

DANC 2800: Embodied Wellness

2 Credit Hours

Embodied Wellness is explored through a holistic lens with attention given to physical experiences within a supportive, classroom community. Dance students will engage in embodied wellness through participation in somatic, movement-based classes in areas such as yoga, dance improvisation, and meditation. Students will research content areas that will support their careers as physical performers and creators within the context of dance as a profession and an art form. Topics of study include wellness related to injury prevention and recovery, as well as nutrition and healthy lifestyle choices. Students demonstrate their knowledge through reflections, discussions, assignments, and presentations. Topics surrounding the specific needs of a dancer's mental and emotional health are addressed by expert lectures and visits. Each participant is empowered to create their own research project on an area of personal interest within the larger field of embodied wellness.

DANC 3000: Musical Theatre Dance: Styles I

2 Credit Hours

An introduction to major dance styles for musical theater including: fundamental performance skills, exercises in body awareness, and principles of choreography for musical theater pieces. Students address the process of creating a character through movement and develop audition and rehearsal techniques through in-class work and out-of-class assignments. This course includes a survey of the history of dance in musical theater.

DANC 3001: Musical Theater Dance: Styles II

2 Credit Hours

Prerequisite: Dance Major, or DANC 3000

This course offers advanced study of a selected musical theater dance style, including a history of the form and its major choreographers.