

NDEO's Online Professional Development Institute (OPDI) for Dance Education
Spring 2022 Semester as of 10-22-21

**If you register and PAY for a course(s) by 12-9-21,
you can save 15% off tuition using Discount Code of OPDI-Course-15**

How do OPDI Courses work?

Our "online" courses are guided by a professor and include a co-hort of students (other dance teachers) with whom you will collaborate. They also include graded assignments, feedback, final grades, and Continuing Education Units (CEUs). Our OPDI online courses require on average between 6 to 8 hours of work each week, but it all depends on the student's learning style. It could be less or could be more. You can also register as an Audit student and do as much or as little work as you want and will not receive a grade.

We utilize the Sakai online learning platform to deliver the course materials and instruction. In most of our courses, the first week of the course is all about learning how to use our online platform, then you begin content in week 2.

Our courses are asynchronous, so there are no required meeting dates or times but we do have a Course Start and Course End date. Every week of the course there are assignments that you will need to complete. Typically the due date is on Sunday each week.

Assignments can be done at any time during the week and may include reading, watching videos, posting answers to prompts on a discussion board, writing an essay, reading and responding to other students' posts on the discussion board, taking a cell phone video of yourself completing a particular movement, taking a quiz, or completing a final project. The professor provides written feedback and grades and you get to connect with other students (who are actually dance teachers) via our discussion board and a few optional live video chats.

List of Course Titles and Dates

OPDI-110: Dance Kinesiology and Applied Teaching Practice (February 14 to May 8, 2022)

OPDI-113: Foundations of Dance Pedagogy for All Dance Environments (February 14 to May 8, 2022)

OPDI-117: Developing Strategic Leadership in Dance and Life (February 14 to May 8, 2022)

OPDI-123: The Dancing Brain (February 14 to May 8, 2022)

OPDI -M2: Elements of Dance (February 28 to March 27, 2022)

OPDI-M3: Rubric and Portfolio Assessments in Dance (February 28 to March 27, 2022)

OPDI-M18: Intro. to Choreography in Dance Education: A Process to Teach Your Students How to Create Dances
(February 28 to April 10, 2022)

OPDI-M6: Introduction to Creative Dance in Early Childhood (February 28 to April 10, 2022)

Courses that start on February 14, 2022
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OPDI-113: Foundations of Dance Pedagogy for All Dance Environments (February 14 to May 8, 2022)

Professor: Dr. Doug Risner; Tuition \$520; 3 NDEO-endorsed CEUs; 12 weeks; This course provides a survey of educational foundations in dance pedagogy with particular emphasis on social and cultural aspects of pedagogical theory in multiple settings (P-12, private studio, postsecondary education, and dance in community). Study includes the historical context of education and dance education, education theory, the art and science of teaching, the sociology of school organization and culture, and the ethical dimensions of teaching. Applied learning experiences include social immersion projects and reflexive commentaries. Consider taking this course if you are interested in 1) expanding the development of a personal pedagogy and philosophy of teaching appropriate for your dance education setting, and 2) developing theoretical and applied understandings of critical pedagogical concerns in dance education including teaching and learning theory, social and cultural issues in education, diversity, inclusion, and equity, and reflective practice. This course is appropriate for any dance educator, whether new to the field or a seasoned veteran, who is interested in answering the question: "What does it mean to be responsible for someone else's learning?"

OPDI-110: Dance Kinesiology and Applied Teaching Practice (February 14 to May 8, 2022)

Professor: Robin Kish; Tuition \$520; 3 NDEO-Endorsed CEUs; 12 weeks; This course provides an introduction to the field of dance kinesiology with an emphasis on applied teaching practices. The course will provide participants with a strong foundation in anatomy and kinesiology to help maximize performance and minimize potential injuries of their students. Participants will learn how to create environments to promote healthy approaches in the training of dancers which include injury basics, developmentally safe practices, nutrition and the creation of a medical support network. The information provided in the course is based upon proven principles and methodologies gathered from current research. As an educator it is important to clearly define the anatomical potential and limitations of individual dancers in order to maximize technical training and performance. This course will provide you with the confidence that you are using safe and effective training principles to minimize injury in your students. *Book Required: Biel, Andrew. Trail Guide to the body (5th Edition) - amazon.com / gettextbooks.com/ booksofdiscovery.com Morton, Jennie & Kish, Robin (2017) The Embodied Dancer: A Guide to Optimal Performance - apple ibooks or amazon/kindle*

OPDI-117: Developing Strategic Leadership in Dance and Life (February 14 to May 8, 2022)

Professor: Dr. Jane Bonbright; Tuition \$520; 3 NDEO-endorsed CEUs; 12 weeks; This course looks at leadership as a complex process that has multiple dimensions. We begin with questioning: What is the role of ethics, integrity, and character in the leadership process? Is leadership more dependent on innate traits, skills and characteristics, or is it more learned behavior and strategy? This course focuses on the latter – learned behavior that requires one formulate and execute strategy. In narrowing our focus to lead with strategic thinking, we examine four ways effective leaders gain insight, drive change, and get results. In this journey, we draw on aspects of cognitive psychology, systems thinking, and game theory to inform strategy – a truly fascinating concept. When we integrate formulating strategy with executing strategy and apply intent to those functions, leadership types emerge – visionary, directive, incubating, and collaborate. We examine these in detail looking at core and applied competencies associated with strategic leadership. Case studies allow us to deconstruct and reconstruct concepts learned; ultimately understanding how formulating and implementing strategic thinking is critical to effective and successful leadership. In each module, students apply course content to personal and professional situations through doing many self-reflective inventories to provide base-line information about their own innate or acquired abilities; and building a Learning Opportunity case study applying lesson learned. Indeed the course provides the dance educator and administrator with important and practical ways to develop critical skills sets, develop actionable approaches to solving problems, and capitalize on innate strengths. *Book required: Olson, Aaron K. & Simerson, B. Keith. (2015). Leading with Strategic Thinking: For Ways Effective Leaders Gain Insight, Drive Change, and Get Results.* Hoboken, NJ: John Wiley & Sons, Inc.

OPDI-123: The Dancing Brain (February 14 to May 8, 2022)

Professor: Dr. Rima Faber; Tuition \$520; 3 NDEO-Endorsed CEUs; 12 weeks; This course explores the neurological basis for 12 modes of cognition: observation, engagement, high-level thinking skills, emotions, memory, imagination and imagery, learning, problem-solving, critical thinking, communication, collaboration, and creativity. It applies the neurological information to pedagogical classroom research, and connects the knowledge to movement understandings and improvisations in order to understand educational neurological implications for bodily movement and dance. To accomplish this, each section of neuro-cognition is divided into a format: a short explanation of the cognitive function, its neurological networks, classroom application (pedagogical research), movement and dance connections, and movement explorations. A noted professor of neuroscience at Yale University claims the book has scientifically bridged the Cartesian divide between body and mind. This course will impart how and why this is true. *Book Required: Thinking with the Dancing Brain, co-authored by Rima Faber and Sandra Cerny Minton.*

Courses that start on February 28, 2022

OPDI –M2: Elements of Dance (February 28 to March 27, 2022)

Professor: Patricia Cohen; Tuition \$200; 1 NDEO-endorsed CEU; 4 weeks; This course explores the language we use to describe movement, and dance in particular. Through movement and discussion we will examine how the body moves in space, in time, and with energy (dynamics). A working knowledge of this material allows us to identify and describe movement with specificity and clarity, which serves both teachers and students. Ultimately, the goal of movement is to communicate meaning. We will explore the tools with which the body communicates. We call these tools the elements of movement. Our bodies are the instruments of communication. We will examine what moves, where, how, and when it moves in space, and with certain qualities that enhance meaning.

OPDI-M3: Rubric and Portfolio Assessments in Dance (February 28 to March 27, 2022)

Professor: Susan McGreevy-Nichols; Tuition \$200; 1 NDEO-endorsed CEU; 4 weeks; This course is the process of gathering evidence that may be used to effectively measure student learning. Assessments may be used in any dance education environment: private school of dance, conservatory, recreation center, preK-12, or post-secondary education. We can both monitor students' progress during the learning process (formative assessment) and at the end of a period of time (summative assessment), perhaps a semester, a season, or a year. This 1 unit course will give participants a basic understanding of assessment as it pertains to dance education and understand how to use rubrics and portfolios as tools for assessments.

OPDI-M18: Intro. to Choreography in Dance Education: A Process to Teach Your Students How to Create Dances

(February 28 to April 10, 2022)

Professor: Marty Sprague; Tuition \$295; 1.5 NDEO-Endorsed CEUs; 6 weeks; This course offers participants experience with a system that can be used to teach basic elements and principles of choreography and explores how to encourage self-expression through dance making. Many dancers have not formally studied the art of choreography. Perhaps someone is experienced in making dances but now wants support learning how to teach others. How does the studio teacher, or performing arts center instructor, teach the choreographic process to young performers? How does the education director of a dance company structure dance-making activities within school residencies? How does one teach pre- and in-service teachers, or instructors in community recreational programs, how to teach this process to students with little or no dance experience? In this course, participants will walk through, or model, a process that they can use to teach students how to create their own choreography. The course text is actually a student textbook and so it will be a small "leap" from course participation to application of this methodology in one's teaching practice. Peer discussions, journal reflections and reflective essays will help in this application. *Book Required: Experiencing Dance: from Student to Dance Artist by Helene Scheff, Marty Sprague, and Susan McGreevy-Nichols. (2nd Edition). Can be ordered from Human Kinetics, us.humankinetics.com. Hardcover or e-book available, both with online materials – be sure to request access to the online materials.*

OPDI-M6: Introduction to Creative Dance in Early Childhood (February 28 to April 10, 2022)

Professor: Lynn Monson; Tuition \$295; 1.5 NDEO-endorsed CEUs; 6 weeks; This course explores the concepts and content essential for quality teaching and learning for creative dance for early childhood. Cognitive and child development, standards, assessment, pedagogy and the foundations of curriculum development will be investigated through readings, research, observation and interactive projects. The course will explore BrainDance, developed by Anne Green Gilbert, and its 8 patterns of movement (Breath, Tactile, Core-Distal, Head-Tail, Upper-Lower, Body Side, Cross Lateral, and Vestibular) to show how it addresses child development principles and current brain research. Participants will grapple with essential questions, and learn the skills to be able to develop and implement a creative dance curriculum outline for either 3-5 or 6-8 years of age.

OPDI Application: If you have never filled out the OPDI application and you want to take OPDI courses, then you will need to complete the online application at www.ndeo.org/opdiapply. **If you are a current NDEO member make sure to login to your member account before completing the application.**

NDEO Membership Policy: All accepted OPDI students must have a current "individual" Membership in NDEO (Professional, Graduate Student, Undergraduate Student, Retiree or PhD/EdD Membership) before they can register for courses. If the institution where you are the main contact has a current NDEO Institutional Membership and you want to register for an OPDI course, please call 301-585-2880 or email (opdi@ndeo.org) the home office and request an OPDI Membership which is free to you as the main contact. Membership information can be found at www.ndeo.org/membertypes.

How to Register for a Course: To register for an OPDI course just log into your NDEO member account at www.ndeo.org and proceed to the Profile link in top right corner near your name, then click on Access OPDI link within the Profile. Then click on the Enroll icon next to the course you wish to take and proceed to the payment section where you can pay online with a credit card. We accept Visa, Mastercard, Amex, Discover, and Paypal.