

HE4DS

HE4DS Detective



HE4DS Trainer

HE4DS \* Health Education for Dancers

# EDUCATION program

📍 Stuttgart // April 19-21, 2024

# WELCOME

## message

*This program is the result of our dedication to one particular issue: dancers' health. Here, we bring the essential learnings from over 20 years of work, research and exchange with dancers and medical professionals together to break it down and teach it to you. We believe, that this is the most sustainable way to make the dance world better, healthier and even more professional.*

*There is so much sport scientific knowledge around already, that easily can be adapted to dance with a specific approach. That's why we don't want to reinvent the wheel, but rather put all the puzzle pieces together and teach dance professionals, dance teachers and medical professionals the most effective techniques for performance enhancement, recovery, mental training and rehabilitation from dance related injuries – the must knows.*

*My team and I are beyond proud to present to you the HE4DS education program. I would have given a lot to have had this knowledge in condensed form at the beginning of my career as a dancer and physiotherapist.*



**Jens Nonnenmann**  
**HE4D of Education**

*Since then, it has been my mission to create just that for myself and for others.*

*But it has only just begun. With two immersive courses – the HE4DS Trainer and the HE4DS Detective – we are laying the foundation for a new generation of health-conscious dance and medical professionals. Practical, understandable. By dancers, for dancers.*

# THE HE4DS DETECTIVE



Read the dancers' body like an open book: HE4DS Detectives are experts of spotting physical strengths & weaknesses. Upgrade your toolkit with our powerful HE4DS testing battery & learn how to point out small details in other's or in your own movements.

# THE HE4DS TRAINER

Learn the complete foundation of effective, healthy & safe dance training! HE4DS Trainers have a deep understanding of dance-specific body conditioning, recovery & injury prevention as well as competition preparation. All you need to level up: yourself and others!



# WHO'S IT FOR?

## target groups

### DANCERS

You want to increase your level in dance, prepare for competitions or shows and/or come back to dance from injuries. You are interested in your health and dancing as long as possible.



### TEACHERS & COACHES

You want to teach dancers how they can train safely & effectively. You want to help increase the performance of your students and minimize their risk of getting injured.



### DANCE SCHOOLS

You want to establish healthy dancing as part of the classes in your dance school. You want to develop a basic understanding of health and performance enhancement in dance for your competition groups/companies.



### MEDICAL PROFESSIONALS

You want to work with dancers within your health/medical profession, analyze movements and guide dance style-specific exercises. You are, for example, a sports scientist, physical therapist, doctor, orthopedist, naturopath.



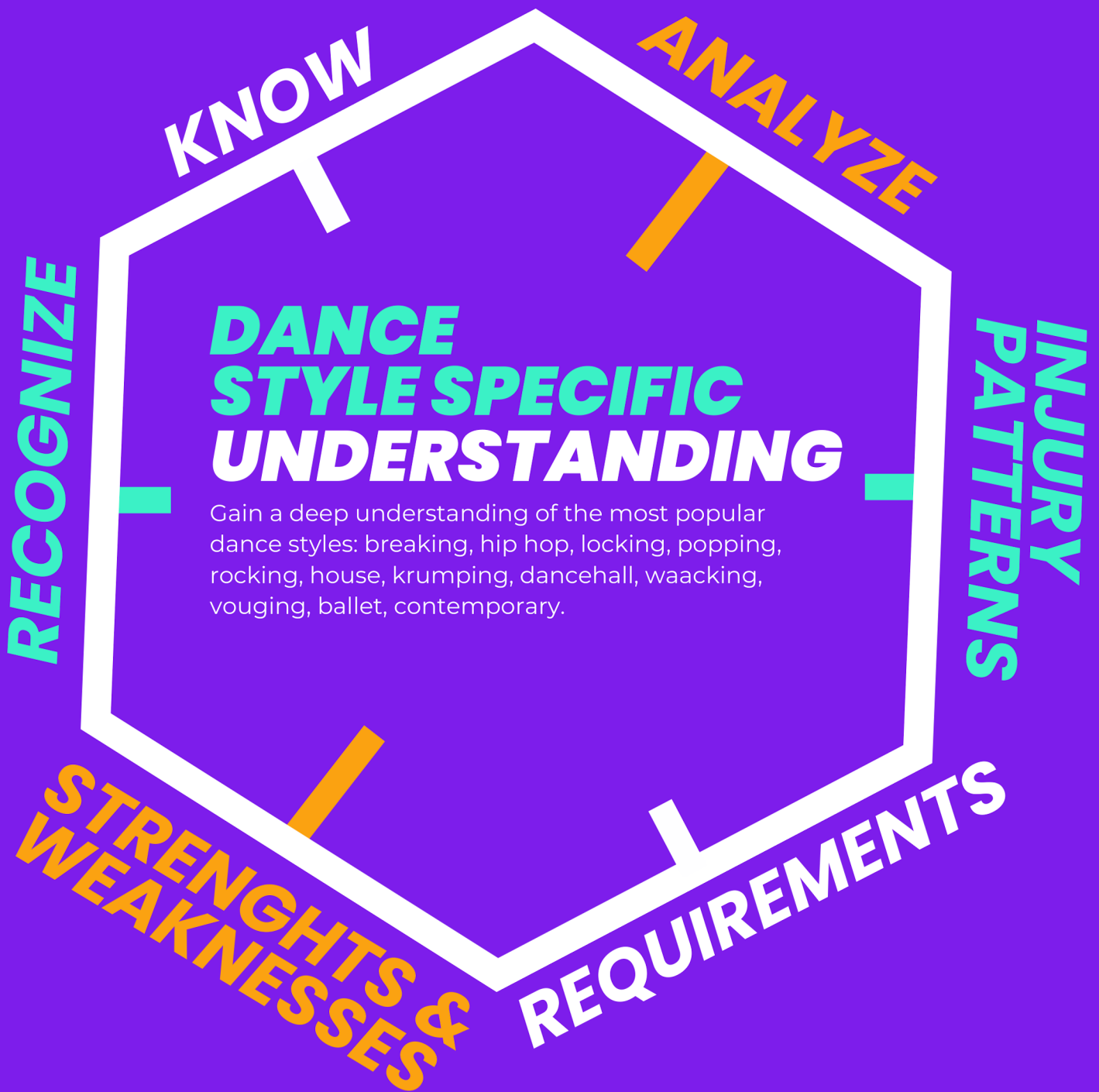
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# THE HE4DS DETECTIVE



# LESSONS

what you'll learn





# THE HE4DS TRAINER



# LESSONS

## what you'll learn

Warm-up  
-general  
-style-specific

Dance-technique  
training  
Learning methods

**BEFORE TRAINING**

**DURING TRAINING**

Mobility  
Stability  
Strength  
Endurance

**DANCE PREP**

**DANCE STYLE  
-SPECIFIC  
TECHNIQUES**  
**THEORY & EXERCISES**

Cool-down  
Recovery

**AFTER TRAINING**

**RECOVERY**

**BEFORE COMPETITION**

Self-Treatment  
Recovery measures

Competition  
preparation  
& Breathwork



# SCHEDULE

what happens when

**FRIDAY**

**SATURDAY**

**SUNDAY**

**morning**

**MORNING**  
**10:00 AM TO 2:00 PM**

**MORNING**  
**10:00 AM to 12:30 PM**

**NOON**  
**1:00 PM to**  
**4:30 PM**

**AFTERNOON**  
**1:15 AM to 3:00 PM**

**AFTERNOON**  
**5:30 PM to**  
**7:30 PM**

**AFTERNOON**  
**3:30 PM TO 7:00 PM**

**afternoon**

# SCHEDULE

## FRIDAY

### DANCE STYLES – DEEP DIVE

**STYLES: Breaking, Hip Hop, Popping, Locking, Vogue, Waacking, Krump, Dancehall, Rocking, Ballet, Contemporary**

**Characteristics**

**Physical requirements**

**Injury Patterns**

### DANCER SCREENING

**Interpreting questionnaires**

**How to perform a dancer screening**

**Legal aspects & Example cases**

**Lower body**

**Upper Body**

# SCHEDULE

**SATURDAY (1/2)**

## **TRAINING STRUCTURE & EFFECTIVENESS**

**The science &  
praxis of**

**Warm-up**

**Dance-technique training**

**Competition preparation/Endurance**

**Cool-down**

## **PRE-COMPETITION**

**Mental training**

**Manual therapy  
Tool-assisted techniques**

# SCHEDULE

**SATURDAY (2/2)**

## **COMPETITION**

**Breathwork**

**Tool-assisted techniques &  
Manipulation,  
Taping**

## **MENTAL TRAINING**

**Visualization**

**Movement & Stance**

**Resilience training through Breathwork**

# SCHEDULE

## SUNDAY

### RECOVERY: HANDS-ON

**Manual  
therapy**

**Recovery  
massage**

**Tool-assisted  
techniques**

### RECOVERY: SELF-THERAPY

**Self-  
treatment**

**Myofascial  
release**

**Trigger point  
techniques**

### TRAINING PLAN BASICS

**Training & the Menstrual cycle**

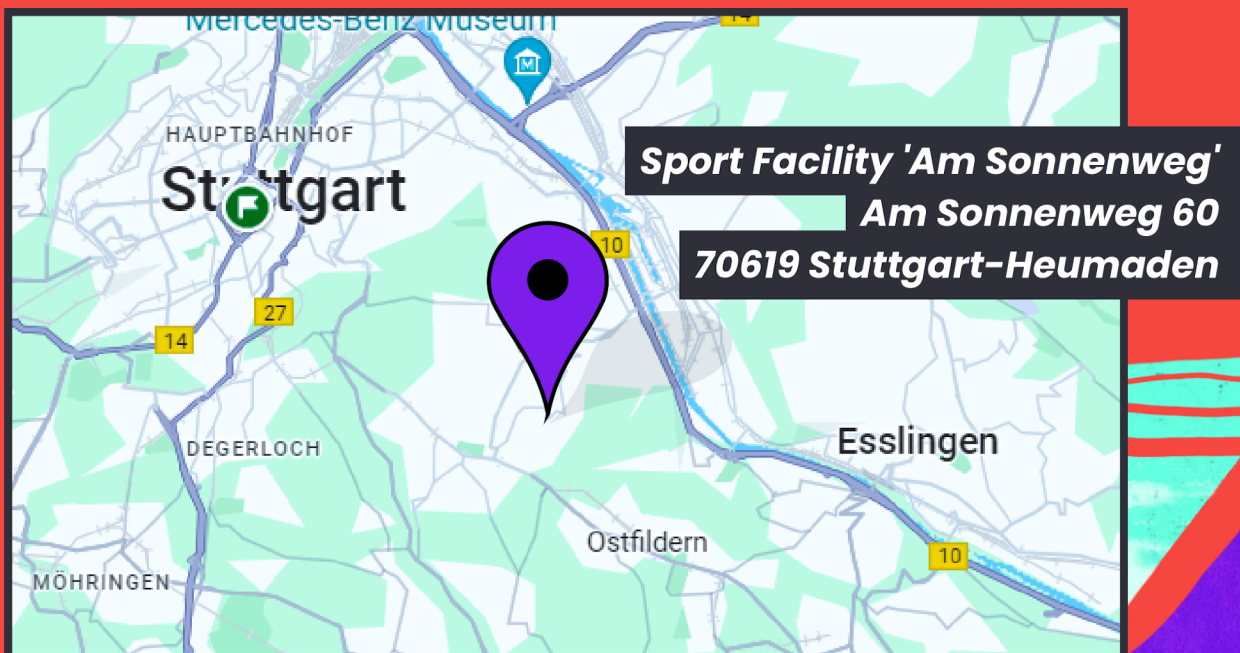
**Periodisation**

# AROUND THE PROGRAM

 **Daily revisions, Q&As & quizzes**

 **Long lunch break**

 **Get together on Friday & Saturday to talk, socialize & jam**



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# **PRICE** **& how to book**

**HE4DS Detective**  
**HE4DS Trainer**

**+ certificate**

**+ script**

**+ add-on materials**

**+ access to our exclusive alumni community**



**early bird (- March 19): 440 Euro**

**regular bird: 490 Euro**

**More questions?**

✉ [academy@he4ds.com](mailto:academy@he4ds.com)

📷 [@healtheducationfordancers](https://www.instagram.com/healtheducationfordancers)

**Ready to book?**

[he4ds.com /education-program](https://he4ds.com/education-program)

