

COURSE DETAIL

SAFE DANCE PRACTICES

Country

New Zealand

Host Institution

University of Auckland

Program(s)

University of Auckland

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Dance

UCEAP Course Number

122

UCEAP Course Suffix**UCEAP Official Title**

SAFE DANCE PRACTICES

UCEAP Transcript Title

SAFE DANCE PRACTICE

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course examines both theories and practices of safe dance and the integration of somatic practices within dance education, performance and health contexts. Anatomy, kinesiology, nutrition, injury prevention and rehabilitation, conditioning, and psychological well-being will be studied in relation to dance practices. Topics covered include: studio based experiential anatomy; fundamental conditioning practices; warming up/cooling down; safe dance environments as a dancer, dance educator, or leader; nutrition; psychological issues in dance; injury prevention, rehabilitation, and management; current dance medicine and science research; pain and pain management; body image and related issues.

Language(s) of Instruction

English

Host Institution Course Number

DANCE222

Host Institution Course Title

SAFE DANCE PRACTICES

Host Institution Course Details

https://study.auckland.ac.nz/ords/r/uoa/catalogue/course?p6_code=DANCE%20222&cl...

Host Institution Campus

Auckland

Host Institution Faculty

Creative Arts

Host Institution Degree

Host Institution Department

Course Last Reviewed

2026-2027

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