



Level 4 Certificate Approaches to Dance for People with Parkinson's

Qualification summary

The Level 4 Certificate Approaches to Dance for People with Parkinson's is a single unit qualification that introduces dance artists to key issues about Parkinson's that may affect people living with Parkinson's who participate in a dance class.

It is a vocational qualification with assessment referring to application of knowledge and understanding in work-based contexts.

The qualification covers a range of issues relating to the medical condition, dance, movement, and creative practices, and informs the dance practitioner of what they need to do to keep themselves and their participants safe and meaningfully engaged in a participatory dance context.

Entry requirements

There are no prior qualification requirements relating to entry for this qualification.

Prior knowledge or skills

Candidates are expected to have some prior knowledge of one or more dance genres of their choice and experience of delivering or participating in dance sessions taking place in participatory or community contexts.

Qualification structure

This is a single unit qualification. Candidates successfully completing the assessment will be awarded the qualification.

Progression routes

This qualification can be taken as a stand-alone Certificate or candidates may wish to transition to other population-specific Professional Qualifications offered by People Dancing eg Approaches to Dance with Older People.

Further study will be required before the candidate is ready to take sole responsibility for delivering dance sessions for people with Parkinson's, however the qualification can be used as a route towards further study, employment or self-employment opportunities including:

- employment as an assistant in supervised dance sessions by dance organisations, healthcare providers, care homes or Parkinson's support groups

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- self-employment as an assistant in supervised dance sessions with dance organisations, healthcare providers, care homes or Parkinson's support groups, community or participatory arts sectors

Qualification aim

The qualification aims to introduce dance artists to key issues relating to Parkinson's that may have an impact on people with Parkinson's participation in a dance session and planning requirements for the delivery of a safe dance practice.

It will cover the following in relation to people living with Parkinson's: neurological changes that occur in the brain; potential physical and mental effects of Parkinson's on individuals; the potential impact of Parkinson's medication on a dance class participant; cueing techniques to support participation in dance practice; environmental considerations; structuring a safe participatory dance session.

Learning outcomes:

At the successful completion of this qualification you will be able to:

- 1. Demonstrate knowledge and understanding of the physiological and psychological changes that may occur in people living with Parkinson's and the impact this may have on their participation in dance activities**
 - 1.1 Identify and distinguish between key symptoms of Parkinson's and the potential effects of these symptoms and related medication on a dance participant's physical and mental ability
 - 1.2 Demonstrate knowledge of freezing and how to support participants experiencing this symptom
 - 1.3 Demonstrate awareness of adaption techniques to meet individual needs in a dance session for people with Parkinson's
- 2. Demonstrate an awareness of different approaches to planning and delivering dance sessions for people with Parkinson's**
 - 2.1 Identify mechanisms that will enable participants with Parkinson's to contribute to artistic practice
 - 2.2 Identify examples of good practice in contrasting approaches to the delivery of a dance session for people with Parkinson's
- 3. Demonstrate the ability to adapt cognitive and practical skills to plan safe dance sessions for people with Parkinson's**
 - 3.1 Demonstrate an understanding of environmental considerations when planning and delivering a dance class for people with Parkinson's
 - 3.2 Demonstrate an understanding of key cueing techniques relevant to the delivery of dance sessions for people living with Parkinson's
 - 3.3 Evidence understanding of the importance of observation skills
 - 3.4 Evidence the ability to plan a safe dance session for people living with Parkinson's

Topics that need to be covered (Indicative content)

The following provides guidance about the areas that someone preparing to undertake assessment in this qualification will need to cover:

- Physiological changes to the brain caused by Parkinson's
- Psychological issues faced by people living with Parkinson's
- Symptoms of Parkinson's
- Safe dance practice in relation to Parkinson's symptoms
- Contrasting approaches to dance sessions for people with Parkinson's
- Cueing techniques
- Session planning

Time needed to prepare for assessment (Total qualification time)

The total qualification time (TQT) for this Award is 125 hours. This might be broken down into 24 taught hours (guided learning hours) and 101 hours of self-directed study or a mix of the above. This includes the preparation and assessment time needed to complete this qualification.

The time needed to prepare for assessment will depend on your level of experience. If you have been working in this field for some time and keep up to date with research related to this area of work you may need less time to prepare for assessment than someone who is new to the sector.

Assessment method

Assessment for this qualification takes the form of an online test which includes multiple choice questions, short answer questions and scenarios. The online assessment accounts for 100% of the mark for this qualification and you must pass the assessment to pass the qualification. The pass mark is 60%. After being assessed candidates will be issued with a report.

Access to the online assessment will be provided when you register for the qualification.

Example task

The following shows the type of question that will be included in the online assessment

Which of the following are contraindications for participation in a dance session for people with Parkinson's (tick all that apply)?

- a. Mild cognitive impairment
- b. Severe psychosis
- c. Orthostatic hypotension
- d. Impaired balance
- e. Pre-existing non-Parkinson's neurological conditions
- f. Heart or lung conditions
- g. Advanced stage osteoporosis
- h. Occasional tendency to fall

Attainment bands

There are four attainment bands for the qualification: Fail, Pass, Merit and Distinction.

Attainment level descriptors

The following shows how the assessors use the marks in relation to the learning outcomes set out above to determine your level of achievement.

Attainment bands	Descriptor
Fail: 59% or under	You will demonstrate a limited knowledge and understanding of the impact of Parkinson's on peoples' participation in a dance session and the ability to plan the delivery of a safe dance session
Pass: 60% to 74%	You will demonstrate a competent knowledge and understanding of the impact of Parkinson's on peoples' participation in a dance session and the ability to plan the delivery of a safe dance session
Merit: 75% to 89%	You will demonstrate an authoritative knowledge and understanding of the impact of Parkinson's on peoples' participation in a dance session and the ability to plan the delivery of a safe dance session
Distinction: 90% or above	You will demonstrate an authoritative knowledge and understanding of the impact of Parkinson's on peoples' participation in a dance session and the ability to plan the delivery of a safe dance session

Suggested resources

Houston, S *Dancing with Parkinson's* (2019) Intellect ISBN 9781789381207

Houston, S & McGill, A, *English National Ballet, Dance for Parkinson's: An Investigative Study 2 A report on a three-year mixed methods research study* (2015)

Hulbert, S *Dancing with Parkinson's - an exploration of teaching and the impact on whole body coordination during turning* (2015)

People Dancing / Dance for PD® online learning programme An Introduction to Dance for Parkinson's

The People Dancing website — communitydance.org.uk — has a section dedicated to dance for people living with Parkinson's

The following websites may also be useful:

Capturing Grace <http://www.capturinggracefilm.com/>

<https://danceforparkinsons.org/>

English National Ballet <https://www.ballet.org.uk/blog-detail/introducing-new-danceparkinsonsambassador/>