



## Safe Dance Teaching Practice: proprioception

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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"> <li>• explored proprioception, its development and the concept of reduced proprioception in relation to dance teaching and learning</li> <li>• explored ways of enhancing proprioceptive skills in a dance genre you teach</li> <li>• planned and delivered a taught session with a focus on the development of proprioceptive skills</li> <li>• reflected on your taught session via email tutorial</li> <li>• engaged in three, tutorial email sessions with your course tutor</li> </ul>
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.