

BSc (Hons) Sports and Dance Therapy

This course is being designed to teach students with an interest and background in dance how to safely and effectively prevent, diagnose, treat and rehabilitate sports and dance injuries.

Sports Therapy is a recognised and established profession. The first BSc (Hons) Sports Therapy course began at London Metropolitan University in 1996. The Sports Therapy department benefits from two staff with undergraduate and post graduate degrees in Sports Therapy and Dance Science. Both staffs have also undertaken research in dance injuries.

It has been widely accepted that whilst considered an art form, dance requires athletic skills and mental disciplines that correlate with those of sporting athletes. Therefore with the current staff expertise, developments are being undertaken to establish a course that will see graduating students with the perfect attributes to work with dancers and athletes alike.

This course will differ from current courses that study injuries, in its focus on dance. Aside of the subjects taught in the current BSc (Hons) Sports Therapy degree, students will be taught about:

- The biomechanics of dance and how factors, such as turn-out, can contribute to injury
- Movement analysis, and how the functional anatomy of movements, such as the 'grande ronds de jambe en l'air', can be understood, ensuring rehabilitation is appropriate to the dance technique
- Specific demands of the dancer (e.g. pointe work, pas de deux, lifting, jumping), so that the student has an appreciation of further factors contributing to injury
- Dance specific fitness testing (e.g. balance, landing forces, aerobic and anaerobic dance fitness tests)
- Nutrition for dancers, and how poor nutrition seen so frequently in dancers may affect injuries
- Psychology, and how this may affect performance and nutrition

These areas (to name a few) highlight how our graduating students will have developed a considerable knowledge and appreciation for dance specific injuries, an area to which no other university degree course gives such focus. For this reason, it is believed that this course will produce the most effective medical practitioners to work with injured dancers.

All aspects of this course will use scientific underpinning knowledge and evidence based practice to promote the professional standards required by the accrediting and validating body – The Society of Sports Therapists. Our students will be required to undertake a number of placement hours throughout their degree, observing approved physiotherapists currently working with dancers, and supporting them where appropriate.

For any further questions regarding this course, and how you or your school can get involved, please contact the course leader:

Kimberley Hutt (Senior lecturer in Sports Therapy)
k.hutt@londonmet.ac.uk Tel: 0207 133 4240