.
 3. In chapter 2, the author will delve into the foundational concepts of Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance. This chapter will elucidate the essential principles that need to be understood to grasp Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance in its entirety.
 4. In chapter 3, the author will examine the practical applications of Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance in daily life. This chapter will showcase real-world examples of how Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance in specific contexts. This chapter will explore how Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Student Dancer Emotional Aspects Of The Teaching And Learning Of Dance.

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