

Dance Conditioning 12 Assignments

This course is divided into 4 Units:

- Dance Stronger Concepts
- Principles of Training
- Better Movement Through Somatics: The Feldenkrais Method
- Tracking Your Progress and Reflecting On It

Students will **complete 5 projects**. All of the projects have a detailed description of what is required and a detailed marking rubric, so students are clear about expectations. The course provides rich information which will support the student in completing the projects.

Projects

- My Dance Stronger Journal (1st submission)
- My Dance Stronger Journal and Training Reflection
- Creating a simple Yearly Training Plan and setting and planning for 1 SMART Conditioning Goal
- Implementing the SMART Conditioning Goal plan, tracking it and reflecting on it.
- My Feldenkrais Journal