


[DOWNLOAD](#)


Dance Education - Adding Writing to Your Dance Curriculum as an Expressive Process

By Andrew Schlegelmilch

VDM Verlag Dr. Mueller e.K., Germany, 2007. Paperback. Book Condition: New. 238 x 166 mm. Language: English . Brand New Book ***** Print on Demand *****.Writing about traumatic or stressful experiences has been shown to have physical and mental health benefits. This book describes two studies that were designed to test the hypothesis that programmed writing would enhance the mood, health, and dance skill of students enrolled in dance education classes. Study 1 included 40 participants with a mean age of 17.1 years who were enrolled in a community-based summer dance camp. Study 2 included 100 participants with a mean age of 20.5 years who were enrolled in university-based dance education classes. Both studies utilized a pre/post design, and participants were randomly assigned to a programmed writing group or a control writing group. The programmed writing group was instructed to write about their thoughts and feelings about dance, and the control writing group was instructed to write about what they learned in class that day. Participants also completed questionnaires about their mood, health, and perceived dance skill, and were rated by independent observers on dance skill and attitude. A series of multivariate analyses of variance (MANOVA) examined the effects of...



[READ ONLINE](#)
[8.15 MB]

Reviews

If you need to adding benefit, a must buy book. I could comprehended every thing out of this composed e pdf. I am just very happy to tell you that this is the greatest pdf i have study inside my individual existence and could be he finest publication for at any time.

-- **Miss Laurie Waters IV**

Most of these publication is the greatest publication offered. It is actually rally intriguing throug reading period of time. You can expect to like just how the article writer create this publication.

-- **Eddie Schuppe**

Other PDFs



Serenade for Winds, Op. 44 / B. 77: Study Score

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 240 x 166 mm. Language: English . Brand New Book ***** Print on Demand *****.Dvorak composed this deservedly popular work 1878 shortly after the premiere of his opera The Cunning Peasant. Scored...



The Water Goblin, Op. 107 / B. 195: Study Score

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 238 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.The first of four late tone poems inspired by Bouquet, a collection of ballads by Karel Jaromir Erben...



Oxford Primary Illustrated Maths Dictionary

Oxford University Press, United Kingdom, 2012. Paperback. Book Condition: New. 238 x 182 mm. Language: English . Brand New Book. The Oxford Primary Illustrated Maths Dictionary supports the curriculum and gives comprehensive coverage of the key maths terminology children use in the...



Oxford Primary Illustrated Science Dictionary

Oxford University Press, United Kingdom, 2013. Paperback. Book Condition: New. 238 x 184 mm. Language: English . Brand New Book. The Oxford Primary Illustrated Science Dictionary supports the curriculum and gives comprehensive coverage of the key science terms children use in the...



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....



Writing for the Web

DIRECTORY OF SOCIAL CHANGE, United Kingdom, 2000. Paperback. Book Condition: New. 210 x 145 mm. Language: English . Brand New Book. Writing for the web is unlike other types of writing you may undertake at work. It requires a different thought process...