



Learning and Teaching Dance: Mindfulness in Dance Teaching

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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 aspects of mindfulness in relation to dance teaching including: noticing, non-judgemental observing; mindfulness in action; mindful breath and a mindfulness body scan • considered how to incorporate aspects of mindfulness explored, into your dance teaching practice • planned and delivered a taught session, in a dance genre you teach, incorporating aspects of mindfulness within the session or class • 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.