

Webinar title:	Introduction to Dance Science
Presented by:	Dr. David Outevsky
Target audience:	Dance teachers / dancers/ choreographers/ students wanting to familiarize themselves with basic principles of dance science.
Aims:	<ul style="list-style-type: none"> • Equip participants with basic knowledge of dance science. • Explore various perspective on dance as a physical activity. • Improve the participants understanding of anatomy, kinesiology, physiology, motor control, and somatics. • To be able to incorporate the strategies learned in class into their classes.
Learning outcomes:	<ul style="list-style-type: none"> • Have an increased understanding of dance science fundamentals. • Be aware of the influences that shaped dance science as a discipline. • Have a greater clarity of how dancers can use dance science as performance enhancement and injury prevention tool. • Become aware of how dance science improves dance pedagogy.
Webinar Description:	<p>Dance Science was born out of Sport Science, Somatics, and Dance. It is the theoretical study and practical application of principles of physiology, anatomy, motor control, kinesiology, and psychology to the discipline of dance. Combined with embodied input from Somatic practices such as Pilates, Alexander's technique, Skinner's Release Technique, Bartenieff's Fundamentals, and Laban Movement Analysis, Dance Science attempts to enhance the movement potential and physical longevity of dance practitioners. In this workshop we will explore the basic elements of this discipline with a brief introduction to each aspect of this growing academic field and propose some basic applications of its research. Each workshop session will conclude with practical advice for teachers interested in presenting this material to their students.</p> <ul style="list-style-type: none"> - Presentation of key ideas (20 min) - Kinesiology and conditioning (30 min) - Physiology and Motor control (30 min) - Somatics (20 min) - Discussion (20 min)