

SOMATICS, UNDERGRADUATE CERTIFICATE

Overview

The certificate in somatics provides special interest coursework for dance students interested in the mind-body connection, rehabilitation, kinesiology and dance therapies. Our certificate also serves health sciences, nursing and education majors who aim to work in helping professions and facilitate movement awareness and change. Music, acting and dance performance students also benefit from learning how to self-monitor physical performance, invigorate movement imagination, move expressively and connect meaningfully with an audience.

Through experiential learning, you will develop a deep understanding of the interconnectedness of the body, mind and spirit, and explore the potential of embodied practices in enhancing artistic expression, personal growth and well-being.

Faculty and Staff

Our inspirational faculty and staff make sure students feel welcome and empowered to think outside the box and explore all possibilities of making art at UWM. Visit the Peck School of the Arts directory (<https://uwm.edu/arts/directory/>) to meet these artists, explore their biographies and engage with recent work.

Minors and Certificates

Peck School of the Arts minors and certificates are open to all students who have already earned or are currently seeking a bachelor's degree. Most certificates are also open to those not pursuing a degree (non-degree students).

To be admitted individuals must meet general University admission requirements (<https://catalog.uwm.edu/admission-costs/undergraduate-admission/>). To determine aid eligibility, please review all financial aid requirements (<https://uwm.edu/finances/finances/receiving-financial-aid/eligibility-for-financial-aid/>).

Contact us (<https://uwm.edu/arts/contact/>) to get started and one of our Peck School of the Arts advisors will connect with you about your interests and opportunities.

Undergraduate Advising

Academic advising is a collaborative process that empowers students to realize their maximum educational potential. Students are encouraged to visit the Peck School of the Arts Advising & Student Services page (<https://uwm.edu/arts/students/advising/>) to meet with your advisor prior to each semester's registration period. Advisors provide students with individualized appointments to assist with degree requirements, course selection, campus resources, college success strategies, graduation assessment, academic policies and more.

Admission and Retention

Students must have a 2.75+ cumulative GPA and submit a dance minor and certificate application (<https://uwm.edu/arts/apply/dance-minors-certificates/>) to be accepted into the program. No more than 6-8 credits will be applied toward the degree until after a student has been accepted and a dance faculty advisor has been assigned.

To continue in the program, students are expected to maintain a 2.75+ cumulative GPA and demonstrate a strong commitment to health and conditioning to fulfill the department's academic requirements. Dance courses with a grade of C- or below will not be counted toward dance degrees.

Credits and Courses

Code	Title	Credits
Required Courses		
DANCE 103	Introduction to Yoga	3
DANCE 220	Body Sense	3
DANCE 251	Laban/Bartenieff Movement Analysis (QL-B)	3
Electives (6 credits)		
Select 3-6 credits from the following:		3-6
DANCE 371	Dance Anatomy & Kinesiology	
DANCE 321	Alexander Technique for the Performer	
DANCE 323	Body Conditioning: Pilates Method	
DANCE 624	Somatic Pedagogy and Practice	
DANCE 403	Intermediate Yoga	
Optional: May take up to 3 credits in the following:		0-3
DANCE 111	Ballet I	
DANCE 113	Modern Dance Technique I	
DANCE 115	Jazz Dance I	
DANCE 117	Tap I	
DANCE 122	African Dance & Diaspora Technique I	
DANCE 233	Improvisation for Dancemaking	
DANCE 270	Hip-Hop II	
DANCE 272	Salsa, Merengue, and Bachata I	
DANCE 327	Dance for the Musical Theatre I	
Total Credits		15

Somatics Undergraduate Certificate Learning Outcomes

Students completing the Somatics Certificate will be able to:

- Articulate the primary principles of Somatics and specific Somatic modalities, such as Yoga, Pilates, and/or The Feldenkrais Method.
- Apply Somatic principles to an array of contexts that include creative/choreographic process, performance, and teaching movement-based practices (dance, music, athletics).
- Demonstrate the ability to analyze movement through various Somatic lenses, including Laban Movement Analysis, Feldenkrais Awareness Through Movement, Embodied Anatomy, and/or various dance techniques.
- Synthesize concepts and practices from various Somatic and movement-based practices into a personal practice that fosters body awareness and movement efficiency.

Contact Information

Advising & Student Services
Theatre Building, Room 120

<https://uwm.edu/arts/contact/>