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 Somatics Minor

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 Somatics Minor coursework, students must apply for and 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.

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.

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

Somatics Minor Curriculum

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>DANCE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DANCE 103</td>
<td>Introduction to Iyengar Yoga</td>
<td>2</td>
</tr>
<tr>
<td>DANCE 133</td>
<td>Creative Movement I (for Non-Dance majors)</td>
<td>3</td>
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<tr>
<td>DANCE 233</td>
<td>Improvisation for Dancemaking (for Dance majors)</td>
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<tr>
<td>DANCE 220</td>
<td>Body Sense</td>
<td>3</td>
</tr>
<tr>
<td>DANCE 251</td>
<td>Laban Movement Analysis I (QL-B)</td>
<td>3</td>
</tr>
<tr>
<td>DANCE 371</td>
<td>Applied Anatomy</td>
<td>3</td>
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Electives in Dance

Select 12 credits from the following:

- DANCE 122 African Dance & Diaspora Technique I
- DANCE 370 World Movement Traditions:
- DANCE 321 Alexander Technique for the Performer
- DANCE 323 Body Conditioning: Pilates Method
- DANCE 360 Movement and Learning
- DANCE 371 Applied Anatomy (strongly recommended for students whose major doesn't include anatomy/kinesiology)
- DANCE 403 Intermediate Yoga For Dancers
- DANCE 421 Alexander Technique Practicum
- DANCE 623 Body Conditioning: Pilates Method II
- DANCE 624 Feldenkrais for Performers

Total Credits 26

Location: Theatre 120
Hours: 9AM-4PM Monday through Thursday, 9AM-2PM Fridays (closed on university holidays)
Contact: (414) 229-4763

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

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

For more information on Peck School of the Arts advising, please visit http://uwm.edu/arts/advising/.