



## DANCE AND EDUCATION

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**SRJIS IMPACT FACTOR SJIF 2015:** 5.401

**Date of Issue Release:** 04/03/2017,

**Volume:** SRJIS, Jan-Feb, 2017, 4/30

### ABSTRACT

*Education means all round development. In schools through different teaching methods, models of teaching Physical, mental, emotional, social development is going on. Different activities, projects were organized in the school environment for the all round development of the child. Dance is the one of the activity, therapy which helps the child to express his feelings. It stimulates the emotions of the child. Dance Education has a positive effect on both student motivation and academic performance. Dance is an art form characterized by use of the human body as a vehicle of expression. Dance has been described as "an exciting and vibrant art which can be used in the educational setting to assist the growth of the student and to unify the physical, mental, and emotional aspects of the human being." Dance is immediately accessible for most people--no special equipment is needed, just the ability to move. Dance and Dance Education is need of the time, we must teach the child to dance effectively. In Indian society we found lot of opportunities to dance. In marriage, birthday parties, different festivals we get the chances to dance. The person enjoys and expresses his feelings thorough dance. Hence Dance Education is must be given by proper way in Schools.*

*Keywords - Dance Education, an exciting and vibrant art, ability to move*



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## Introduction

**Dance education** is the transferring of dance performance skills and knowledge of dance to students through teaching and training, or acquiring such knowledge and skills through research. The art of dance uses movement to communicate meaning about the human experience. It is far more than exercise or entertainment. It is a powerful medium to express one's values, thoughts, and aspirations about the lives we live and the world in which we live.

## Education in the Art of Dance

Education in the art of dance develops the knowledge and skills required to create, perform, and understand movement as a means of artistic communication. A comprehensive education includes improvisation, technique, choreography, performance, observation and analysis. Exposure to dance history and cultures, kinesiology and anatomy, and movement theories further enriches the dance educational experience.

## **Importance of Education in the Art of Dance**

Education in the art of dance engages the artistic processes of creating, performing and critical analysis. These processes require students to read symbol systems, use critical thinking skills, excel in nonverbal reasoning and communication, exchange ideas, work cooperatively and collaboratively with others, and interact within a multicultural society. More comprehensively, education in the art of dance develops kinesthetic and spatial learning as well as intra- and interpersonal knowledge of self and others.

## **Benefits of Dance and Dance Education**

1. Dance education aids the development of kinesthetic intelligence.
2. Dance education creates opportunities for self-expression and communication within the constraints of the medium of the body.
3. Dance, whether representational, thematic, or abstract, is a repository of civilization that changes through time.
4. Dance education teaches the values and skills of creativity, problem solving, risk taking, making judgments in the absence of rules, and higher-order thinking skills.
5. Dance provides an opportunity for students to recognize that there are multiple solutions to problems.
6. The study of dance fosters an individual's ability to better interpret interpersonal nonverbal communication.
7. Dance education provides a strong base from which to analyze and make informed judgments about corporeal images.
8. Learning the dances of other cultures helps students to develop an understanding and respect for them.
9. Through stimulating all the senses, dance goes beyond verbal language in engaging dancers and promoting the development of multisensory beings.
10. Dance provides options to destructive alternatives in a world that is unpredictable and unsafe for children.
11. Dance education prepares people for careers in dance and other fields.
12. Dance enhances an individual's lifelong quality of life.
13. Participation in dance benefits our communities economically.
14. Dance education helps students develop physical fitness, appreciation of the body, concern for sound health practices, and effective stress management approaches.

### **Skills developed through Dance**

1. Critical thinking and analytical skills;
2. Cooperation and teamwork;
3. Self-expression and self-esteem;
4. Organization and problem solving;
5. Cultural literacy; and
6. Communicating emotions through movement.

### **Students who study dance are more:**

1. Self-motivated, disciplined and focused in their everyday lives.
2. Expressive in their communication of emotions, thoughts and feelings.
3. Creative and imaginative.
4. Able to critically analyze their own work and the work of others.

### **Conclusion**

In Indian scenario every person dance for enjoyment, but it's time to use this dance education as a proper way of feeling expression.

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