



Dancer Wellness

By Virginia Wilmerding

Human Kinetics Feb 2017, 2017. Taschenbuch. Condition: Neu. Neuware - Dancer Wellness teaches readers how to apply important wellness concepts as presented through in-depth research conducted by the International Association for Dance Medicine & Science. It covers the four primary topics of dance wellness, the foundations, mental components, physical aspects and the assessments. This text offers foundational information to create a comprehensive view of dancer wellness. Dancer Wellness comes with an instructor guide, which includes chapter overviews and learning objectives, and extra chapter-specific content for instructors. It also offers a student web resource that helps dancers apply the wellness concepts to assess their abilities and create their personal dancer wellness plan. 202 pp. Englisch.

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