

Sway2Go - 2819

- Train-the-Trainer Model
- Structured Lesson Plans
- Caters to Non-Professional Dancers

Abstract

Background

Social isolation and loneliness are increasingly becoming significant public health concerns that can negatively impact the quality of life and lead to adverse health outcomes. To address this issue, communities must create more social engagement and connection opportunities. Social dancing is an excellent way to increase endorphins, improve the quality of life, and foster a sense of community. However, the lack of platforms for individuals to teach social dancing creates a significant barrier, limiting access to such opportunities.

Technology Overview

To overcome these challenges, the University of Kentucky has developed an innovative solution called Sway2Go. Sway2Go offers structured lesson plans and discussion guides that enable anyone, regardless of their dance expertise or teaching experience, to learn how to teach social dancing in their communities and beyond. This train-the-trainer model not only helps to create opportunities for social engagement but also enhances economic development and entrepreneurship opportunities for individuals. Sway2Go dance classes can be held in various locations around the community, making it easier for people to participate and connect with others.