



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Optimal Health Maintenance For Dancers Training

Culture and Arts / Performing Arts

Unit Standard 115417 · NQF Level 5 · 5 Credits · 2 Days

COURSE OVERVIEW

This course equips dancers with the knowledge and skills to maintain optimal physical and mental health, preventing injuries and enhancing performance. It covers nutrition, rest, injury management, and psychological well-being tailored to the demands of dance.

Category	Culture and Arts
Subfield	Performing Arts
Unit Standard	115417
Accreditation	SAQA Accredited · NQF Level 5 · 5 Credits
Duration	2 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of balanced nutrition and hydration to support dance training and performance.
- Analyze common dance injuries and implement preventive strategies and appropriate first aid.
- Evaluate personal training loads and rest periods to optimize recovery and avoid overtraining.
- Design a personal health maintenance plan incorporating physical conditioning, mental wellness, and self-care.
- Demonstrate correct warm-up, cool-down, and cross-training techniques to enhance musculoskeletal health.
- Implement strategies for managing performance anxiety and promoting mental resilience.

WHO SHOULD ATTEND

- Professional dancers, dance students, instructors, and choreographers seeking to sustain long-term health and career longevity.

COURSE OUTLINE

Day 1: Foundations of Dancer Health and Injury Prevention

- Anatomy and biomechanics specific to dance movements
- Common injuries in dancers: sprains, strains, stress fractures, and tendinitis
- Principles of effective warm-up and cool-down routines
- Flexibility and mobility training for dancers
- Basic nutrition and hydration for energy and recovery
- Rest and sleep: importance for muscle repair and cognitive function
- Introduction to injury prevention strategies
- Self-assessment: identifying personal risk factors

Day 2: Advanced Health Strategies and Practical Integration

- Cross-training methods: Pilates, yoga, swimming, and resistance training
- Strength and conditioning for dancers: core stability and lower limb strength
- Active recovery and injury management techniques
- Mental health awareness: performance anxiety, burnout, and body image
- Stress management strategies: mindfulness, breathing exercises
- Periodisation of training and rest cycles
- Developing a personalised health maintenance plan
- Case studies and practical application of daily routines

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **5 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 16,200.00	R 16,200.00
1	In-House	R 21,000.00	R 21,000.00
1	On-Campus (Pretoria)	R 24,300.00	R 24,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
11 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
11 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	12 Aug 2026	On-Campus	Mauritius
13 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
13 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
13 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	18 Aug 2026	On-Campus	Pretoria, South Africa
17 Aug 2026	18 Aug 2026	On-Campus	Durban, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 115417) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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