



DANCING FOR HEALTH CIC

TRAINING PROGRAMME **COURSE OUTLINE**



DANCING FOR HEALTH INSTRUCTOR TRAINING

When you become a licenced Dancing for Health instructor, you are also part of a much bigger and wider picture. We have a team of amazing instructors who are making a difference to people's quality of life everyday. Dancing for Health CIC is a not for profit organisation which uses the power of dancing to help people who have long term health conditions. We also assist the elderly, the disabled, people with reduced fitness levels, people with learning disabilities, mental health issues and other vulnerable adults. We have a specific and evidenced way of delivery. Our programmes improve health and well-being and make dance inclusive for everyone. Providing physical, mental and social benefits. The classes fill a gap in the market and offer a variety of dance activities for people who perhaps couldn't attend a public class because of their medical or age related conditions.

We are proud that we were the first company in the UK to use partner dancing within a hospice environment. Our dance therapy programmes are delivered in health and social care environments and also community group settings. This can be alongside other people in the group who may share similar difficulties and experiences. We also deliver selected programmes virtually through online platforms.

WHO WE ARE LOOKING FOR:

We are looking for like minded people who share our values and who want to deliver our classes to offer a long term impact on our communities health and wellbeing and help reduce health inequalities. Our instructors will need an understanding of both health issues and how to dance. The courses provide comprehensive training in both areas.

Do you work in a health, fitness or social care company where our programmes would benefit your service users? such as, activity co-ordinators, support/care workers, fitness instructors, physiotherapists, occupational therapists, exercise referral specialists, health and wellbeing instructors and other movement specialists.

Or do you have dance experience and would like to diversify into supporting people with long term health conditions?

We offer training courses in both seated dancing and partner dancing. The Dancing for Health instructor training programmes are endorsed by EMD UK, which is the National Governing body for group exercise.

WHY SHOULD YOU TAKE THIS ENDORSED TRAINING COURSE?

Becoming a certified specialist Dancing for Health instructor - you'll gain the credentials and trust to help transform the lives and recovery progress for your participants. Our endorsed courses show you how to create a full package of health, well-being, and fitness through safe, bespoke and easy to follow 'Dancing for Health' physical and social activity programmes which positively impact the lives of others. Your classes will offer fun and uplifting activities which help your clients reach their goals.

You'll be making a difference to people's quality of life - this not only helps them feel good, but makes you feel good at the same time.

Love your job - The dance programmes provide movement and support to individuals to be more active, boost musculoskeletal health, aiding recovery and remission whilst supporting connection and mental health, reducing anxiety and depression. The aim is to have a beneficial effect on health in the broader sense including physically, socially, emotionally and psychologically. Watching the participants' transformations is incredibly rewarding and gives you the job satisfaction we all strive for.

Credibility - The partner dance and the seated dance programmes have been independently evaluated and researched by three universities. The programmes have proven benefits and academic evidence. Mental health and low physical activity are a national crisis and public health concern. Our programmes are proven to reduce stress and improve mental health.

Unique and uplifting - You'll be providing services to clientelle that ordinarily would not be attending dance classes.

Fun - Enabling your clients to reach their goals whilst doing a fun activity.

Provides income - The classes can be used to provide you with an extra income or provide an additional activity to integrate into your company's existing services.

Inclusion - We support vulnerable hard to reach clients in our communities. Our activities meet requirements

of people with a diverse range of needs. Older and Disabled people have been disproportionately affected by the pandemic, and are desperately in need of inclusion through providing support for loneliness and depression along with more active and healthy lifestyles*. Some of our clients walk with sticks yet we can get them to dance!

* Evidence shows creating active lifestyles has a positive impact on mental health (Public Health England 2018)

LEARNING OUTCOMES

COURSE CONTENT

The course is available as individual dance programme options and can be completed as below:

- OPTION 1 - Seated dancing only
- OPTION 2 - Partner dancing and 1-1 assisted/Supported dancing
- OPTION 3 - Full programme - All dance programmes

PARTNER DANCING



1-1 ASSISTED DANCING



SEATED DANCING



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.
- The online portal will also give you access to video tutorials of the programme's core moves/routines.

THE VIDEO TUTORIALS COVER;

- Introduction to the course.
- Teaching syllabus of a selection of **seated dance** routines used in the programme. (learners are required to learn at least two full routines plus either a warm up or cool down for the course. You must be able to talk through and breakdown the moves used, show modifications and then perform to music)
- Teaching syllabus of the **partner dance** core moves used in the programme. (6 Moves)
Instructors must learn to lead and follow both partner's parts with music. 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. Training in the understanding of connection, lead and follow.
- How to simplify, adapt and do modifications to cater for restrictions in movement and mobility issues.

The course will teach you how to design, deliver and adapt dancing routines to provide physical and social activities that are beneficial to the client's well-being, and health outcomes.

WE ADVISE THAT YOU PRACTICE CREATING DANCE ROUTINES FROM 3 OR 4 OF THE CORE MOVES/2 SEATED DANCE ROUTINES AND PRACTICE TEACHING THEM PRIOR TO THE FACE TO FACE TRAINING.

FACE TO FACE TRAINING;

The Dancing for Health training day explains the values and benefits of our programmes in making dance inclusive for all. Why classes are needed and the importance of reducing health inequalities. The course includes practical skills for working with a diverse group, and being able to adapt



for specific client needs so everyone has a positive experience. Guides on risk assessment and other practical issues. Brief case studies and the university research done on our dance programmes, showing the academic evidence and proven health benefits.

- We will review all the online learning and you will be asked to demonstrate and put the learning into practice.
- Importance of welcoming participants on arriving.
- Learn to organise your group and class control.
- How to call moves, kinesthetically, verbally and visually with music.
- **Seated Dancing** - Practice of routines. How to talk through routines and explain adaptations. Dance through with music using cues and prompts.
- **Partner Dancing** - Practice of moves with an actual partner. Learners 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).

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

COURSE ASSESSMENTS:

You will be assessed through the following assessment components:

1. **Continuous assessment throughout your face to face training day**
2. **Theory exam** will be a short answer questions based on the course manual and presentations.
3. **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 dance routines for your classes.
- Effectively communicate with class/group/individuals
- Carry out risk assessment, exercise testing and personalised prescribing for each participant 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 a monthly membership fee. This membership 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 CIC 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. The membership offers many more benefits than just allowing you the use and permission of teaching the routines.

Your Membership Fee will provide you with;

- Funding and grant opportunities through the company.
- Marketing support to promote your classes and build an income.
- Ongoing access to online video tutorials of pre-choreographed dance routines and new moves to use.
- Adaptations and modifications to moves to cater for mobility issues.
- Case studies for specific illnesses and how to write personalised programmes.

- Ongoing support, advice and help.
- Online profile of yourself and details of your classes on the Dancing for Health website
- Online Booking system
- Access to Digital participant health forms and registers.
- Private Facebook group support for all Instructors
- 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 and they do not pay the licence fee. They are volunteers and therefore do not receive payment for assisting at Dancing for Health classes. They must however go through some training to prepare them for working with your clients and abide by the company policies.

PRE-REQUISITE INFORMATION

COURSE ENTRY REQUIREMENTS

- Fitness instructor / PT
- Level 3 Exercise Referral Specialist
- Physiotherapist
- Occupational Therapist
- Activity Coordinators
- Other movement specialists

or

- Recognised dance/fitness qualifications

or

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

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 their training.

COSTS

OPTION 1 - SEATED DANCE PROGRAMME ONLY -

£199 and £30 per month license fee

OPTION 2 - PARTNER DANCE PROGRAMME

(Including 1-1 assisted dancing) - £399 and £30 per month license fee

SPECIAL OFFER OPTION 3 - THE FULL 'DANCING FOR HEALTH' PACKAGE

Includes all 3 dance programmes - £499 and then £30 per month license fee (normal price £595)

Refund Policy

We have a 14 day money back cancellation policy upon purchase of our training courses. However, once you have had access to all the learning resources and materials we then have a no refund policy under the Intellectual Property License.



DANCING FOR HEALTH CIC

REGISTERED OFFICE:

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