

Dancing for Good Health and Wellbeing



This research proposal consists of discovering how dance can be used as a therapy for mental and physical health and to understand how Tango is a community practice in Manizales, Colombia. It focuses on exploring the issue presented by SDG 3: “Good Health and Well Being” which connects to exercise science. I examined this topic through the discipline of dance. This research aimed to explore the different contexts of dance in human life and community practices using Tango as the case study for my research..



OBJECTIVES:

My research examined ways people incorporated physical activity and enjoyment into their lives through dance.

OUTCOMES:

- How can the practice of dance be used for socio-therapy practices for improving well-being of the lives of community members?
- ❖ Afternoon gatherings of retired people learn Tango together and drink coffee.
- Looking at the case study of Tango in Colombia, how does this cultural practice present in the lives of community members across generations?
- ❖ -Mostly 50 + for socializing.
- ❖ Children and teens competitively dance for sport
- ❖ Some people continue the practice as a family tradition



DATA COLLECTION:

May 25 – 30 Manizales, Colombia
Surveyed college students from *Universidad de Caldas*
Interviewed a traditional well known tango dancer.
Observed children's classes during the afternoon.
Talked to professional dancers and instructors.

References:

- The Evolution of Human Dance: Courtship, Rites of Passage, Trance, Calendrical Ceremonies and the Professional Dancer.
- Tango Its Not Just A Dance - History Documentary
 - Current Biology
 - *El tango- Una danza*
 - Mental health in dance