

More Dancing in Off the Wall

The Union Knows

- There aren't any dance activities currently available on Off the Wall, the opportunities available elsewhere are expensive.
- Studies have found that dancing can improve balance. Some have shown improvements in gait, walking speed, and reaction time, as well as cognitive and fine motor performance.
- Dancing is also good for your mood. It has been shown to reduce depression, anxiety, and stress and boost self-esteem, body image, coping ability, and overall sense of well-being, with the benefits lasting over time.

The Unions Believes

- Students would benefit from more dance activities through the health and mental improvements it can lead to.
- Being a student can be stressful especially when working hard studying, having dance opportunities would benefit students as it would help them relax and decrease stress.
- Having dance activities would be a good opportunity for students to meet new people, exchange ideas and make friends.
- Dancing is fun and exciting it combines art and sport and would help students to express and empower themselves.
- Dancing would help students express themselves and be more free which would help them focus when studying.

The Union Will

- Ensure more dance opportunities are made available through Off the Wall.
- Include dance forms such as Zumba, Salsa, Belly Dance, Bollywood, Flashmobs, Dancesport, Swing, Hip-Hop, contemporary.
- Promote the dance activities across the different campuses.
- Arrange for social activities such as parties at which students can dance at.
- Ensure there are enough classes so that every students that wants to dance has an opportunity to do so.
- To ensure provisions are to be made specifically for the inclusion of students with disabilities.

The Union Chooses: VP Sport & Health

Proposer: Anh Ng Tran

