

Benefits to Students Involved In a Dance Program

By Debbie Byrd

Dance is a discipline, making the student practice and work on a desired goal and technique.

The study of dance elements, such as movement, time, sound, pattern, form, space, rhythm, shape, and energy are concepts underlying other subjects.

A student studying dance develops an aesthetic appreciation for the expressive value of movement.

Dancing gives the student an opportunity to work with others developing teamwork, cooperation and sense of “belonging.”

Dancing provides an opportunity for performance, a sharing experience, either as a participant or as an audience member.

Dance is discovery. Working creatively, a student explores the mind and body. The student is allowed to make an individual statement- a discovery of self. Dancing involves the “total self.”

It requires concentration and thought, feeling and emotion.

Dance is a physical activity. Like sports, dance requires efficient utilization of movement and emotion.

