

Episode 21: FOMO: Fear of Missing Out

Clip: Injury

Activity: Dance Careers

Theme: Health and Wellbeing

1. As a class, view the clip, *Injury*, where Tara is recovering from a fracture and soft tissue injuries as a result of a fall.
2. If time allows, watch *Dance Academy* episode 20, *Ballet Fever*, as a class and discuss how and why Tara received her injury and what implications it has for her future as a dancer.
3. Discuss the career span of a professional dancer with the students. You can compare this to the career span of a footballer or other elite athletes. Ask students to research the career of a particular dancer. In particular, have them find out how long they were a dancer for. Develop a class graph where students pinpoint their dancer within the graph as per the length of time he/she was a professional dancer. The class could then calculate the average 'career-span' of a professional dancer. You could compare this graph with one developed for a group of sports people, musicians, or any other professional group.
4. In the clip, *Injury*, we see that Davo has injured himself so badly that he will never recover enough to perform at the level required for a professional dancer. A professional dancer in Australia usually begins serious full-time training (6 days a week, up to 8 hours a day) between 15-18 years of age. This physical intensity and the hours continue when the student moves into the professional arena. By the time a person is 30 years of age, multiple injuries incurred over the years will impact on the dancer's performance. Many dancers retire from full-time professional dance in their early to mid-30s, though some do continue to perform in their 40's and 50's. (This is particularly true in Russian dance companies where the dancers have very long careers due to state funding and the size of the companies.)
5. As a class, discuss with students career options for Davo should he decide to stay within the dance industry. Career pathways may include: teacher, coach, choreographer, rehearsal master, director of a company, producer, costumer, designer, a role in stage management, administration, promotion, choreologist, dietitian to dancers, physiotherapist, podiatrist, career advisor, Pilates instructor and many more. Ask students to complete **Student**

Activity Sheet E21.2: Dance Careers. Students should select and research a dance related career and present this research project as a multimedia presentation.

Download

- Student Activity Sheet E21.2: Dance Careers

Useful resources

- [Ausdance Safe Dance Reports](#)
- [Ausdance Factsheet 18: Occupational health & safety for the dance industry](#)
- [Ausdance Sustainable Careers for Dance Artists](#)
- [Australian Government Job Guide](#)
- [Deakin Careers and Student Profiles - Dance](#)
- [University of Illinois Career Services Office – Careers in Dance](#)



NAME:

Student Activity

Sheet:

Activity:

21.2

Dance

Careers

Episode 21:

Clip:

FOMO: Fear of Missing Out

Injury

Dance Careers

In the box below, there are just a few fields of work that can relate to dance.

Rehearsal Master	Costume Designer	Pilates Instructor
Company Director	Physiotherapist	Dietitian
Stage Manager	Career Advisor	Choreologist
Administrator	Choreographer	Podiatrist
Marketing Guru	Teacher	

Put the words in the box above into the sentences below

A _____ of dance instructs dance students, giving hints and tips on technique.

The person who puts all the moves together for a dance routine is called a

_____.

The _____ makes artistic choices about the company and the performances.

The _____ gets the dancers ready to work with the choreographer.

The _____ creates the clothes for the dancers to perform in.

The majority of the paperwork is often taken care of by the _____.

Most major companies employ a _____ to ensure that people hear about the show and attend performances.

The detail of every movement is recorded by the _____.

To ensure that dancers have optimum levels of energy and minimum weight gain they will see a

_____.

A _____ will ensure that the dancers stay injury free and if they have an injury, they will be treated by this person.

Dancer's feet will be taken care of by a _____.

When a dancer gets to the end of their performing career, they will seek the help of a

_____.

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Clip: Injury

A _____ will ensure that dancers have excellent core strength and are in excellent physical condition.

The _____ ensures that all shows run smoothly behind the scenes and on the stage.

Pick one of the professions from the box above to research. Find five fast facts about each profession. Include information such as:

Is there an accredited course for this job?

Are there many people doing this already?

Where is the course and how long is it?

Is this role in demand?

How much do you earn doing this job?

Name a famous person in this role.

Define this role.

What are the pros and cons of this job?

What hours do professionals in this role work?

Enter your five fast facts in the table below:

1	
2	
3	
4	
5	