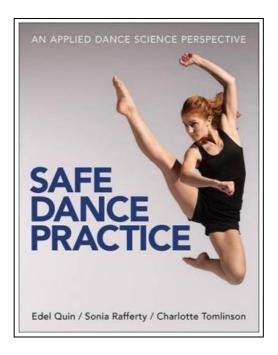
# Safe Dance Practice



Filesize: 2.85 MB

# Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me). (Prof. Ophelia Wiegand I)

#### SAFE DANCE PRACTICE



Human Kinetics. Paperback. Condition: New. Every dancer of every age, ability, and style should be able to engage fully in the act of dancing and be encouraged to achieve their potential without risk of harm to the body or mind. Practical information on all aspects of safe practice that is not too simplistic or complex has not always been easy to find. Enter Safe Dance Practice, by Edel Quin, Sonia Rafferty, and Charlotte Tomlinson. With nearly 60 years of collective experience in the dance profession as creative artists, teachers, and researchers, the authors translate extensive research and evidence-based practice in order to present the principles of safe practice that are essential to any dance experience. Guidelines in Implementing Principles The authors offer evidence-based guidelines on implementing diverse principles in practice, informing and supporting dance practitioners in an ever-growing pool of styles and genres. These guidelines and principles are of use not only to dancers and dance educators but also to choreographers, rehearsal and company directors, and studio managers. The information is underpinned by research in dance science and applied with contextual delivery in mind, ensuring an engaging experience for those accessing the book. Benefits to Readers The authors guide readers in these aspects: Facilitating a physically and psychologically safe and supportive dance environment Understanding principles of anatomy and biomechanically sound alignment Implementing effective physiological preparation and progression through warm-up and cool-down protocols as well as supplementary fitness and conditioning Minimizing risk of injury and understanding injury management aligned with appropriate rest and recovery strategies Incorporating advice on nutrition and hydration for enhanced performance and healthy dance practice Tailoring delivery to the specific needs and demographics of participants for diverse engagement with dance Evaluating personal practice in order to assess and monitor effective app



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