



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

RD Boyd



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 Sport and Performance Psychology Shane Murphy,2012-08-16 The Oxford Handbook of Sport and Performance Psychology includes the latest research and applied perspectives from leaders in the field of performance psychology Current and comprehensive this foundational volume presents sport and performance psychology from myriad perspectives including individual psychological processes in performance such as attention imagery superior performance intelligence motivation anxiety confidence cognition and emotion the social psychological processes in performance including leadership teamwork coaching relationships moral behavior and gender and cultural issues human development issues in performance such as the development of talent and expertise positive youth development the role of the family end of involvement transitions and both youth and masters level sport and physical activity programs interventions in sport and performance psychology and counseling of performers in distress including such important issues for all performers as appearance and performance enhancing drug use injuries managing pain eating and weight issues burnout and the role of physical activity in maintaining health The chapters collected here also cover the history of sport and performance psychology the scope and nature of the field ethical issues in sport and performance psychology performance psychology in the performing arts and other non sporting fields perfectionism and performance the role of the performance coach and of the sport psychologist with a coach and team supervision and a look ahead to the future of the field

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

Scientific Perspectives and Emerging Developments in Dance and the Performing Arts Pessali-Marques, Bárbara,2021-06-11 In the last few years concerns about dancers health and the consequences of physical training have increased considerably The physical requirements and type of training

dancers need to achieve to reach their highest level of performance while decreasing the rate of severe injuries has awakened the necessity of more scientific knowledge concerning the area of dance in part considering its several particularities Scientific Perspectives and Emerging Developments in Dance and the Performing Arts is a pivotal reference source that provides vital research designed to reduce the gap between the scientific theory and the practice of dance While highlighting topics such as burnout mental health and sport psychology this publication explores areas such as nutrition psychology and education as well as methods of maintaining the general wellbeing and quality of the health training and performance of dancers This book is ideally designed for dance experts instructors sports psychologists researchers academicians and students

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 **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

New Research and Possibilities in Wellbeing Education Mathew A. White, Faye McCallum, Christopher Boyle, 2023-10-24 This book examines a variety of issues related to wellbeing education and cross cultural education curriculum and pedagogy education policy and systems teacher education and professional development of educators educational administration management and leadership and inclusive education Stimulated in part by the launch of positive psychology wellbeing education has grown worldwide Various theories of wellbeing have been adopted in education coining the term wellbeing education defined in this book as how school leaders and teachers plan to implement evidence informed wellbeing interventions to promote wellbeing and academic goals This book investigates a series of questions related to wellbeing education and how evidence informed wellbeing approaches are integrated into learning teaching and education

Dance Now, 1999 **Dance** Lynnette Young Overby, Billie Frances Lepczyk, James Harry Humphrey, 1989 Medical Problems of Performing Artists, 2003 Methods in Perspective Jelani K. Mahiri, 2006 The Journal of Health and Physical Education, 1932 *Journal of Health, Physical Education, Recreation*, 1930 *G.K. Hall Bibliographic Guide to*

Dance New York Public Library. Dance Division,1999 Bibliographic Guide to Education ,2001 lists publications cataloged by Teachers College Columbia University supplemented by The Research Libraries of The New York Public Library

Attitudes & Arabesques ,2000 *Dance Education* Andrew Schlegelmilch,2007 Writing about traumatic or stressful experiences has been shown to have physical and mental health benefits This book describes two studies that were designed to test the hypothesis that programmed writing would enhance the mood health and dance skill of students enrolled in dance education classes Study 1 included 40 participants with a mean age of 17 1 years who were enrolled in a community based summer dance camp Study 2 included 100 participants with a mean age of 20 5 years who were enrolled in university based dance education classes Both studies utilized a pre post design and participants were randomly assigned to a programmed writing group or a control writing group The programmed writing group was instructed to write about their thoughts and feelings about dance and the control writing group was instructed to write about what they learned in class that day Participants also completed questionnaires about their mood health and perceived dance skill and were rated by independent observers on dance skill and attitude A series of multivariate analyses of variance MANOVA examined the effects of programmed writing on mood health and dance skill The results of Study 1 suggested that programmed writing had a positive effect on mood but failed to have a significant effect on health or dance skill The results for Study 2 suggested that programmed writing did not have a significant effect on health mood or dance skill These studies appear to be an appropriate application of programmed writing in an applied setting and call into question the ability of programmed writing to effectively cause positive changes in health mood and goal attainment as is typically reported in the literature Ideas for future research such as linguistic analysis of participants journals and further clarification of the role of stress and emotionality in dance are discussed Arts-in-education Residency Program ,2005 **Behavioral Science Elementary Teacher Education Program** ,1968 **The Dancer's World** ,1980

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