



This student handbook contains important information about the course, An Introduction to Creative Ageing through Dance, the role of Ausdance VIC and your rights and responsibilities as a student. Please take your time to read and understand the information in this booklet.

## ABOUT THE TRAINING PROVIDER

Ausdance VIC is the peak body and service organisation for dance in Victoria, and a nationally accredited Registered Training Organisation (RTO). Governed by a volunteer Board of Directors, Ausdance VIC is a not-for-profit entity, currently employing six staff.

Having conducted preliminary research dance opportunities and benefits for older people Ausdance VIC has developed a new suite of educational programs which support the teaching and facilitation of dance and movement to this expanding cohort. Ausdance VIC has been training dance educators for more than 21 years. Our trainers are leading practitioners in the field, bringing years of practical experience and insight to the programs we offer.

## CREATIVE AGEING THROUGH DANCE

### WHY DO THIS TRAINING?

Research shows that dance offers physical, mental, and social benefits to people of all ages, but while Australia's population is ageing, most teaching practice in this area favours younger bodies. That's why Ausdance VIC has created the Creative Ageing through Dance program: an industry-led training program designed to upskill dance teachers and dancers, so they can safely teach and facilitate dance and expressive movement to older people.

Based on the latest research, industry codes of practice, vocational training standards, and the dance industry's recommendations for best practice, the Creative Ageing through Dance program not only gives participants a theoretical understanding of how best to teach dance and expressive movement to older people, but offers the practical tools and experience needed to safely deliver dance activities in this specialised context.

The entire Creative Ageing Through Dance teacher training program is structured over four modules, providing an introduction (this module) and opportunities for participants to observe, research and discuss factors that affect the teaching of dance and expressive movement to older people, as well as opportunities to test their knowledge and practice their teaching and facilitation skills.

The Creative Ageing through Dance program aims to:

- Train a new workforce to deliver high quality dance and expressive movement activities for seniors and the elderly in a variety of contexts
- Offer a range of entry points at different levels, acknowledging that people come to teaching and facilitating dance and expressive movement from a wide diversity of professional backgrounds and experiences
- Provide high quality training which meets industry expectations
- Provide learning that is meaningful, practical and challenging
- Provide choice for participants – to enrol in non-accredited or accredited training, depending on learner needs and experience.

## WHO IS THIS PROGRAM FOR?

The Creative Ageing Through Dance program is aimed at dance professionals who have had a minimum of 5 years of dance experience, either as a teacher or performer.

## HOW IS THE PROGRAM STRUCTURED?

The Creative Ageing through Dance teacher training program is a progressive learning pathway structured over four modules. It includes the Creative Ageing Dance Teaching Skill Set (CUASS00059) and one additional unit of competency (SISCCRO001).

### **Module 1 Introduction - Creative Ageing Through Dance**

Non-accredited, professional learning program  
Open to Australian and International learners

### **Module 2 Developing practice**

Accredited training, 2units  
SISCCRO001 Plan and conduct recreation programs for older persons  
CUAAHL505 Adapt arts and health practices to meet participant needs (CUASS00059)

### **Module 3 Increasing knowledge and effectiveness**

Accredited training, 2 units  
CUADTM413 - Apply safe dance teaching methods (CUASS00059)  
SISXDIS001 - Facilitate inclusion for people with a disability (CUASS00059)

### **Module 4 Deepening practice**

Accredited training, 1 unit  
CUAAHL504 Deliver and monitor arts and health programs (CUASS00059)

## **MODULE 1: AN INTRODUCTION TO CREATIVE AGEING THROUGH DANCE**

This teacher training program begins with **An Introduction to Creative Ageing through Dance** which is the entry point for all learners.

Delivered online, over four weeks, An Introduction to Creative Ageing through Dance is open access and can be undertaken as a stand-alone professional learning unit. It introduces learners to the theory and practice of safely teaching and facilitating dance and expressive movement to older people, as well as offering a sneak-peak into the different professional environments in which dance can be taught to older learners.

Incorporating downloadable resources, video interviews (with full transcripts) and case studies, and referring to the latest research, the Introductory Training outlines the benefits of dance for older people, and the unique challenges faced in teaching dance and expressive movement to older cohorts of learners. Using quizzes, reflective tasks, and discussion trees, it also invites learners to reflect on their own experiences of creativity, ageing, movement, and dance. Once completed, learners receive a Certificate of Completion from Ausdance VIC.

### Learning Aims

- Understand and articulate the benefits of dance and expressive movement for older people
- Identify the values older people hold when it comes to dance
- Discover the different contexts in which dance for older people can take place
- Consider the role of creativity and expressive movement in ageing well
- Identify general ageing processes and common conditions, and their implications for dance and movement practice
- Gain a preliminary understanding of legal requirements and professional responsibilities as a dance teacher/facilitator working with older people

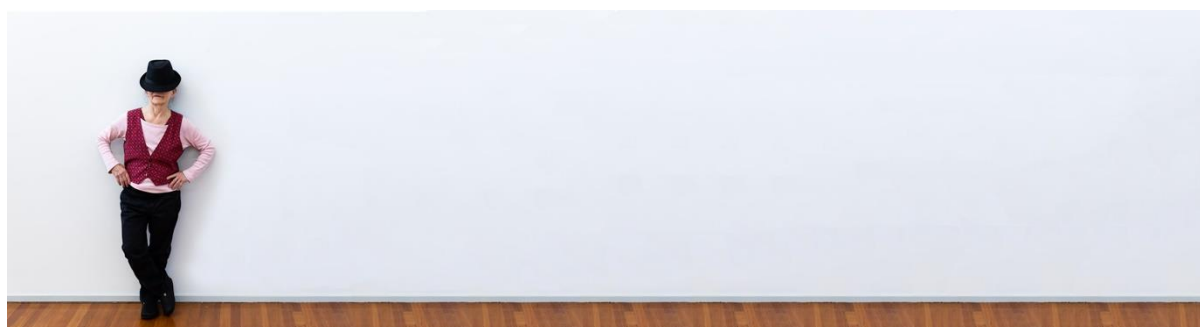
### Learning Outcomes

By the end of An Introduction to Creative Ageing through Dance, learners will be able to:

- Interpret and discuss motivating factors for older people participating in a dance program
- Recognise enablers and barriers to dance participation by seniors and the elderly
- Identify and describe environments in which dance practice for older people takes place
- Reflect and present ideas around the role of creativity and ageing
- Identify relevant legislative requirements that relate to dance teaching practice for older people
- Identify and discuss ethical and professional dance teaching practices.

## Course Benefits

- Access to Online Resources: including fact sheets, videos, case-studies, and links
- Professional Networking: including opportunities to build professional networks through shared learning activities and discussion boards
- Certificate of Completion from Ausdance VIC: recognising the nominal number of continuing professional development hours (CPD)
- Ability to move to next stage of the Creative Ageing through Dance learning pathway



## MODULE 1 DETAILS

Course Name	An Introduction to Creative Ageing through Dance
Duration of Content:	Up to 11 hours, which can be undertaken over a few days or 4 weeks
Access to Material:	Content is accessible for 4 Weeks from the Start date of the Course enrolled in
Course Dates:	TBC

## MODULE 1 STRUCTURE

### Part 1 Benefits of Dance

- Introduction
- Reading: Benefits of dance resource
- Case study videos
- Reflective activity
- Discussion Forum
- References

### Part 2 Environments for Dance

- Introduction
- Reading: Contexts and Environments for Dance

- Case study videos
  - Dance for Dementia
  - Dance for Parkinson's
  - Aged Care
  - Dance in the Community
- Reflective activity
- Discussion
- Quiz A
- References

### Part 3 Creativity, Artistry and Performance

- Introduction
- Reading: Creativity, artistry and performance
- Case study videos
- Reflective activity
- Discussion
- References

### Part 4 Changing Bodies

- Introduction
- Reading: Duty of Care, Understanding the ageing process
- Case study videos
- Discussion
- Quiz B & C
- Questionnaire
- Certificate of Completion

## TECHNICAL REQUIREMENTS

A computer with internet access and the ability to watch and hear video (including Youtube).

## ENROLMENT

- Enrolment is complete when the learner has been issued access to the learning management system (the online training program);
- Commencement is effective from the date elearning access is granted; and
- Duration (4 weeks) is effective from the date elearning access is granted;
- Fees are non-transferable to other students.

## ENROLMENT TERMS AND CONDITIONS

Students must read this Introduction to Creative Ageing through Dance student handbook and accept the terms of enrolment before being permitted to pay for the course and proceed to enrolment.

By accepting the terms of enrolment, the learner

- Agrees to pay the tuition fees (including GST) using the payment method selected on the enrolment form.
- Accepts that he/she is required to pay the full amount of the tuition fees even if he/she does not complete Module 1.
- If under 18, will nominate a parent/guardian who is responsible for the payment of the tuition fees.
- Understands the approximate duration of the training program, Module 1, is 11 hours.
- Understands they are unable to graduate from the program until fees have been paid in full.

## MATERIALS, ACCESS, AND ASSESSMENT

- Materials are supplied in an online environment and are available for viewing online.
- The content of the online training program, including copyright and intellectual property rights contained therein, remain the property of Ausdance VIC. You may not reproduce any part of the online training materials without the prior written consent of Ausdance VIC.
- Training materials, content and assessment are subject to change.
- Training materials are provided online via Ausdance VIC's Learning Management System (LMS) 24/7 for the duration of the Course. Course materials comprise of written materials, videos and other learning resources.
- All learning tasks must be submitted online via the elearning system;
- Learners are granted four-week access to course materials;
- Early access to a purchased course is not possible.

## WITHDRAWAL AND REFUNDS

Ausdance VIC complies with Australian Consumer Law regarding refunds. We are not required to provide a refund if you change your mind about the course that you chose to enrol into.

However, while course fees are non-refundable, learners may have extenuating circumstances that prevent them from undertaking their course. Where evidence can be successfully provided to support the learner's circumstances, course fees may be refunded or partially refunded as per the following:

- A full refund is permitted if the enrolment is cancelled prior to the commencement date and if access to resources has not been provided yet.
- A 50% refund is permitted if the enrolment is cancelled before the learner has engaged with 10% of the course.
- No refund will be provided after the learner has engaged with 10% of the course.
- No refund will be provided where work or assessment has been saved or submitted.

This decision of assessing the extenuating circumstances rests with the General Manager and will be assessed on a case-by-case situation.

## STUDENT OBLIGATIONS

Students with Ausdance VIC are required to:

- Ensure that all the information provided to Ausdance VIC is accurate.
- Notify Ausdance VIC of any contact changes (email, telephone, address etc.)
- Advise Ausdance VIC of any difficulties or problems they may experience with Ausdance VIC staff, procedures or training.
- NOT submit or claim as their own, work derived from other source or work completed by another person.
- Conduct themselves civilly and respectfully at all times. As a learner with Ausdance VIC, you agree that you will not use abusive language or harass staff or fellow learners.

## HOW TO ENROL AND BEGIN TRAINING

1. Read this student handbook.
2. Enrol on the Ausdance website <https://ausdancevic.org.au/courses/creative-ageing/course-1/> and purchase access to the course. You will be asked to confirm that you have read the information in this handbook and agree to the terms and conditions in this document.
3. Complete the enrolment process.
4. Proceed to the course page when the course is open.

## RELEVANT AUSDANCE POLICIES

Ausdance Vic endeavours to provide fair and equitable access to the services we offer. In keeping with this aim, there are policies and procedures that guide our VIC operations.

## BEHAVIOUR AND MISCONDUCT

Ausdance's aim is to provide a quality learning experience for learners and equal opportunity to learn in a supportive environment. In your interactions with others, it's expected that you will:

- treat other learners and staff with respect and in a way that doesn't compromise their health, safety, privacy and welfare
- abide by OHS and welfare policies and procedures
- comply with all lawful and reasonable directions given by staff while involved in a Ausdance Vic -controlled or -sponsored activity
- abstain from bullying, harassing, unfairly or unlawfully discriminating against others, engaging in inappropriate conduct or using offensive language or gestures and
- adhere to program requirements and accepted class norms.

## COMPLAINTS AND APPEALS

A complaint must be lodged within 21 days of dissatisfaction arising or a grievance occurring; or of an unsatisfactory formal or informal resolution; or of an assessment decision. The complaint procedure and form can be downloaded from the Ausdance Vic website.

## PRIVACY

Ausdance VIC understands that your privacy is important. This document outlines what personal information we collect and manage, and covers all people and organisations that engage with us.

### *What sensitive information do we collect?*

To provide our services, we may be required to collect and hold your sensitive information including health and medical information (such as dietary requirements, allergies, asthma details & existing injuries) and information relating to any disability, accessibility or companion card program requirements. We generally only collect this information if you participate in one of our workshops or are attending an event. We may also collect health and sensitive information relating to volunteers and job applicants as part of the recruitment process or in the event that a volunteer or job applicant is injured while performing their role. We may collect sensitive information about your ethnic origins, country of birth or Aboriginal or Torres Strait Islander heritage, but only where this information is relevant to our research or participation in one of our programs.



Sensitive information will be used and disclosed only for the purpose for which it was provided or a directly related secondary purpose, unless you agree otherwise, or the use or disclosure of the sensitive information is allowed by law.

If you have any questions about our privacy policy or your personal information that we have collected, please don't hesitate to contact us:

victoria@ausdance.org.au

*What kind of personal information do we collect and hold?*

If you are a participant in an Ausdance VIC event or workshop the personal information we hold about you may include:

- Your name, address, contact details
- Your gender and date of birth
- records of our interactions with you such as feedback that you have provided to us and records of conversations you have had with our employees
- information about transactions that you have made with us or our authorised ticketing agents, including the events you have attended or booked tickets to attend
- your opt-in preference to receive communication from Ausdance Vic

*How do we use your personal information?*

The purposes we use your information for depends on your relationship with Ausdance VIC. We may use your information to:

- provide you with information about our events, programs and services
- administer our events, programs and services
- answer your inquiries
- respond and/or resolve feedback provided by you
- comply with laws and regulations including reporting to funding and government agencies
- conduct surveys, market research and analysis
- invite you to participate in research projects and activities
- process your membership application and manage your membership, as applicable
- process your enrolment
- process donations and payments
- manage our relationship with you including (if applicable) to provide services to you
- encourage further involvement with Ausdance VIC
- personalise your online experience or to enable marketing functionality

## THE NEXT STEPS

The Introduction is the first step on the journey to build learners' knowledge sequentially from introductory concepts, through to face-to-face practical sessions, online training and tutoring and assessment. While the Introduction is non-accredited training, the professional

learning programs are nationally accredited with content that is recognised throughout Australia.

Learners who complete these modules will receive a Statement of Attainment, stating hours of continuing professional development and be registered with Ausdance VIC as a trained and qualified teacher-facilitator of Creative Ageing (Dance). It is recommended that learners complete the entire pathway within one year, however scheduling is flexible to accommodate participant availability.

Contact us to find out more about further training with Ausdance VIC.