

Dance Kinesiology Sally Sevey Fitt

Dance on Its Own Terms Dance and Somatics The New Rules of Posture Pilates and Conditioning for Dancers Medical Problems of Performing Artists Dance Kinesiology Pilates Pilates Workout Catalog of Copyright Entries. Third Series Diet for Dancers Teaching Dance The Body, the Dance and the Text Inside Ballet Technique Anatomy and Kinesiology for Ballet Teachers The Dancer Prepares Index to Dance Periodicals 1998 Choice Journal of Physical Education, Recreation & Dance Teen Guide to Getting Started in the Arts Conditioning for Dancers Melanie Bales Julie A. Brodie Mary Bond Jane Paris Sally Sevey Fitt Lynne Robinson Lynne Robinson Library of Congress. Copyright Office Robin D. Chmelar Elizabeth Gibbons Brynn Wein Shiovitz Valerie Grieg Eivind Thomassen James Penrod Nypl Dance Collection Carol Ritzenthaler Tom Welsh

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dance on its own terms histories and methodologies anthologizes a wide range of subjects examined from dance centered methodologies modes of research that are emergent based in relevant systems of movement analysis use primary sources and rely on critical informed observation of movement the chapters emphasize dance history and core disciplinary knowledge in three categories of significant dance activity performance and reconstruction pedagogy and choreographic process and notational and other written forms that analyze and document dance conceptually each chapter also raises concerns and questions that point to broadly inclusive methodological applications engaging and insightful dance on its own terms represents a major contribution to research on dance

training in somatic techniques holistic body centered movement that promotes awareness and well being provides an effective means of improving dance students efficiency and ease of movement however dance educators do not always have the resources to incorporate this knowledge into their classes this volume explains the importance of somatics introduces fundamental somatic principles that are central to the dance technique class and offers tips on incorporating these principles into a dance curriculum the authors demystify somatic thinking by explaining the processes in terms of current scientific research by presenting both a philosophical approach to teaching as well as practical instruction tools this work provides a valuable guide to somatics for dance teachers of any style or level instructors considering this book for use in a course may request an examination copy here

a manual for understanding the anatomical and emotional components of posture in order to heal chronic pain contains self help exercises and ergonomics information to help correct unhealthy movement patterns teaches how to adopt suitable posture in the modern sedentary world many people cause their own back and body pain through their everyday bad postural and movement habits many sense that their poor posture is probably the root of the problem but they are unable to change long standing habits in the new rules of posture mary bond approaches postural changes from the

inside out she explains that healthy posture comes from a new sense we can learn to feel not by training our muscles into an ideal shape drawing from 35 years of helping people improve their bodies she shows how habitual movement patterns and emotional factors lead to unhealthy posture she contends that posture is the physical action we take to orient ourselves in relation to situations emotions and people in order to improve our posture we need to examine both our physical postural traits and the self expression that underlies the way we sit stand and move the way we walk she says is our body's signature bond identifies the key anatomical features that impact alignment particularly in light of our modern sedentary lives and proposes six zones that help create postural changes the pelvic floor the breathing muscles the abdomen the hands the feet and the head she offers self help exercises that enable healthy function in each zone as well as information on basic ergonomics and case histories to inspire us to think about our own habitual movements this book is a resource for pilates yoga and dance instructors as well as healthcare professionals in educating people about postural self care so they can relieve chronic pain and enjoy all life activities with greater ease

professional dance is an exciting but demanding career to choose and the dancer of today needs to be physically prepared for the stress on the body that a performing life entails pilates and conditioning for dancers is a practical guide to exercises designed specifically for dance students and professionals alike the focus on how to choose exercises that suit the individual offers dancers the freedom to optimize their performance potential in a flexible environment key topics covered are core control turnout the healthy spine footwork jumping and landing this new book covers each area of the body relating the exercises closely to dance technique and providing movement solutions for dancers of all styles and at all stages of their performing career

a working knowledge of the science of movement can help any dancer achieve the goals of excellent performance and avoidance of injury for students and others in pursuit of that knowledge dance kinesiology is a comprehensive introduction to the ways muscles and bones work in all types of dance

from the world's bestselling author on pilates the thinking person's guide to the gym by applying the principles of pilates the world's most popular fitness program to a range of exercise forms you'll achieve a perfect balance of strength flexibility stamina and cardiovascular health realign and reshape the body correctly by learning how to move well and give muscles maximum toning with a minimum of wear and tear picture filled double page spreads present gentle stretches for loosening every area of the body calisthenics that concentrate on specific muscles and all the popular machines rowing treadmill stationary bike elliptical cross trainer and more for every one you'll learn the aim of the exercise watch points guidelines for good technique and a list of common mistakes complete programs are laid out for you with warm ups cooldowns pre and post machine stretches and abdominals for in the gym and at home plus 18 new body control pilates mat exercises

the first diet book based on research with dancers this guide provides information about proper dietary procedures that will enable people to reach and or maintain their optimal body weight for dancing areas discussed include weight control individual differences in metabolism and body composition

teaching dance is an activity that is both a rigorous discipline which involves many years of study and a deeply personal expression throughout the years from the time i first encountered the spectrum i've realized more and more what an amazing pedagogical tool it is for dance as an art form the spectrum will help dance teachers address many issues including the following for the beginning teacher did i meet my objectives how can i judge how well i did for the advanced teacher how can i encourage initiative and make students more self motivated for the college or university teacher how do i help my colleagues in other disciplines and administration understand dance as an academic discipline what do i put in my tenure and promotion portfolio for teachers with adult beginner classes how do i introduce my adult learners to basic movement material without teaching down to them to recognize their cognitive level and maturity for teachers in private studios how can i teach so that i reach every student keep students coming back for more classes and thus keep enrollment and my business up when teaching large classes how can i provide feedback for every student in the class and

still keep the class moving whether you are facing a class of students for the first time or are an experienced teacher whether you teach children or adults whether in a recreational setting or college you will find useful information here supported by illustrations examples sample lesson plans criteria sheets activity suggestions and discussion questions this work is designed for use as a textbook for student teachers and a resource for the professional teacher it includes practical tips and application suggestions with additional material downloadable from the author s website

this collection of new essays explores the many ways in which writing relates to corporeality and how the two work together to create resist or mark the body of the other contributors draw on varied backgrounds to examine different movement practices they focus on movement as a meaning making process including the choreographic act of writing the challenges faced by marginalized bodies are discussed along with the ability of a body to question contest and re write historical narratives

the more knowledge the dancer and the dancer s parents and teachers has about the body as an instrument of artistic expression the better the dancer inside ballet technique introduces the reader to the natural anatomical laws governing human movement and body mechanics and relates them directly to the dancer s acquisition of technique in the daily ballet class easy to read simply and clearly illustrated inside ballet technique provides a fresh perspective on the basic tenets of classical ballet answering many questions that commonly persist in the minds of career track students and dancers

this introductory textbook looks at anatomy and kinesiology from the dancer s point of view it begins by setting out the basic structures of the human body bone muscle joints and nervous tissue and then goes on to show how they interact to form anatomical systems finally it considers how these systems function in the dance class addressing issues such as stretching breathing balance warming up and warming down easy to follow and clearly illustrated with photographs and diagrams anatomy and kinesiology for ballet teachers will prove invaluable for both teachers and students in all styles of dance professor eivind thomasen was a celebrated orthopaedic surgeon who specialised in the treatment of dancers and was consultant to the royal danish ballet rachel anne rist is head of dance at the arts educational school tring

this accessible easy to read text designed for beginning and intermediate modern dance courses provides students with concrete practical information on both the technical and creative aspects of modern dance

teens interested in preparing for a career in the arts will find this introductory resource invaluable as it is the first book to guide them long before they apply to college or seek a position in their field whether they would like to become actors or filmmakers artists architects dancers musicians or singers photographers or writers this book will show them how to do so for each of the arts an overview of the career training and a discussion of related careers is provided along with lists of books web sites and organizations for further information sections directed to parents and teachers of the teens with advice on how to support and encourage teens in their careers are also included teens wanting to gain an edge in their craft by practicing and preparing early will find a wealth of information advice from experts in each field provide an inside look on what skills are necessary for the twenty first century suggestions for building discipline are provided such as keeping a writing or sketching journal and finding the proper trainers in music dance and acting contests and other opportunities that teens can submit work to or apply for auditions are provided along with an extensive list of books trade journals sites and professional and non professional organizations using the resources in this book will ensure teens are experienced and well prepared in their art form when they apply to college or other professional training and seek positions in their field

this book empowers conscientious dancer athletes to take an active role in directing their own training and development the author s clear straightforward explanations of important concepts in conditioning home in on the physical capabilities that are key to success not only for dancers but for others whom strength and flexibility precise alignment and movement efficiency are high priorities

book cover

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