



# The Student Dancer

*Julia Buckroyd*

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## **The Student Dancer** Julia Buckroyd

This work deals with the psychological as opposed to the physical aspects of dance training. In "The Student Dancer" Julia Buckroyd brings together the fields of education, welfare, counselling and psychology in relation to dance teaching and training. She considers the ways these can deepen our understanding of the human dimension of dance training, and how they can be practically applied in vocational training schools. Following the substantial body of evidence which shows a high incidence of illness, smoking, injury and eating disorders among dancers and trainees, Buckroyd argues that current dance training is damaging to the welfare of students and needs to change. With examples of good practice, and many ideas, arguments and proposals, she looks at questions such as: the self and the body; adolescence and dance training; learning in groups; male trainees; eating disorders; and career transition. This book is aimed at teachers, students and administrators involved in professional dance training, and professional dance companies. It is also useful for parents of dance trainees as well as for students and teachers in other performance disciplines.

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