

# 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 for the Minor in Somatics

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 Minor in Somatics' coursework, students must apply for and be accepted into the minor. Potential students must have a 2.75 GPA to be accepted into the minor. Application consists of:

1. the online application (<http://uwm.edu/arts/dance/minor-application/>) and
2. submission of unofficial UWM transcript via email to [somatic-minor@uwm.edu](mailto:somatic-minor@uwm.edu).

No more than 6-8 credits (2-3 courses) will be applied toward the minor until after a student has been admitted and a Dance Faculty Advisor has been assigned.

### Continuation Requirements

All students are expected to demonstrate a strong commitment to their health and overall conditioning in order to fulfill the department's academic requirements for the Somatics Minor.

For all dance majors and minors, dance courses with a grade C- or below will not be counted toward any departmental degree.

Students must maintain a 2.75 GPA overall to remain in the Minor in Somatics.

### Minor in Somatics Curriculum

Code	Title	Credits
<b>Dance</b>		
DANCE 103	Introduction to Iyengar 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
<b>Electives in Dance</b>		
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	
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 12 p.m. (*closed on university holidays*)

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

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/advising/>).