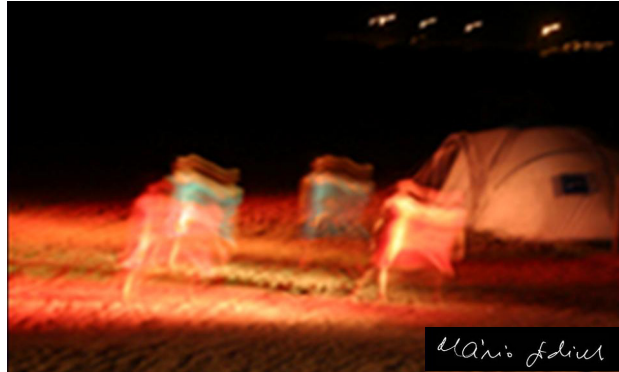


The Dancer's Health and Training



November 20th – 21st 2010 . Lisbon . Portugal

The concerns of dancers health are due of a high number of injuries and a set of identified problems, either of physical or psychological nature. Although the causes of injuries occurrence are multifactorial, there is a predominance of factors related to training, including fatigue, muscle imbalances, improper technique, inadequate strength, caloric restriction, etc.. This seminar will be addressed to health issues from the perspective of injury prevention, and other associated to training, in order to improve performance and extend the career of a dancer.

Themes

Injury prevention, postural problems, muscle imbalances, strength development and flexibility, evaluation for diagnosis and monitoring of training, energy expenditure and nutrition, hydration, recovery and load balancing, training periodization.

Submit a Presentation Proposal

- . Presentation proposals must be completed (abstract submitted) electronically by September 15th, 2010
- . Proposals should have 300 words maximum, and presentation title, author(s) name(s), degree(s) and affiliation(s)
- . Send proposals to sofiacarvalho@gmail.com
- . Official languages: Portuguese and English

Important dates

- September 15th, 2010**
Submission deadline for papers
- September 30rd, 2010**
Notification of submission decision

Organized by

Faculty of Human Kinetics . Luis Xarez . <http://www.fmh.utl.pt>