

Warm-up – Cooldown

Duration: 90 min

Contents:

This seminar deals with the question why a warm up and cool down is needed and what means exist for both.

1. Reasons for a warm-up

- Enhance muscle qualities: ability to stretch, movability, flexibility
- Increase suppleness of joints, adjust to the pull-push strain
- Prevent injuries
- Prepare muscles for increased performance
- Mental preparation (motivation, mood, ...)
- Improve the coordination and sense of balance (Central nervous system)

2. Time frame for the warm-up

- of the whole warm-up
- of individual segments (stretch, dance)

3. Which body parts should be warmed up

- Head down or feet up:
 - Neck, Shoulders
 - Chest/Torso
 - Arms
 - Thighs
 - Calf
 - Knee
 - Ankle
- Cardiac cycle, breathing and oxygen supply

4. Which means of warm-up exist

- Mobilize joints (circles, up-down movements)
- Stretching
- Tap dance exercises, to get used to dancing again
- Dance simple routines
- Walk

5. Reasons for a cooldown

- Physical and psychic „shut down“ back to normal
- Reduce tension and thrill
- Puls, breathing, blood pressure, body temperature
- Relax muscles
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The more intense the dancing was the more important is a cooldown

6. Which means of cooldown exist

- Lax walking – dance simple routines
- Loosening up / Relaxation
- Basic stretching

7. General thoughts

- Implementation
 - Ritual before and after the dance lessons
 - In a group or individually
- Further advantages
 - Cueing possible if standing in a circle
 - Sense of community (everybody's doing it together)

Revisions

Nr.	Changes	Release	Contrib.	Date
1.	Erstellung der Keywordlist		AK	2015/11/08
2	Translation DE -> EN		PMR	2016/06/24