

# Dance Medicine and Science Symposium 9<sup>th</sup>-10<sup>th</sup> May 2026 Schedule



Day	Name		Title
<b>Saturday</b>	<b>9:00am</b>		<b>Coffee</b>
<b>9:30am</b>	Matthew Wyon		Welcome and ground rules
	Helen Clegg	In person	Managing the research crisis: Continuing to research dance science in difficult times.
	Emma Morgan	In person	Self-compassion profiles of undergraduate dance students and their associations with perfectionism and perfectionistic climate: a latent profile analysis
	Lan Zhou	Recorded/online	How Dance Fosters Psychological Resilience: Developing and Validating a Positive Psychology Pedagogy
	Elsie Papafotiou	In person	Perceived gender differences in vocational ballet class and their impact on students' psychological well-being
	Lucía Piquero Álvarez	In person	Dance-based interventions for affective state and emotional regulation: an exploratory study.
	Manisha Aggarwal	In person	Dance is my whole personality trait'': Exploring dancer identity through an Existential and ACT-based approach
	Min Du	In person	Developing a Dance-based Intervention to Address Social Anxiety and Body Esteem in University Students: A Theory-, Evidence-, and Person-Based Approach
<b>12:30</b>	<b>Lunch</b>		<b>Network and food for all</b>
	Bradley Smith	In person	Operationalising Training Load in Pre-Professional Ballet: An sRPE-Based Monitoring Framework
	Kelly Hough-Coles	In person	Screening Protocols for Pointe Readiness: A Feasibility Study
	Scarlett Brass	In person	Menstrual cycle, physiological performance and perceptual responses in dance: a pilot case study
	Ella Dennehy	In person	Strength Training Perceptions Among Vocational Ballet Students: A Holistic Development Approach to Exercise for Health and Performance
	Terry Hyde	In person	Motor imagery and psychotherapy in dance injury rehabilitation: clinical observations from work with professional ballet dancers
	Miko Gianola Fratnik	In person	Improving Dancer Health Monitoring with Balance Measures
	Amelia Hooper-Jennings	In person	Exploring musical theatre performers perceive S&C training and identifying engagement barriers and enablers
	Pierluigi Bottacin	Online	Competitive Dancers' Practices and Perceptions about Physical Preparation – a preliminary dataset
<b>Evening</b>	Curry outing to Five Rivers 7pm		

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<b>Sunday</b>	<b>9:00am</b>		<b>Coffee</b>
<b>9:30am</b>	Matthew Wyon		Welcome
	Yawen Hu	Online	Epidemiology of Musculoskeletal Injury in Ballet Dancers: A Systematic Review and Meta-Analysis
	Polly Dhar	Online	A specific concussion protocol for performing artist
	Jacqui Dimmock	Online	Identity and Early Pregnancy Loss in Dance (and Sport): A Scoping Review'
	Lucy McCrudden	Online	Dance Mama Moves Surrey: applying sports and dance science research to perinatal populations in community dance settings
	Emeric Rabot	Online	Breath Awareness and Its Application in Professional Dance: Insights from Training and Performance
	Bethan Hickey	In person	Developing a Physical Activity Programme for Older People with Severe Mental Illness: A Dance-Based Approach
	Sujata Banerjee		Proprioception training for the adolescent Kathak Dancers
<b>12:30</b>	<b>Lunch</b>		<b>Network and food for all</b>
	Ciara Sampson	In person	From placement to employment- performance psychologist journey
	Michelle Dwarika	In person	Insights from practitioners into the delivery of psychoeducational workshops in dance
	Ying Liu	In person	Understanding Psychological Well-Being and Support for University Dance Students
	Morgan Milne	In person	Co-designing an Emotion Regulation Intervention with UK Vocational Dance Students
	Sarah Hamilton		Strength and conditioning as a tool to improve the wellbeing of first year musical theatre students; a pilot-study