

# Safe Dance Practice for Dance Teachers course

*preparing for Certificate in Safe and Effective Dance Practice developed through collaboration between Trinity College London & International Association for Dance Medicine & Science*

## What does the course cover?

The Safe Dance Practice for Dance Teachers course has been developed by Dance & Health Educator, Sho Botham MA to prepare dance teachers to take the internationally recognised Level 5 qualification in Safe and Effective Dance Practice (SEDP). This new qualification is the result of collaboration between Trinity College London and the International Association for Dance Medicine & Science (IADMS).

Topics include basic principles of:- anatomy and physiology; warming up and cooling down; nutrition and hydration; fitness for dancers, injury prevention and management; posture and alignment; planning dance sessions; safe progression of exercises; reflective practice as well as the dance studio environment.

These topics are explored relevant to your own dance teaching practice. So if you are a teacher of leisure or social dance then you will focus on the topics from this perspective. And if you teach competitive or elite performers then you will be exploring how to employ safe dance practice in this context.

## Who can take the course?

Dance teachers and student dance teachers in all dance genres are welcome to apply to take this course. Whether you teach one class a week or you teach dance full-time this course is relevant to your teaching practice.

## How much does it cost?

This first course is being offered **FREE** due to generous sponsorship from decodanz and Josh Botham Tax & Accounting Services Ltd. This is an amazing saving of £285 and an opportunity that you do not want to miss.

## How is the course delivered?

The course is delivered over three months as a combination of distance learning, email support, plus attendance at one two-day intensive workshops event either Tuesday 3 July & Wednesday 4 July in Eastbourne or Tuesday 26 & Wednesday 27 June in Edinburgh. Regular access to the internet and email is necessary to receive and access course materials, information, communication and feedback throughout the course. The course will start on Monday 30 April 2012.

## Certificate in Safe and Effective Dance Practice qualification

Dance teachers completing the Certificate in SEDP will be able to evidence their ability to apply the principles of safe and effective dance practice to the design and delivery of a dance session - for example, to their employers, to dancers and to parents of young children.

The assessments for this qualification include a video assessment of a teaching session - candidates will need access to a group of between six and 15 dancers for this. There is a choice between a written or filmed reflective journal relating to your taught session. And there are three questions that can be answered by submitting written responses or by vocal presentation on film.

## Further information

For further information about the course please visit the decodanz website at:-  
[www.decodanz.co.uk/danceteachers/safedancepractice.html](http://www.decodanz.co.uk/danceteachers/safedancepractice.html)

If you have questions about the course please email Sho Botham via [sho@decodanz.co.uk](mailto:sho@decodanz.co.uk)

Further information can also be found at:-

[www.trinitycollege.co.uk](http://www.trinitycollege.co.uk)

[www.iadms.org](http://www.iadms.org)