



Learning and Teaching Dance: tension and rigidity in dance

Course tutor: Sho Botham PhD, MA
 Dance & Health Education Consultant
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Course type	One of a series of short online CPD courses for dance teachers and trainee dance teachers created by Sho Botham
Duration	3 weeks
Aim	To offer dance teachers an online CPD opportunity with email tutorial support
Learning outcomes/objectives	<p>On completion of this course you should have:</p> <ul style="list-style-type: none"> • explored the concept of tension and rigidity in dance • considered how dance teaching methods and approaches could contribute to tension and rigidity in the student dancer • planned and delivered a taught session, in a dance genre you teach, with a focus on prevention/reduction of tension and rigidity • reflected on your taught session • engaged in three tutorial email sessions with your course tutor
Time	Time commitment for the course is 10 hours over the three weeks. With the flexibility offered by doing this CPD online you can choose when to study and prepare assignments to fit around your existing work and family commitments.
Delivery	<p>The course is delivered via short, online, learning activities that may include reading, presentations or videos and practical tasks. Some learning materials or practical tasks are provided as PDF files for you to download. A weekly email tutorial with your course tutor is an important aspect of the course providing opportunities for discussion, reflection and feedback.</p> <p>Generic outline: Week 1 - Guided learning and/or reviewing Week 2 - Planning and application to practice Week 3 - Reflections and future practice</p> <p>NB: There is no formal essay writing on this course. Any writing is in note form.</p>
Certificate of completion	A certificate showing the date of completion will be sent to you following your completion of the course.



Aspects of Anatomy: exploring basic shoulder anatomy and function in dance

Course tutor: Sho Botham PhD, MA
 Dance & Health Education Consultant
 Email: sho@decodanz.co.uk

Course type	One of the series of short online CPD courses for dance teachers and trainee dance teachers created by Sho Botham
Duration	3 weeks
Aim	To offer dance teachers an online CPD opportunity with email tutorial support
Learning outcomes/objectives	<p>On completion of this course you should have:</p> <ul style="list-style-type: none"> • explored basic anatomy of the shoulder • explored function of the shoulder in relation to a dance genre you teach • planned and delivered a taught session applying the anatomy and function understanding to your own dance teaching practice • reflected on your taught session • engaged in three tutorial email sessions with your course tutor
Time	Time commitment for the course is 10 hours over the three weeks. With the flexibility offered by doing this CPD online you can choose when to study and prepare assignments to fit around your existing work and family commitments.
Delivery	<p>The course is delivered via short, online, learning activities that may include reading, presentations or videos and practical tasks. Some learning materials or practical tasks are provided as PDF files for you to download. A weekly email tutorial with your course tutor is an important aspect of the course providing opportunities for discussion, reflection and feedback.</p> <p>Generic outline: Week 1 - Guided learning and/or reviewing Week 2 - Planning and application to practice Week 3 - Reflections and future practice</p> <p>NB: There is no formal essay writing on this course. Any writing is in note form.</p>
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Short Online CPD Courses for Dance Teachers

Current courses

3 week, online CPD courses are designed with busy dance teachers in mind. They aim to enhance your knowledge, skills and understanding via practical CPD bites focusing on one, key topic at a time.

- **Email tutorials** aim to develop your understanding of course content for your dance genre/s offering practical ideas to help you explore the application of the content to your own dance teaching practice.
- **A free Certificate of Completion** will be sent to you upon completion of your course. Show your students and others that you are doing CPD.
- **Each course is only £49** per person, enabling you to do regular CPD at an affordable cost. Book one or more courses to fit into your busy schedule.
- **Computer access during course/s.** As these are short online CPD courses, it is essential that during the course you have regular use of a computer to access course materials, receive and send emails and be able to download email attachments (PDF files).

Sho Botham PhD, MA

Dance & Health Education Consultant
sho@decodanz.co.uk



Aspects of Anatomy for Dance Teachers: exploring basic shoulder anatomy and function in dance

In dance we tend to talk about placing and moving the arms and not focusing on the shoulder joint where the movement occurs. We will explore the basic anatomy of this vital joint and then focus on how it functions in dance. You will consider shoulder alignment and movement in your own teaching practice.



Learning and Teaching: tension and rigidity in dance

First we will reflect on how tension and rigidity often occur in dance as a way of achieving control. A rigid posture, tension in the arms and shoulders or feet are common. We will explore ways of developing control in posture, technique and performance in your own students' without relying on tension and rigidity.



Future courses

New short online CPD courses will be added from time to time exploring vital topics for dance teachers today. Topic categories include: safe dance practice; aspects of anatomy; learning and teaching; dance teaching ethics. Courses are suitable for all dance genres and levels.





Short Online CPD Courses for Dance Teachers

with Sho Botham



Booking form

A - Your details

Name _____

Address _____

Postcode or Zip code _____

Country _____

Tel _____

Mobile _____

Email _____

Male/Female (please tick) Age _____

B - Please tick the course/s that you want to book:

Aspects of Anatomy for Dance Teachers: exploring basic shoulder anatomy and function in dance	April 2015	June 2015
Learning and Teaching: tension and rigidity in dance	April 2015	June 2015

C - About your experience

Experienced dance teacher Trainee dance teacher (please tick)

It would be helpful if you would attach a brief statement to your booking giving details of:-

- your dance teaching experience (and/or any other relevant experience)
- the dance genre/s that you teach
- any relevant qualifications

Bookings are welcome from experienced dance teachers and trainee dance teachers in all dance genres.

D - Cost

Each course costs £49 per person. You can pay by BACS or by Sterling cheque.

BACS payment should be made to:

Sort code: 07-02-46 Account: 43900253

Reference: Please give your name as the reference so we know it is your payment

Cheques (drawn on a UK bank) should be made out to: **Dr Sho Botham**

Your booking/s will be confirmed by email once payment has cleared.

E - Send your booking to:

Please send your completed booking via email to: sho@decodanz.co.uk

or by post to:

Dr Sho Botham
 Rowallan
 Jerviswood Road
 Lanark
 ML11 7QS
 UK