THE TRUE POWER OF DANCING

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Young people nowadays are more engaged in modern gadgets and technologies that hinder them in performing physical activities. Moreover the inactive lifestyle of the youngsters causes a lot of health and physical problems among them. Physical inactivity can lead to energy imbalance and can increase the risk of becoming overweight or obese. It increases the risk of factors that cause cardiovascular disease, including hyperlipidemia, high blood pressure, obesity, and insulin resistance and glucose intolerance. These are just some of the few things that we must solve for the sake of the health of the future of our community.

So the challenge in getting this young individuals into a physically active lifestyle is glaring. Physical education teachers are better to implement music and dance into their curricula in a number of creative, fun ways to get students moving and active.

Music is a timeless element that has been around since humans first created rhythms from the beating of sticks and stones. It is powerful, drawing deep emotions and memories buried in the thick of things, but most of all, music is a stimulant for the mind, body, and soul. Once the music starts, you don’t even realize that your body is moving and reacting to the melody and beat.

Dancing improves brain function on a variety of levels. Dance is a natural method for learning and a basic form of cultural expression. Students learn movement patterns as readily as they learn language. Just as all societies create forms of visual representation or organize sounds into music, all cultures organize movement and rhythm into one or more forms of dance. Yet, while our educational systems include reading, writing, drawing and singing, they often neglect to include dance. It is
essential that education provides our children with the developmental benefits and unique learning opportunities that come from organizing movement into the aesthetic experience of dance.

Dance is a powerful ally for developing many of the attributes of students. Dance helps them to become mature physically, emotionally, socially, and cognitively. The physical benefits of dance are widely accepted, but the emotional, social and cognitive attributes have only recently begun to be appreciated.

Therefore teaching students the art of dancing should not be neglected and underestimated for it brings a lot of benefits to the students. Dance education enhances physical, emotional, and social skills. Dance education brings art and music to life for young dancers. Dance education instills the love of learning and growing. Dance is a lifetime sport.

“A dance teacher helps his students find the song in their heart the beat in their feet and the passion for life”.

Reference:

https://danceprogram.duke.edu/undergraduates/reasearch-independent-study