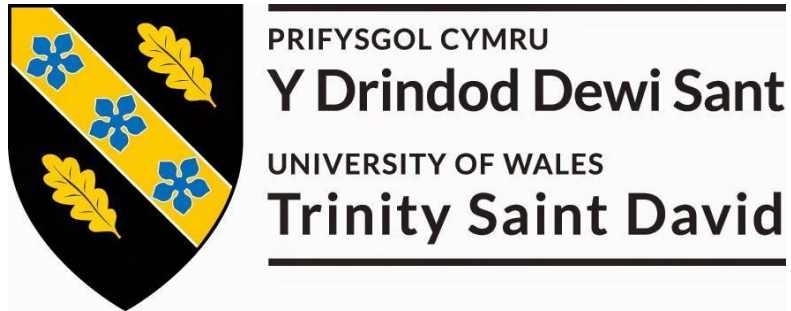




HPDA5002
DANCE AND PSYCHOLOGICAL WELL-BEING

LECTURER: GWYN EMBERTON

BA Dance
2018-2019

AIM(S)

- To investigate the effects of personality, behaviours and attitudes on the physical and mental wellbeing of dancers, through a critical review of peer reviewed research.
- To explore the relationship between leadership behaviours and motivational climate in the dance environment through a mini practice-based study.

LEARNING OUTCOMES/ASSESSMENT CRITERIA

Upon the successful completion of this module, the student should be able to:

1. conduct research into personality, behaviours and attitudes and how they impact on a dancer's physical and mental wellbeing;
2. undertake a practice-based investigation to understand the relationship between leadership behaviours and motivational climate in a range of environmental, social and cultural dance contexts;
3. develop a mini study that involves practice-based research, data collection, analysis and presentation of results.

INDICATIVE CONTENT

- Central to the module's teaching strategy will be its emphasis on the exploration of contemporary debates about dance health and wellbeing.
- Initially, through a series of lectures, students will be encouraged to critically analyse and review current developments in the field. The focus at this stage will be on analysis of peer-reviewed articles and evidence-based research so that students develop their understanding of methodological approaches within the topic area. Students will also be introduced to a number of therapeutic techniques such as imagery, self-talk, relaxation and/or coping strategies.
- Students will subsequently begin to explore the relationship between leadership behaviours and motivational climate within a range of environmental, social and cultural dance contexts.
- Students will be guided through the process of documenting their findings and will develop the skills necessary to present research that is valid and reliable. Students will learn about the importance of ethical practice and how this can be applied to their research.
- All projects will be closely monitored by a lecturer to ensure health, safety and safeguarding of students and workshop participants. It is important to note that this module does not qualify students as dance health and wellbeing professionals/practitioners but is designed to develop informed awareness and critical reflection of the field of study.

ASSESSMENT

Component 1: ESSAY (2000 words)

In a 2000 word essay, you are expected to analyse a range of personalities, behaviours and attitudes, and how they contribute to a dancer's physical and mental wellbeing. You will then evaluate a number of mental skills training strategies aimed at supporting and enhancing physical and mental wellbeing. You will reflect on the impact they have on a dancer and their psychological wellbeing, in a variety of contexts such as in class, rehearsals, performance and/or daily life. The essay must be supported by in-depth research carried out in your own time to support your arguments.

You will be provided with a significant amount of information during lectures and workshops, but it is expected at this level that you will provide supporting evidence to prove your point of view, and reference any sources accurately.

Please refer to the module criteria when completing this essay.

The student should be able to:

conduct research into personality, behaviours and attitudes and how they impact on a dancer's physical and mental well-being (Criteria 1).

40%**Component 2: MINI STUDY (3000 words or equivalent)**

In a mini study, you will undertake a practice-based investigation into the relationship between leadership behaviours of dance teachers and its effect on the motivational climate within a range of dance contexts. The study will demonstrate a high-level of independent research, as well as data collection, analysis and presentation of results.

You will be provided with a significant amount of information during lectures, but you are expected to carry out in-depth research in your own time to support your arguments.

The student should be able to:

undertake a practice-based investigation to understand the relationship between leadership behaviours and motivational climate in a range of environmental, social and cultural dance contexts (Criteria 2),

and,

develop a mini study that involves practice-based research, data collection, analysis and presentation of results (Criteria 3).

60%**Overall mark = 100%**

Please note the overall mark is an average of the two components listed above.

Essay Assessment Deadline: 9am Monday 3 December 2018

Mini Study Assessment Deadline: 9am Monday 4th February 2019

Please refer to the Programme of Study Handbook for submission policies and procedures. Failure to submit will result in formal action.

Week of 1st October

Lecture Title: Introduction – Personality, Behaviour and Attitudes

Lecture Content: During this session you will be introduced to the Dance and Psychological Wellbeing module. You will begin to investigate and analyse your own attitudes, behaviours and personality within different dance contexts and you will monitor changes in mood before during and after training during this session.

Week of 8th October

There will be no lecture this week due to rehearsals.

Week of 15th October

Lecture Title: 1) Personality, Behaviours and Attitudes

Lecture Content: During this session you will further investigate and monitor your own personality, behaviours and attitudes in different context and begin to gain an understanding of the impact they have on your physical and mental performance. You will also begin to investigate current research in this area in both dance and sports.

You will also continue to monitor changes in mood before during and after training during this session.

2) Motivation, arousal, stress and anxiety

Lecture Content: During this sessions you will be introduced to the approaches to motivation, how to building motivation, and gain an understanding of a realistic view of motivation in a dance context. You will investigate the impact of arousal, stress and anxiety and their effects on performance, rehearsal and class situations.

You will be introduced to research studies and how to reflect upon them. You will be encouraged to carry out further research during self-directed study time, which will inform both your essay and mini studies.

Week of 22nd October

Lecture Title: Improving performance – introduction to psychological skills training

Lecture Content: During this session you will be introduced to various methods and approaches to mental skills training. You will begin to evaluate the implication and benefits they have on anxiety, stress and arousal, as well as behaviours and performance.

You will be guided on how to draw information of an article from the Journal of Dance Medicine and Science for a literature review.

You will be encouraged to carry out your own research on mental skills training selecting one or more to research during other dance activities, investigating their impact on your own performance and wellbeing.

Week of 29th October

Lecture Content: Goal setting and Concentration

Lecture Content: During this session you will further investigate the psychology of goal setting and you will set your own relational goals. Also during this session you will explore various concentration and retention exercises that will support you in various dance environments.

You will be expected to read three journal articles from the Journal of Dance Medicine and Science. You will be expected review each article, commenting on its reliability, validity and limitations. You will be provided with a list of guidelines and questions to support you in completing this task.

You will be encouraged to carry out further research on this topic during self-directed study time, which will inform the content of your essay and mini study.

Week of 5th November

Lecture Title Developing a psychological skills training programme

Lecture Content: During this session you will develop your own training programme that can include any element studied, practiced or researched over the course of the term. This may provide a framework from which to base your essay.

You will be guided on how to source literature for your own research, developing your research skills as well as being introduced to how to discuss a literature review. You will be provided with a list of guidelines and questions to support you in completing this task.

Week of 12th November

Lecture Title: Group processes – Leadership (part 4)

Lecture Content: You will be introduced to the definition of Leadership and its role and impact in a dance context. You will investigate the various approaches to and components of effective leadership.

You will discuss your identified piece of literature with your peers in a structured format.

Week of 19th November**Lecture Title: Communication in Leadership**

Lecture Content: During these sessions you will investigate different approaches to communicating in a dance context. You will explore various approaches to receiving messages and recognising breakdowns and their causes. You will reflect on your own modes and approaches to communication in various contexts.

You will be encouraged to carry out further research on this topic during self-directed study time, which will inform the content of your essay and mini study.

Week of 26th November**Lecture Title: Research workshop and research skills**

Lecture Content: What is a mini study and how to write a research article

This session will be dedicated to understanding what is expected in the mini study and how to carry it out. You will be guided in developing a plan for the study as well as identifying what data you intend to capture and how you will do this. The session will also support you in improving your research skills.

Week of 3rd December**Lecture Title: Data collection and class observations**

Lecture Content: This will be the first of two sessions where you will be available to observe and analyse different dance teachers in different contexts. You will also submit questionnaires and begin data capturing.

Week of 10th December

There is no class currently scheduled for this week. However, it might be used for a postponed session if required. As previously advised, please do not make alternative arrangements for this week.

Christmas Break

Week of 7th January

Review Week - During this week you will be invited to attend a one to one with your module tutor to review your progress.

Week of 14th January

Lecture Title: Data collection and class observations

Lecture Content: This will be second of two sessions where you will be available to observe and analyse different dance teachers in different contexts. You will also submit questionnaires and begin data capturing.

Week of 21st January

Lecture Title: Self-directed research, and data analysis for Mini study

Lecture Content: This session will be self-directed for research, data analysis and presentation of your mini-study. You will receive support and guidance as per your direction.

Week of 28th January

Self-directed research, and data analysis for Mini study

Lecture Content: This session will be self-directed for research, data analysis and presentation of your mini-study. You will receive support and guidance as per your direction.

READING LIST

Below is a selection of relevant reading material that will help you with this module. You are not expected to read everything on the list; you should consult what seems useful for the tasks

you are doing. You will find that the library has other relevant materials as well and you should feel free to use them even if they are not on this reading list.

READING LIST

Module Code	HPDA5002	
Module Title	Dance and Psychological Wellbeing	
Classification	Reading List entry	Electronic*
Essential	Deci, Edward L. & Ryan, Richard M. <i>Intrinsic Motivation and Self-Determination in Human Behavior</i> . Springer Science & Business Media, 2013	✓
Essential	Laws, H., Apps, J. Bramley, I. Parker, D. <i>Fit to Dance 2: Report of the Second National Inquiry into Dancers' Health and Injury in the UK</i> . London: Dance UK, 2006.	☐
Essential	Lovatt, P. <i>Dance Psychology</i> . Lulu.com, 2018.	☐
Essential	Quin, E., Rafferty, S., Tomlinson, C. <i>Safe Dance Practice: An applied dance science perspective</i> . Champaign: Human Kinetics, 2015	✓
Essential	Vassiliki, K., Oliver, S., Lycouris, S. <i>The Oxford Handbook of Dance and Wellbeing</i> . Oxford University Press, 2017.	☐
Essential	Weinberg, Robert S. & Gould, D. <i>Foundations of sport and exercise psychology</i> . Leeds: Human Kinetics, 2003	☐
Essential	Journal of Dance Medicine and Science	✓
Further	Meyer & Meyer Verlag. <i>New Approaches to Sport and Exercise Psychology</i> . Oxford: Meyer & Meyer Sport, 2005.	☐
Further	Payne, H. <i>Essentials of Dance Movement Psychotherapy: International Perspectives on Theory, Research, and Practice</i> . Taylor & Francis, 2017	☐
Further	Roberts, Glyn C. <i>Motivation in sport and exercise</i> . Illinois: Human Kinetics, 1992.	☐
Further	www.onedanceuk.org	☐
Further	www.communitydance.org	☐
Further	www.peterlovatt.com	☐