

Scientific Perspectives and Emerging Developments in Dance and the Performing Arts

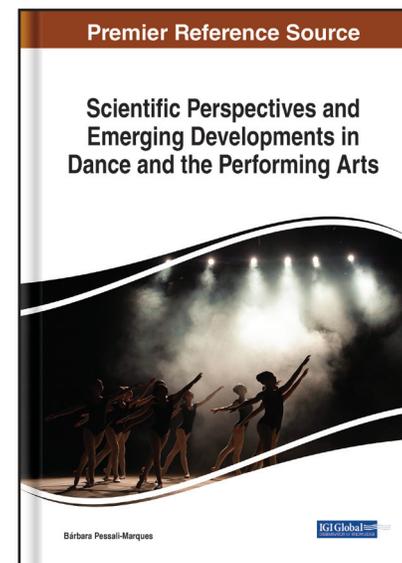
Part of the Advances in Media, Entertainment, and the Arts Book Series

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Description:

In the last few years, concerns about dancers' health and the consequences of physical training have increased considerably. The physical requirements and type of training dancers need to achieve to reach their highest level of performance while decreasing the rate of severe injuries has awakened the necessity of more scientific knowledge concerning the area of dance, in part considering its several particularities.

Scientific Perspectives and Emerging Developments in Dance and the Performing Arts is a pivotal reference source that provides vital research designed to reduce the gap between the scientific theory and the practice of dance. While highlighting topics such as burnout, mental health, and sport psychology, this publication explores areas such as nutrition, psychology, and education, as well as methods of maintaining the general wellbeing and quality of the health, training, and performance of dancers. This book is ideally designed for dance experts, instructors, sports psychologists, researchers, academicians, and students.



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Topics Covered:

Applied Biomechanics
Burnout
Creative Dance
Dance Education
Human Movement

Mental Health
Personality Psychology
Professional Dance
Sport Psychology
Sport Resilience

Subject: Media and Communications

Classification: Edited Reference

Readership Level: Advanced-Academic Level
(Research Recommended)

Research Suitable for: Advanced Undergraduate Students; Graduate Students; Researchers; Academicians; Professionals; Practitioners

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