

Dancing
for Health CIC™



TRAINING PROGRAMME COURSE OUTLINE



DANCING FOR HEALTH TRAINING PROGRAMME

GENERAL DESCRIPTION OF THE TRAINING PROGRAMME

Dancing for Health CIC (Community Interest Company) is an innovative and unique not for profit organisation, that uses the power of partner dancing to help people with long term health conditions, the elderly, people with reduced fitness levels, those commencing on extended terms of anticipated recovery and also patients through the new Social Prescribing channels.

We deliver partner dance therapy programmes within clinical healthcare environments like hospices and hospitals. In fact, we were the first company in the U.K. to use partner dancing within a hospice environment. And also in non clinical environments such as community groups or other social care groups.

The Dancing for Health programmes, fill a gap in the market, they offer partner dancing to a group of people who couldn't attend a public class, because of their medical or age related conditions.

Dancing for Health continues to develop relationships with health and social care providers with an interest in integrating our programmes into their support services. Therefore our training programme is aimed at people who already work within this industry; physiotherapists, occupational therapists, and exercise referral specialists. The training programme is also available to those that have a similar background in the social care sector. It is also available to qualified dance instructors that can demonstrate an understanding in the difference of tuition required.

On completion of this training course you will be recognised as a Dancing for Health Instructor and the knowledge you will gain by completing this Dancing for Health Training Course will enable you to professionally deliver partner dance group classes and individual dance sessions to your clients with long term health conditions and improve their quality of life. For those of you that are already working within the healthcare sector it means you can offer a brand new exercise service and for others it may provide new opportunities to expand your job opportunities within the NHS and GP referral schemes.

The Dancing for Health instructor training programme is endorsed by EMD UK, which is the National Governing body for group exercise.

Our instructors create a full package of health, well-being and fitness through safe, bespoke 'Dancing for Health' physical and social activity programmes to positively impact the lives of others. The course will teach you how to design, deliver and adapt partner dancing moves to provide benefits to well-being, health outcomes, and aid recovery for individuals and their partners through a partner dance intervention therapy programme. Although the programme is for partner dancing and participants of your class can bring a partner of their choice, either a spouse, family member or friend, we also cater for those without partners, we can pair them up with other class members or dance assistants/volunteers, so we are inclusive and everyone is welcome.

Our programmes have been designed to compliment and run parallel to existing complementary treatments. Their aim is to have a beneficial effect on health, physically, socially, emotionally and psychologically. Our specifically designed programme is safe and easy to follow and particularly suitable for the target audience.

We provide our services within safe and familiar surroundings of their healthcare or community environment alongside other people in the group sharing similar difficulties and experiences. We take the class to them. However, the classes can also provide a stepping stone towards people building their confidence, improving their health/recovery and then being able to go along to a public class and continue their dance journeys.

Why should you take this endorsed training course?

By becoming a certified specialist Dancing for Health instructor, it gives your clients the confidence that you are a certified and accredited instructor and that you have the knowledge and experience to deal with vulnerable people.

LEARNING OUTCOMES

COURSE CONTENT

The Dancing for Health training programme was designed by dance teacher Tracey Barnes, and is the first partner dance therapy programme to be used within healthcare environments. The course will teach you how to design and adapt partner dancing moves as a physical and social activity to provide benefit to people suffering with long term health conditions. We deliver these partner dance therapy courses in hospices, hospitals and community group settings.

(A tutor is available every step of your learning journey to help and support where needed.)

The course will consist of a mix of home study and online learning, practical training days, assessments and exams.

- The theory part of your course is studied at home by online portal and also by manual.
- The online portal will also give you access to video tutorials of the programme's core moves.

THE VIDEO TUTORIALS COVER;

- Introduction to the course.
- Specific Structure and framework for the Dancing for Health programme.
- How the moves have been simplified to cater for restrictions in movement and mobility issues.
- Understanding connection, lead and follow.
- Teaching syllabus of the moves used in the core programme. (12 MOVES)

Instructors must learn to lead and follow both partner's parts with music. This includes all the components; foot positions, footwork, timing, connection, lead, follow, amount of turn, alignment, musicality and body position. Each core move will have a video clip that covers breakdown of the leader steps, the follower steps and how the move works with leader and follower together.

We advise that you practice creating dance routines from 3 or 4 of the core moves and practice teaching them prior to the face to face training.

FACE TO FACE TRAINING;

On the face to face training session you will be asked to demonstrate putting the learning into practice.

- Review of online course. Practice of moves with actual partner.
- Instructors will need to be able to demonstrate all the moves for the lead and follow to a comfortable standard. During this section, you will be taught different explanations on how to teach each move in the basic syllabus - people learn differently - we need to be able to use alternative analogies for different people when needed.
- Practice leading and following with music as much as possible.
 - Importance of welcoming participants on arriving. How to nurture and coach.
 - Learn to organise your group/class and class control.
 - How to call moves, kinesthetically, verbally and visually with music.



COURSE ASSESSMENTS:

• Continuous assessment throughout your face to face training day

On completing the course you will also be assessed through the following assessment components:

• **Theory exam** will be a short answer questions based on the course manual and presentations.

• Practical observations

- demonstrate how you would create routines and teach to a group (we look at your practical teaching ability)
- demonstrate how you would screen and adapt the dance programme for an example case study.

In order to gain your certification you must pass all elements of the required examinations.

On completing this certification you will be able to;

- Design, structure and deliver weekly partner dance routines for your classes.
- Effectively communicate with class/group/individuals
- Carry out risk assessment, exercise testing and personalised prescribing for each patient/client and create adaptations or modifications to suit their specific needs.
- Deliver programme to a deffereniating group/individuals.

DANCING FOR HEALTH LICENSE

DANCING FOR HEALTH INSTRUCTORS

To get the license you will need to complete the Endorsed Dancing for Health Training Course. As soon as you pass both your theory and practical tests on your Training Day and qualify as a Dancing for Health Instructor, you will be asked to sign your Dancing for Health License Agreement. The Dancing for Health license is required if you want to teach your own Dancing for Health classes. Dancing for Health Instructors pay the course fee & the monthly membership fee. This payment keeps your license valid. Upon signing your agreement, you are licensed to teach your first Dancing for Health classes for one month. This is your Initial Term. After one month, and your direct debit payments to Dancing for Health UK Ltd are in place, you are now a fully Licensed Dancing for Health Instructor, for as long as the License Agreement is valid. This is called the Term.

Your Monthly License Fee will provide you with;

- Ongoing access to online video tutorials of new moves.
- Ongoing access to online video tutorials of Pre choreographed Dance Routines to use
- Adaptations and modifications to moves to cater for mobility issues.
- Case studies for specific illnesses and how to write personalised programmes.
- Online profile of yourself and details of your classes on the Dancing for Health website
- Ongoing support and answers to your questions
- Private Facebook group support for all Instructors
- Marketing support to promote your classes
- Use of the Dancing for Health logo
- Music suggestions to use
- Information on insurances required.

DANCING FOR HEALTH ASSISTANTS/VOLUNTEERS

They can help in classes, demonstrate moves alongside a fully-licensed Dancing for Health Instructor as well as assist in Instructor Training Days.

Dancing for Health Assistants do not have a license to run their own classes. They are volunteers and therefore do not receive payment for assisting at Dancing for Health classes. Dancing for Health Assistants are not required to pay the monthly fees either.

PRE-REQUISITE INFORMATION

COURSE ENTRY REQUIREMENTS

- Level 3 Exercise Referral Specialist
- Physiotherapist
- Occupational Therapist

or

- Recognised dance qualification:

IDTA (International Dance Teachers Ass)

ISTD (Imperial Society of Teachers of Dancing)

GPDIA (Global Professional Dance Instructors Ass)

NATD (National Association of Teachers of Dancing)

UKA (United Kingdom Alliance)

RAD (Royal Academy of Dance)

BATD (British Association of Teachers of Dancing)

BBODANCE (British Ballet Organisation)

- We will also consider someone who can demonstrate that they have a similar background in the social care sector / can demonstrate an understanding in the sort of dance tuition required.



Kay has a crumbling spine and dropped foot and walks with 2 crutches. Pictured here with Dancing for Health support staff Jim

POLICIES AND PROCEDURES

Dancing for Health has a business model that is grounded in research and we prioritise the safety of our participants. Our policies and procedures are an essential component of our organisation. As Dancing for Health Instructors you will need to be aware, understand, agree with, and willing to implement all our policies. All staff and volunteers will be given copies of our policies and procedures as part of your training.

Our policies include;

- Safeguarding for vulnerable adults
- Health and Safety
- Equality and Diversity
- Code of Behaviour
- Code of Ethics
- Disciplinary Policy
- Cancellation/ Refund
- Quality Assurance, Complaints and Appeals
- Risk Assessment

COSTS

The Dancing for Health training programme is £595 and then £30 per month license fee.



Ann is 93 and walks with a frame. Pictured here with Dancing for Health support staff Andy



Dancing for Health CIC™



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