

benefits of dance

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National Registry of Dance Educators

The Benefits of Dance

Audrey Dascomb, RDE
 Director of Dance Expressions Unlimited

Developed by Audrey Dascomb, RDE, Director of Dance Expressions Unlimited, the following chart highlights the most common benefits of studying dance. There are physical, intellectual, artistic, social and individual rewards which can enhance and enrich lives.

PHYSICAL	INTELLECTUAL	ARTISTIC	SOCIAL	INDIVIDUAL
Fitness	Intellectual Stimulation	Arts Appreciation	Team Exploration & Cooperation	Confidence, Self-esteem
Coordination	Calculation & Planning	Musicality & Rhythmic Expression	Communication	Listening Skills
Cardiovascular Conditioning	Sequential Learning	Creative Expression	Camaraderie	Self-Discipline
Flexibility	Patterns	Imagination		Sense of Accomplishment
Strength	Spatial Development	Innovation		Persistence
	Increased Motivation to Learn			Accuracy
	Mental Flexibility, Problem Solving			Open to New Ideas
	Right & Left Brain Inclusion (Holistic Thinking)			
	Improved Academic Performance			