

<b>Webinar title:</b>	Dance for Older Adults
<b>Presented by:</b>	Dr. David Outevsky
<b>Target audience:</b>	Dance Teachers / Studio Managers/ Recent graduates interested in teaching dance
<b>Aims:</b>	<p>The aims of this webinar are to:</p> <ul style="list-style-type: none"> <li>• Equip participants with basic knowledge of specificities of teaching older adults in dance.</li> <li>• Explore age related health conditions that might prevent them from full participation in the dance class.</li> <li>• Improve the participants' understanding of psychosocial factors involved in teaching older adults.</li> <li>• To provide practical tools for the application of the theoretical teaching strategies discussed.</li> </ul>
<b>Learning outcomes:</b>	<ul style="list-style-type: none"> <li>• Have an increased understanding of teaching/learning psychology of older adults.</li> <li>• Be able to incorporate the understanding of physical age-related conditions into the studio.</li> <li>• Have a greater clarity of how to use the elements of imagery and music to increase satisfaction and retention in older adult learners.</li> <li>• Become aware of the existing research in the field of older adult education.</li> <li>• Be comfortable applying the strategies learned in studio classes.</li> </ul>
<b>Webinar Description:</b>	<p>This workshop explores the intricacies of the aging/moving body and looks for ways for movement teachers to adjust to their classes to the needs of this particular population. We will look at some common age-related physical limitations such as spinal deformations, low bone density, and balance issues and examine possible adaptations to dance and movement classes. Furthermore, we will look at strategies to make the classes relatable and enjoyable this generation by using music/dances they are familiar with and warming up with daily pedestrian movements already present in their bodies. Each workshop session will conclude with practical advice for teachers and goal setting activities for the implementation of the class material in the studio. As a reflection activity, the participants will be given topics including Aging Bodies, Social Behaviour, Age and Balance, Age-Related Disease, Psychosocial well-being, aerobic benefits of dance. They will think about how they perceive these topics in their current practice and have the option to share their conclusions with the rest of the group during the discussion portions of the workshop.</p> <ul style="list-style-type: none"> <li>- Discussion of reflection topics (25 min)</li> <li>- Topic specific presentation: e.g. Dance and Parkinson's, Bone density, or psychosocial well-being (1hr)</li> <li>- Application and discussion (35 min)</li> </ul>