

SOMATICS, MINOR

Our Minor in Somatics provides an opportunity to practice and survey a wide range of somatic methodologies, including Alexander Technique, Feldenkrais, Laban Movement Analysis, Martial Arts, Pilates Method and Iyengar Yoga. Upon completion, students are prepared for further study in an array of dance/movement disciplines, including teaching and health/wellness.

Thomas Hanna first used the term 'somatics' in the 1970's in the first issue of the journal Somatics. He used "soma" to refer to the wide range of body awareness and mind-body practices which had emerged in many cultures throughout the twentieth century. The focus of somatics is on bodily experience, and on how our soma interacts with the world.

The Minor in Somatics provides coursework of special interest to Health Sciences, Nursing, and Education majors who aim to work in helping professions and facilitate movement awareness/change. Music, Acting, and Dance performance students in the Peck School of the Arts will also benefit from learning how to self-monitor physical performance, access the movement imagination, move expressively, and connect meaningfully with an audience.

Requirements

Admission Requirements

Students must meet general university admission requirements to be admitted to any of the undergraduate curricula as a freshman or transfer student. Prior to completing 6-8 credits of the degree specific coursework, students must submit the dance minors and certificates application and be accepted into the program. Students must have a 2.75 overall GPA to enter the program. No more than 6-8 credits will be applied toward the degree until after a student has been admitted and a Dance Faculty Advisor has been assigned.

Continuation Requirements

Students are expected to demonstrate a strong commitment to their health and overall conditioning in order to fulfill the department's academic requirements. Students must have a 2.75 overall GPA to continue in the program. Dance courses with a grade of C- or below will not be counted toward any departmental degree.

Minor in Somatics Curriculum

| Code | Title | Credits |
|--------------------------------------|---|---------|
| Dance | | |
| DANCE 103 | Introduction to Yoga | 2 |
| DANCE 220 | Body Sense | 3 |
| DANCE 251 | Laban/Bartenieff Movement Analysis (QL-B) | 3 |
| DANCE 371 | Dance Anatomy & Kinesiology (or Departmental Approved Equivalent) | 3 |
| DANCE 624 | Feldenkrais for Performers | 2 |
| Electives in Dance | | |
| Select 9 credits from the following: | | 9 |
| DANCE 113 | Modern Dance Technique I | |
| DANCE 233 | Improvisation for Dancemaking | |
| DANCE 122 | African Dance & Diaspora Technique I | |
| or DANCE 370 | World Movement Traditions: | |
| DANCE 321 | Alexander Technique for the Performer | |

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| DANCE 323 | Body Conditioning: Pilates Method |
| DANCE 371 | Dance Anatomy & Kinesiology (or Department Approved Equivalent) |
| DANCE 489 | Workshop in Dance: (Approved Somatic Sub-Topic(s) only) |
| DANCE 403 | Intermediate Yoga For Dancers |
| DANCE 421 | Alexander Technique Practicum |
| DANCE 623 | Body Conditioning: Pilates Method II |

Total Credits 22

Advising

Location: Theatre 120

Hours: M–Th 9 a.m. to 4 p.m. | Fri. 9 a.m. to 2 p.m. (*closed on university holidays*)

Contact: 414-229-4763 | Contact Form (<https://uwm.edu/arts/contact/>)

Academic advising is an important aspect of long-term academic success. At the Peck School of the Arts, we offer professional advising in the undergraduate disciplines of art, dance, film, music and theatre.

Our advisors provide students with individualized appointments to assist them in areas such as: degree requirements, major options, course selection, campus resources, college success strategies, graduation assessment, academic policies and procedures, and more.

For more information please visit the Peck School of the Arts advising and student services page (<https://uwm.edu/arts/students/advising/>).