

Mental Coaching for Dancers

Angebot für

Bisheriges Studienmodell > Tanz > Master Dance > Master allgemein > 1. Semester

Bisheriges Studienmodell > Tanz > Master Dance > Choreography > 1. Semester

Bisheriges Studienmodell > Tanz > Master Dance > Teaching and Coaching Dance > 1. Semester

Nummer und Typ	MDA-MDA-1200.18H.003 / Moduldurchführung
Modul	Theoriemodul - 2 Credits
Veranstalter	Departement Darstellende Künste und Film
Leitung	Dr. Liane Simmel
Zeit	Di 4. Dezember 2018 bis Fr 7. Dezember 2018 / 14 - 19 Uhr
Anzahl Teilnehmende	2 - 8
ECTS	2 Credits
Lehrform	Seminar
Zielgruppen	Master Dance
Inhalte	Zentrales Thema dieses Kurses ist die mentale Gesundheit von Tanzschaffenden. Der professionelle Bühnentanz stellt große Herausforderungen an die menschliche Psyche: Was fordert und was fördert bei näherer Betrachtung die Arbeit mit dem eigenen Körper im Rampenlicht? Mentale Prozesse, Selbstwahrnehmung und Selbsterfahrung im Arbeitsalltag des Tanzes stehen im Focus dieses Kurses. In Hinblick auf das Unterrichten und Coaching von TänzerInnen werden verschiedene Ansätze und Möglichkeiten diskutiert und erprobt, wie Inhalte und Botschaften an Tänzer vermittelt werden können. Liane Simmel, MD, is a medical doctor, osteopath and former professional dancer. She studied dance at the University of Music and Performing Arts Munich and with Merce Cunningham in New York. For over 25 years she has been working as a dancer and choreographer, during which time she also began her medical studies. Today she is established with her own practice in Munich as a dance medicine specialist, with a particular focus on osteopathy, spiraldynamics, and sports medicine. As director of the institute for dance medicine, "Fit for Dance," she is specialized in prevention and therapy of dance related injuries. Liane Simmel is medical consultant at the University of Music and Performing Arts Munich and is a permanent guest teacher at the Palucca University of Dance, Dresden, as well as at the Zurich University of the Arts. She is a founding member and has been 15 years president of "tamed – Tanzmedizin Deutschland", the German dance medicine organisation. Her book "Dance Medicine in Practice" published in German, English and Spanish has become standard literature for applied dance medicine all over Europe, the US and Australia. Her new book "Nutrition for Dancers", written together with Eva-Maria Kraft, has been published in English January 2018. For her pioneering work in the realm of dance medicine she was awarded the Prize of Recognition of the German Dance Prizes 2016.
Leistungsnachweis / Testatanforderung	Präsenz, aktive Teilnahme.
Termine	4.-7.12.2018
Dauer	14-19 Uhr
Bewertungsform	bestanden / nicht bestanden

Sprache	Deutsch
Bemerkung	Anmeldung für MA Dance Studierenden über Clickenroll