

**TALKING**

**DANCE SCIENCE**

## ‘Being a 21st century dance teacher’

Sunday 31 July 2022  
9.45am BST

Online  
event



Imperial Society of  
Teachers of Dancing

SAFE in  
**DANCE**  
INTERNATIONAL

**IADMS** International Association  
for Dance Medicine & Science

# TALKING

# DANCE SCIENCE

**Talking Dance Science: 'Being a 21st century dance teacher', is an industry-wide online collaborative event held as a partnership between the International Association for Dance Medicine & Science (IADMS), the Imperial Society of Teachers of Dancing (ISTD) and Safe in Dance International (SiDI).**

This one-day online event will give you the opportunity to get involved in thought-provoking discussion on the dance science principles that support dance practice, equipping you with some practical tools to develop and support your current dance teaching practice.

This dance science event aims to reach all dance teachers and educators with valid, scientifically supported information that can easily be disseminated and integrated into training for everyone.

The event is online, held on Zoom enabling easy access to participate on a Sunday. The morning is a symposium webinar followed by bite-size CPD sessions. Attend as little or as much as you want and create your own programme to suit your day and your interests.

## **Objectives**

- To gain a greater understanding of staying healthy and well while dancing by providing expert advice.
- To discuss issues/share advice and insight that teachers face in the studio with on-hand experts.
- To encourage a range of different dance teachers to come together as a community to explore and take part in courses which support applying dance science principles into practice in an accessible format through CPD sessions.

## **Morning symposium**

The morning symposium, free to members / associates of IADMS, ISTD or SiDI, is led by keynote speakers **Professor Emma Redding MBE**, Director of the Victorian College of the Arts, University of Melbourne, Australia, **Donna Krasnow PhD**, professor emerita and senior scholar in the Department of Dance at York University in Toronto and **Dr Liliana Araujo**, an academic, researcher and consultant specialised in performance psychology and performance science.

They will present stimulating keynotes looking at the range of challenges and opportunities that dance teachers face in the 21st century. The physiological and psychological aspects of the dancer that we encounter as teachers and how we manage individual differences in relation to what dancers want to do and are able to do safely.

They will also address how the knowledge, understanding and practical application of safe dance principles can support preparation, development and risk taking in dance from daily practice to optimal performance. This will be followed by a reflective and topical conversation with all three presenters discussing their individual keynotes and answering questions from the audience.

# Schedule of events

## Symposium

**09:45–10:00\*** **Introduction and welcome to partners**  
Ginny Brown (Chief Executive – ISTD)  
Astrid Sherman (IADMS)  
Louise Molton (Director of Education – ISTD)  
Maggie Morris and Sonia Rafferty (SiDI)

**10:00–10:30\*** **Keynote 1: The world in which we dance**  
Dr Liliana Araujo  
This session invites all to reflect on the contexts and people who make up our 21st century dance community, their needs at this time and what this asks of us as teachers. Dr Araujo will discuss the changing landscape in our society and how this affects our teaching practice. She will touch on areas such as mental health, cultural and social factors and of course the lasting impact of Covid-19. How can we as dance teachers adjust our teaching to reflect the changing landscape we navigate and how our practices can best respond to the different individuals' needs?

**10:30–11:00\*** **Keynote 2: The physical beings we teach**  
Donna Krasnow PhD  
Dr Krasnow will highlight the differences in body types that we encounter as teachers and how we manage these differences in relation to what dancers want to do and are able to do safely. She will touch on the individual characteristics we need to recognise such as dancers with spine variations, differences in leg and foot structures, and turnout variability. Are there any myths we need to dispel about diversity in potential? What are the strategies that dance teachers have to use now, supported by safe and healthy dance principles, to allow us to engage with all kinds of dancers?

**11:00–11:30\*** **Keynote 3: Dance science and practice**  
Professor Emma Redding MBE  
Professor Redding will talk about how dance science can support preparation, development and risk taking in dance from daily practice to optimal performance. What can we do to perform better and why do we need to? She will touch on the benefits of understanding dance science principles and the influence of research. She will address areas such as the relevance of warm up and cool down, rest and recovery and the concept of periodisation. To what extent can the dance teacher integrate dance science principles into their practice?

**11:45–12:45\*** **Panel discussion: What does the dance teacher of the 21st century look like?**  
All speakers

\* All times are during British Summer Time (BST), so please check appropriate local time.



# Afternoon CPD sessions

The afternoon sessions contain continuing professional development workshops with take away practical tools for dance teachers on topics that address both the psychological and physiological health and wellbeing of dancers and dance teachers.

The CPD provides teachers, new and experienced, with the opportunity to discuss the issues that they face in the dance studio. Our experts will be on hand to share advice, insight and practical support on topics including mental health, wellbeing, performance preparation, looking after your body and the impact of language on learning. Anyone registering for continuing professional development (CPD) will receive certificates validated by both SiDI and the ISTD.

Please note that you can only book into one CPD session in the same time slot. Do not double book.

13:30–14:30*	
<b>Why warm up and cool down?</b>	<b>Dance specific nutrition and hydration</b>
Led by <b>Charlotte Tomlinson MSc</b>	Led by <b>Zerlina Mastin MSc</b>
How do you know that you delivering an effective warm up and cool down? How can you be effective with the time you have? Recommendations and reasoning for simple approaches to warm up and cool down for different groups of dancers including the most beneficial types of stretching.	The importance of pre- and re-fuelling to support energy demands whether faced with one class, a full rehearsal day, a 5-minute competition piece or a longer performance. Looking at the differences between what, when and why depending on the activity you are undertaking.
14:45–15:45*	
<b>Talking feedback: enhancing learning</b>	<b>Our dancing bodies</b>
Led by <b>Clare Guss-West, BHum MA</b>	Led by <b>Katy Chambers MSc BSc (Hons) MHCPC MCSP MAACP</b>
Takes a fresh look at the role and function of feedback in movement skills learning. How understanding optimal feedback structure, frequency and timing can enhance teaching efficiency and influence dancers' progression. The session presents feedback strategies for teachers to improve the consolidation, retention and transfer of new skills learning, promoting a motivating and yet inclusive learning environment for all.	How can a dance teacher manage the individual differences in body type and structure so as to acknowledge and support everyone's potential. The session will touch some common issues dance teachers encounter such as hypermobility and dancers experiencing a growth spurt.
16:00–17:00*	
<b>Everyday rest, recovery and relaxation: can we afford not to?</b>	<b>Supporting dancers' mental and social wellbeing</b>
Led by <b>Edel Quin MSc FHEA</b>	Led by <b>Andrea Downie PhD candidate</b>
How can we organise our dance activities to get the best out of ourselves and our students? How can dance teachers incorporate rest and recovery principles and additional activities to better enhance our own and our students' wellness and opportunities to progress? Tips to embed some simple tools within your practice to support and enhance the teaching and learning experience.	Following on from Dr Araujo's keynote, what are the issues that affect dancers' mental well-being? How do we all stay balanced and resilient in a challenging landscape? What can we do as dance teachers to support our students and what are the limits of our expertise? Sharing our experiences and looking forward.
17:15–18:15*	
<b>'So, what is the 21st century dance teacher?'</b>	
Led by <b>Virginia Wilmerding PhD</b> Panel discussion: <b>Astrid Sherman</b> (IADMS), <b>Louise Molton</b> (Director of Education – ISTD), <b>Maggie Morris</b> and <b>Sonia Rafferty</b> (SiDI)	
In this closing session Dr Wilmerding reflects on dance science and its positive effects on practices inside and outside the classroom, including mental health, social factors, anatomical differences and various body types, rest and recovery, and feedback to enhance learning. She will then facilitate a panel and discussion of how we move forward together as dance teachers to find solutions and address the new and recurring challenges. How do we open additional doors and make a space for new ideas to turn challenges into opportunities?	

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# Speakers



## **Dr Liliana Araujo**

### **Keynote 1: The world in which we dance (10:00–10:30\*)**

Dr Liliana Araújo is an academic, researcher and consultant specialised in performance psychology and performance science. Liliana leads the MSc and MFA programmes in dance science and lectures on performance psychology (in Music and Dance) at Trinity Laban Conservatoire of Music and Dance, UK. She holds a PhD in psychology, she is a chartered psychologist in the UK (BPS) and Portugal (OPP), and a certified stress management, health, and wellbeing coach. With a multifaceted and interdisciplinary background across psychology, education and performance contexts, her work is cross and interdisciplinary, focusing on performance, health and wellbeing, culture change and artistic excellence.



## **Donna Krasnow PhD**

### **Keynote 2: The physical beings we teach (10:30–11:00\*)**

Donna Krasnow, PhD, is Professor Emerita in the Dance Department at York University in Toronto. She created C-I Training™ (conditioning with imagery) for dancers and the C-I Training video series. Her books include *Conditioning with Imagery for Dancers* (2010), *Motor Learning and Control for Dance: Principles and Practices for Performers and Teachers* (2015), *Dancer Wellness* with co-editor Virginia Wilmerding (2017), and *Daniel Lewis: A Life in Choreography and the Art of Dance* (2020). She received the NDEO Outstanding Dance Researcher Award (2016); Healthy Dancer Canada Lifetime Achievement Award (2018), IADMS Dance Educator Award (2020), and NDEO Lifetime Achievement Award (2021).



## **Professor Emma Redding MBE**

### **Keynote 3: Dance science and practice (11:00–11:30\*)**

Emma Redding is Director of the Victorian College of the Arts, University of Melbourne, Australia. Prior to this, she was Professor in Performance Science and Head of Dance Science at Trinity Laban Conservatoire of Music and Dance, London, England, leading the education, research, and knowledge exchange activity within the department. Originally trained as a dancer, Emma wrote the first ever Master's degree in Dance Science and has since played a major role in developing dance science as a recognised field of study in higher education through her research, and through her international teaching. She is a founding partner of the UK's National Institute for Dance Medicine and Science [www.nidms.co.uk](http://www.nidms.co.uk) and a Past President of the International Association for Dance Medicine and Science <https://iadms.org>. In 2022, Emma was awarded an MBE Queen's Honour for services to dance.

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### **Charlotte Tomlinson MSc**

#### **Why warm up and cool down? (13:30–14:30\*)**

Co-author of *Safe Dance Practice: An Applied Dance Science Perspective* (2015), Artistic Director of SideKick Dance, dance lecturer, Yoga teacher and community dance practitioner. Dance Leader for We are Epic's ID Dance Company. Associate, Course Provider and Quality Reviewer for Safe in Dance International (SiDI). Guest lecturer in *Safe Dance Practice* at various dance training institutes. Course provider with Ticta First Aid of bespoke first aid training within the arts and physical activity. Winner of the One Dance UK Inspirational Community Dance Practitioner Award 2017 and nominee for the IADMS Dance Educator Award 2018.

[www.sidekickdance.co.uk](http://www.sidekickdance.co.uk)



### **Zerlina Mastin MSc**

#### **Dance specific nutrition and hydration (13:30–14:30\*)**

Zerlina Mastin graduated with a BSc in Nutrition and Dietetics at Kings College London (2004) and went on to study an MSc in Public Health Nutrition at LSHTM. With an Honours degree from the Royal Academy of Dance, Zerlina is actively involved in the Healthier Dancer Programme working under the education programme of the National Institute of Dance Medicine and Science (NIDMS). Zerlina is based in London and holds a resident nutrition post at the London Studio Centre and runs the nutrition module for the BSc Dance Science degree course at Trinity Laban Conservatoire.



### **Clare Guss-West, BHum MA**

#### **Talking feedback: enhancing learning (14:45–15:45\*)**

Former professional dancer, choreographer, holistic health practitioner and author specialising in holistic health and dance. Clare's work translates high-performance attentional focus research for application in professional dance and dance-based health. She provides dancers, teachers and coaches with mindful strategies to optimise attention, energy and effort in performance. She delivers this work for The Royal Ballet, Houston Ballet, Finnish National Ballet, Ballet de L'Opéra du Rhin and Opéra de Paris-Opéra Université. She teaches techniques for dance-based health applications with all publics for the MAS Dance Science, Institute of Sports Science, Bern University, Switzerland and leads the University Diploma in 'Dance, Health and Aging' for the University Côte d'Azur, France. Chair of IADMS Dance for Health committee and Director of the Dance and Creative Wellness' Foundation, she advocates internationally for dance as an innovative healthcare practice.



### **Katy Chambers MSc BSc (Hons) MHCPC MCSP MAACP**

#### **Our dancing bodies (14:45–15:45\*)**

Katy is a Company Physiotherapist for The Royal Ballet Company as well as a Performing Arts Specialist Physiotherapist and Pilates Instructor at Trinity Laban Conservatoire of Music and Dance and Performance Pro Physio, Harley Street. Katy is also a Lecturer in Dance Science for Trinity Laban Conservatoire of Music and Dance and has extensive experience working in recreational and vocational dance training settings, teaching, lecturing and supervising research across several London-based dance institutions, including the Royal Academy of Dance, BBO Dance, Rambert, Urdang and London Studio Centre.

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### **Edel Quin MSc FHEA**

**Everyday rest, recovery and relaxation: can we afford not to? (16:00–17:00\*)**

Edel Quin has transitioned from dancer to dance science practitioner, educator, and researcher, with extensive international experience, specialising in the application of dance science to the practice of dance, across styles, ages and settings. Edel currently leads the BSc (Hons), and masters (MSci and MSc) programmes in dance science at the University of Chichester, UK. Edel is an Associate of Safe in Dance International, an active member of the International Association for Dance Medicine and Science (IADMS), and co-author of key applied dance science text, *Safe Dance Practice*. Edel was awarded the IADMS Dance Educator Award in 2021.



### **Andrea Downie PhD candidate**

**Supporting dancers' mental and social wellbeing (16:00–17:00\*)**

Andrea Downie is an adjunct professor in the Dance Programme and a PhD candidate in Kinesiology at University of Calgary. Her research focuses on the intersection of dance science, somatics, and social justice in dance pedagogy. Andrea is a founding member and Past President of Healthy Dancer Canada, the Founding Director of EnhanceDance, a Registered Provider with Safe in Dance International for the Healthy Dance Certificates, and an instructor for the Level 1 C-I Training™ Teacher Certification Course.



### **Virginia Wilmerding PhD**

**'So, what is the 21st century dance teacher?' (17:15–18:15\*)**

Mary Virginia (Ginny) Wilmerding is a Research Professor at the University of New Mexico in Albuquerque, New Mexico, USA in both the Exercise Science Programme and the Dance Programme. Ginny is Past President of the International Association for Dance Medicine and Science (IADMS) and former Chief Executive Officer (CEO). She has co-authored the human kinetics textbook *Motor Learning and Control for Dance: Principles and Practices for Performers and Teachers* with Donna Krasnow, PhD. They have also collaborated to edit the IADMS organisational book *Dancer Wellness*. Ginny is currently the Executive Director for the New Mexico Ballet Company.

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## **Maggie Morris**

Maggie Morris is Co-Founder of Safe in Dance International. Her interest in healthy dance practice stems from her career as a dancer / choreographer and her role as Artistic Director of Phoenix Dance Theatre. Seeing the high injury rate in the company Maggie instigated a research project which developed fitness and nutrition programmes for the dancers, which significantly reduced injury. Apart from devoting her time working on the development of Safe in Dance International, Maggie has taught and lectured at colleges and universities internationally and works as a consultant with vocational schools in the UK. She is currently Interim Executive Director at the English National Ballet School. She is also a founder member of Personal Safety for Dance International Working Group. In 2021 Maggie received the One Dance UK Jane Attenborough Award for Outstanding Contribution to the Art Form.

## **Sonia Raffety MSc**

Sonia is Co-Founder of Safe in Dance International and Senior Lecturer at Trinity Laban Conservatoire of Music and Dance teaching dance technique, performance and dance health and wellbeing. She is also Programme Leader of the BSc Dance Science. As a freelance artist / practitioner, Sonia has over 35 years experience as a performer, choreographer, professional and company class teacher, artistic director, consultant and mentor. Since completing an MSc in Dance Science in 2004, she has been involved with research in leadership in dance, dance-specific fitness and technical training. Along with Edel Quin and Charlotte Tomlinson, Sonia is co-author of *Safe Dance Practice: An Applied Dance Science Perspective*. In 2020 Sonia received the One Dance UK Applied Dance Science Award.

## **Astrid Sherman**

Astrid Sherman is the North American International Representative for the ISTD and a member of IADMS Dance Educators' Committee. She ran a large ISTD-based training school in Vancouver, Canada for 16 years before relocating to LA. Astrid has her ISTD Fellowship in ICB, a BSc Kinesiology and Gerontology and just completed the MA in Dance Pedagogy at Middlesex University. She has presented dance research at IADMS conferences and for Healthy Dancer Canada. Astrid acts as the Dancer Wellness Advisor for Ballet Beyond Borders (BBB) and is part of the LA chapter for the Bridge Dance Project (BDP).

## **Louise Molton**

Louise is Director of Education at the ISTD and leads on the development of teaching qualifications and continual professional development for teachers. Prior to joining the ISTD Louise had worked within education for 25 years in several different settings both in the private and state sectors. Louise is passionate about access for all to dance and is working with the ISTD as part of the strategic plan to widen participation for children and to create a community of dance teachers.

Louise is delighted to have been working collaboratively with SiDI and IADMS to produce a day for dance teachers to explore dance science and teaching strategies to enhance their practice. She would like to thank all key notes speakers and lecturers for giving their time so generously and for contributing to this event.



# Partner organisations



## International Association for Dance Medicine & Science (IADMS)

The International Association for Dance Medicine and Science (IADMS) is an inclusive organisation for professionals who care for those who dance by evolving best practices in dance science, education, research, and medical care to support optimal health, wellbeing, training, and performance. Membership is represented from over 50 countries worldwide from doctors and health practitioners, to researchers, dance educators and teachers. The Dance Educators' Committee of IADMS is the group that focuses on supporting dance education and teaching. We provide specific educational resources, such as the latest research papers, fact sheets, videos, and infographics for our members to share and contribute to dance teachers, dancers, students and parents. IADMS regularly organises international, regional, and virtual events to keep members up-to-date, support research, cultivate relationships, and meet new members. We welcome any teachers fascinated with dance science to join us. [www.iadms.org](http://www.iadms.org)



## Imperial Society of Teachers of Dancing

### Imperial Society of Teachers of Dancing (ISTD)

The Imperial Society of Teachers of Dancing exists to advance excellence in dance teaching and education, representing dance teachers and their communities. For over 117 years the Society has provided quality dance training across a diverse range of genres – enabling its members to inspire their students with a passion for dance. With approximately 6,000 members in 59 countries, we typically conduct over 120,000 examinations worldwide each year. Membership of the Imperial Society of Teachers of Dancing is a passport to artistic and professional progression.

The Imperial Society of Teachers of Dancing (ISTD) launched Talking Dance in 2021 – a series of symposiums with leading artists and educationalists to encourage debate and discussion on thought-provoking and hard-hitting issues facing the dance sector today and tomorrow. Discover more: [www.istd.org](http://www.istd.org)



### Safe in Dance International (SiDI)

**“Optimising performance, minimising injury, enhancing dance”**

Safe in Dance International (SiDI) believes that it is the right of everyone involved in dance to study, rehearse, train, perform and teach in a healthy, safe and supportive environment. In all areas of dance and dance teaching SiDI works to develop and support the dance practitioners' interests and needs in healthy dance practice.

SiDI provides courses and certificates in Healthy Dance Practice worldwide through online provision and its Registered Providers. It partners and works closely with The International Association for Dance Medicine and Science (IADMS), The National Institute for Dance Medicine and Science (NIDMS), People Dancing, The Imperial Society of Teachers of Dancing (ISTD) and Healthy Dancer Canada. SiDI's certificates are endorsed by the Council for Dance Drama and Musical Theatre. SiDI contributes to conferences, webinars and presentations worldwide to further our mission to support healthy practice for all. [www.safeindance.com](http://www.safeindance.com)