



## 2016-17 Dance Teacher Professional Development Short Course – SPRING

<b>Workshop Title</b>	<b><i>DANCE TECHNIQUES THROUGH AN ANATOMICAL LENS</i></b>
<b>Course Facilitator</b>	Emily Sandow, PT, DPT, OCS Assistant Supervisor of Dance Physical Therapy
<b>DOE Facilitators</b>	Ani Udovicki (Ballet), Blakeley White-McGuire (Modern), Ian Dasilva (West African), Kimberly Elliott (Hip Hop)



### Course Description

**Dance Techniques through an Anatomical Lens** is a four-part professional development course in partnership with Harkness Center for Dance Injuries (HCDI) of the NYU Langone Medical Center. Each session will focus on a different dance discipline: Ballet, Modern, West African, and Hip Hop, and is led by a master NYCDOE dancer teacher and an HCDI physical therapist. In this course, participants learn to apply best practices in anatomy and kinesiology to different dance techniques using the most up-to-date, scientific knowledge in the field of dance medicine. Together with the HCDI clinician and the master technique teachers, dance educators explore kinesiological connections between dance disciplines and consider ways to teach their students movement efficiency and greater articulation through an understanding of anatomical principles. This exploration of technique through an anatomical lens provides teachers with strategies for deepening their students' physical and artistic expression in the classroom; caring for themselves as physical practitioners; and applying the latest anatomical knowledge to their dance instruction.

#### ***Please note:***

- *This is a four part series, and all participants **must** attend all sessions*

Session 1: Ballet: Wednesday, March 1 <sup>st</sup>	12-3pm
Session 2: Modern: Tuesday, March 21 <sup>st</sup>	12-3pm
Session 3: West African: Tuesday, April 4 <sup>th</sup>	12-3pm
Session 4: Hip Hop: Tuesday, May 2 <sup>nd</sup>	12-3pm

**Please note: Course participation requires school release**

<b>Eligibility</b>	All assigned teachers of Dance, Grades PreK-12
<b>Dates</b>	Wednesday, March 1 <sup>st</sup> Tuesday, March 21 <sup>st</sup> Tuesday, April 4 <sup>th</sup> Tuesday, May 2 <sup>nd</sup>
<b>Time</b>	12:00 p.m. – 3:00 p.m.
<b>Location</b>	Gibney Dance Center. <a href="https://www.gibneydance.com/">280 Broadway, NY, NY 10007</a>
<b>Fee</b>	FREE

**Registration Instructions for Teachers – DEADLINE: WEDNESDAY, FEBRUARY 1**

*Please note: registration may close early if course reaches maximum enrollment.*

1. Obtain permission from your Principal to attend all workshop half-days.
2. Complete the online registration at this link: <https://www.cvent.com/d/3vqpth>

**Course Policy**

Walk-in participants **will not** be admitted.

**Questions**

Contact the Office of Arts and Special Projects at [artsandspecialprojects@schools.nyc.gov](mailto:artsandspecialprojects@schools.nyc.gov) or call 917-521-3714.