

CONFERENCE SCHEDULE

1st Dance Medicine and Science Conference in Luxembourg

An IADMS/Trinity College London

SAFE AND EFFECTIVE DANCE PRACTICE information day

Cercle Cité Luxembourg, 3 rue Génistre L-1623 Luxembourg

Sunday 29 May 2011

9.00 - 9.30: **Registration and welcome refreshments**

9.30 - 9.45: **Opening remarks**

Emanuela Iacopini, conference organizer, founder of Dance Science Net, Luxembourg
Guest speakers.

9.45 - 10.15: **Reflections on a total revision of a post high school, professional dancers training program**

Fay Nenander, Senior Advisor, Balettakademien, Stockholm, Sweden

10.15 - 10.30: **Fitness in dance: a systematic review**

Manuela Angioi, PhD, co-founder of dancescience.net.

10.30 - 11.00: **Inherent joint hypermobility is both an advantage and a hazard for dancers**

Professor Rodney Grahame, University College London, U.K

11.00 - 11.30: **Coffee break**

11.30 - 12.20: **Abdominal strength for dance - movement session**

Luís Miguel Xarez Rodrigues, PhD - Faculdade de Motricidade Humana, Lisbon, Portugal

12.20 - 13.10: **Finding lift through better use of turnout, turn in and muscle synergies – movement session**

Gayanne Grossman, PT, EdM, Muhlenberg College, Dept Theatre and Dance, Allentown, U.S.A.

13.10 – 14.30: **Lunch break**

14.30 – 14.50: **Tackling eating disorders within a professional dance and musical theatre college**

Nicola Stephens, Tracey Lee, Performers College, U.K.

14.50 - 15.10: **Do experience and age influence the motor memory in dance?**

Ana Sofia Serra Carvalheiro, - Faculdade de Motricidade Humana, Lisbon, Portugal

15.10 – 15.30: **Understanding breathing**

Reetta Ronkko, Dance Health Finland Helsinki, Finland

15.30 – 16.00: **Coffee Break**

16.00 - 16.30: **Neuromuscular and Neurophysiological connections to red muscle fibers and the connective tissue. Source of dance technique and artistic expression**

Annemari Autère, BalletBodyLogic, Villefranche sur Mer, France

16.30 - 16.40: **IADMS/Trinity College London Certificate in Safe and Effective Dance Practice (SEDP)**

Helen Laws, Maggie Morris, Trinity College London, UK

16.40 - 16.55: **Panel Discussion**

16.55 - 17.00: **Closing remarks**

Emanuela Iacopini, conference organizer, founder of Dance Science Net, Luxembourg

Conference program subject to change. Last update 5 May 2011.

This first conference of Dance Medicine and Science in Luxembourg is supported by: Ministère de la Culture Luxembourgeois, Fondation Eté under the aegis of Fondation de Luxembourg, Cercle Cité, Ville de Luxembourg, Danz Festival Letzebuerg, Harlequin, Trinity College London.