



**IADMS** International Association  
for Dance Medicine & Science

## **STUDENT GUIDE**

INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE & SCIENCE

[EDUCATIONAL OPPORTUNITIES](#)

[CLINICAL PLACEMENTS AND INTERNSHIPS](#)

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[www.iadms.org](http://www.iadms.org)

## EDUCATIONAL OPPORTUNITIES

### ASIA

#### HONG KONG

##### HONG KONG ACADEMY FOR PERFORMING ARTS

**Courses:**

- MFA Dance

This Master of Fine Arts (MFA) in Dance offers both practical application and theoretical investigation in the fields of dance science and somatic practice with the following taught courses: dance science; optimizing performance; motor learning; somatic practice; imagery; and embodiment. In addition, the program includes a substantial professional practice component and offers independent research projects.

*Duration: 2 years*

### AUSTRALIA

#### SYDNEY

##### AUSTRALIAN COLLEGE OF PHYSICAL EDUCATION SYDNEY OLYMPIC PARK, AUSTRALIA

**Courses:**

- BA of Health Science (Dance)

The Bachelor of Health Science (Dance) develops students' understanding of synergies between dance and health science to facilitate work in public and private organizations across a range of occupations. This program is centered around the principles of the determinants of health, bioscience, and dance. *Determinants of Health* introduces health promotion principles and provides understanding of social, psychological and cultural factors influencing general health and wellbeing. *Bioscience* provides background in the structure and function of the human body and explores the concepts of exercise physiology. *Dance* provides students with a background in dance with a scientific and evidence-based approach to health and dance.

*Duration: 3 years*

## MELBOURNE

MELBOURNE UNIVERSITY  
MELBOURNE, AUSTRALIA

### Courses:

- Master of Creative Arts Therapy

The Master of Creative Arts Therapy is a unique blended learning program offering a specialization in either drama or dance movement therapy. Students will undertake supervised industry placements in various contexts including community, health and education. The creative arts therapies are a form of psychotherapy utilizing creative modalities, including drama, dance, music and visual artmaking within a therapeutic relationship to improve and inform physical, mental and emotional well-being. The course provides you with studies in theory, methods, research and professional practice across health, educational and community contexts. There is an emphasis on how each artistic modality is employed in teams with groups and individuals. The teaching method incorporates experiential, theoretical and practice-based learning approaches.

*Duration: 2 years*

## NEW ZEALAND

### AUCKLAND

UNIVERSITY OF AUCKLAND  
AUCKLAND, NEW ZEALAND

### Courses:

- Master of Dance Movement Therapy (MDMT)

Over the course of two years of study and research within the MDMT program, students become fluent in key aspects of dance movement therapy including anatomy and kinesiology, movement analysis, psychology, dance-based interventions in community and clinical settings, and individual and group therapeutic relationships. Students will critically examine practices, theories and issues enabling you to contribute to the field of dance movement therapy in practice and theory.

*Duration: 2 years*

## EUROPE

### GERMANY

UNIVERSITY OF STUTTGART  
STUTTGART, GERMANY

**Courses:**

- BA Sport Science
- MA Exercise Science: Health Promotion

Institute of Sports Science has a strong research focus on dance-relevant areas of cognition and motor activity. Test of German language skills must be completed before regular enrollment, but not necessary for exchange students.

### SWITZERLAND

UNIVERSITY OF BERN, INSTITUTE OF SPORT SCIENCE  
BERN, SWITZERLAND

**Courses:**

- MAS Dance Science

The University of Bern (Switzerland) offers the first Master of Advanced Studies (MAS) program in Dance Science in Continental Europe. The program allows dance professionals to pursue their degree while continuing to work. With its unique focus on Dance Science applied to different population groups (e.g., children, older adults, disabilities, as well as amateur and professional dancers), the MAS in Dance Science prepares graduates for a wide range of careers in the dance world. It is aimed at dancers, teachers, choreographers, and artistic directors as well as health care specialists and scientists. The MAS in Dance Science program (60 ECTS) comprises three certificates from the University of Bern that can also be completed separately. Two certificates will be given at the University of Bern (Switzerland), and one hosted by ta.med in Munich (Germany).

*Duration: 3 years*

## UNITED KINGDOM

### LONDON METROPOLITAN UNIVERSITY LONDON, UNITED KINGDOM

#### Courses:

- BSc (Hons) Sports and Dance Therapy

This accredited Bachelor of Science (BSc) course by The Society of Sports Therapists (SST) teaches how to recognize, manage, and treat injuries incurred by athletes and dancers. Develop an understanding of sports therapy as a subject and learn to apply this knowledge to dance with the support and guidance from highly experienced staff.

*Duration: 3 years*

### MANCHESTER METROPOLITAN UNIVERSITY MANCHESTER, UNITED KINGDOM

#### Courses:

- MSc Sport and Exercise Science

Sport and exercise are more sophisticated than ever before. From the impact on our bodies to the impact on our communities, our understanding of the subject is growing every day. With that growth comes a whole range of specialist fields and niche subjects, not to mention a variety of career paths. This Master of Science (MSc) course can prepare you for those possibilities, offering the mix of critical thinking, expert knowledge and professional skills vital for new areas of health, exercise intervention and sports education. It's a course built on solid scientific and practical foundations. We provide an interdisciplinary perspective – giving you the chance to touch on areas like sport and exercise genetics and neuroscience in sport and exercise.

*Duration: 1 year (Full-time), 2 years (Part-time)*

### QUEEN MARY UNIVERSITY OF LONDON LONDON, UNITED KINGDOM

#### Courses:

- MSc/PGDip Sports and Exercise Medicine

The Master of Science (MSc) in Sports and Exercise Medicine is full-time (one-year) or part-time (up to four years). The Postgraduate Diploma (PGDip) level option is available. It is the longest established course in Sports and Exercise Medicine in the UK. Lectures are delivered by national experts; from cutting edge scientists to physiotherapists, doctors, and other health professionals working with world-class athletes. The program includes a Dance Medicine module which is available to all students.

*Duration (MSc): 1 year (Full-time), 2-4 years (Part-time)*

*Duration (PGDip): 9 months (Full-time), 2-4 years (Part-time)*

## TRINITY LABAN CONSERVATOIRE OF MUSIC AND DANCE LONDON, UNITED KINGDOM

### **Courses:**

- BSc (Hons) Dance Science

The Bachelor of Science (BSc) in Dance Science will enable students to build upon their passion for dance by enhancing their dance technique and creative skills while developing a sophisticated level of knowledge and understanding of how the body works, how movement is learned and how to support themselves as dancers or others participating in dance. Situated within the dynamic artistic community of a conservatoire, students will study areas such as biomechanics, exercise physiology, performance psychology, fitness, and wellbeing.

*Duration: 3 years*

- MSc Dance Science

The Master of Science (MSc) in Dance Science is a program that examines the disciplines of physiology, biomechanics and psychology as applied to dance, and the intersection of these disciplines with embodied and somatic practices. It includes a core module in research methods, the opportunity to apply knowledge and skills from discipline-specific modules to the observation of one dancer across time, proposing a research-informed performance enhancement strategy for that dancer. An independent research-project culminates the program experience.

*Duration: 1 year (Full-time), 2 years (Part-time)*

- MFA Dance Science

The Master of Fine Arts (MFA) in Dance Science is a research-focused postgraduate program. The first-year shares module content with students on the MSc Dance Science Program. An extended independent project forms the second year, as the defining feature of the MFA Dance Science. The program aims to extend the range of practice, educational, research and employment possibilities available to graduates. An MFA Dance Science is likely to appeal to graduates wishing to pursue a career in higher education, especially where a terminal degree is required.

*Duration: 2 years (Full-time), 3 years (Flexible)*

- PhD Dance Science

The research degree program leads to one of the following awards: MPhil/PhD in Creative Practice: [Dance / Music / Collaborative Arts], MPhil/PhD in [Dance and/or Music] Science, MPhil/PhD in [Dance and/or Music] Pedagogy.

The options in creative practice are suitable for those whose main focus is on composition, choreography, performance, or any related activity which embodies practical components, including

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those whose research incorporates interdisciplinary collaborations. In addition, historical research projects that utilize archive resources at Trinity Laban are also admissible under this option. The options in science and pedagogy are available for those specializing in empirical approaches to topics in music and/or dance research and those who wish to concentrate on educational and pedagogical aspects.

*Duration: 4 years (Full-time), 7 years (Part-time)*

## UNIVERSITY OF CHICHESTER WEST SUSSEX, UNITED KINGDOM

### **Courses:**

- BSc (Hons) Dance Science
- MSci Dance Science

These courses have two pathways: Applied Performance, and Health and Wellbeing. The Applied Performance pathway focuses on dance training and performance contexts, looking closely at the dancer in training, or professional dancers. The Health and Wellbeing pathway explores the potential benefits and applications of dance to a wide range of diverse populations, such as young people who dance as a hobby, or people with specific medical conditions. You will shape your pathway by choosing from optional modules during the course. You can study this Dance Science degree to BSc (Hons) level over 3 years full time, or choose the integrated masters option, MSci Dance Science, which is 4 years of full-time study. If you study the MSci you will extend your specialism at master's level by completing a research dissertation and pursuing modules that focus on professional and applied techniques within dance science.

*Duration (BSc): 3 years*

*Duration (MSci): 4 years*

## UNIVERSITY COLLEGE LONDON LONDON, UNITED KINGDOM

### **Courses:**

- Performing Arts Medicine (by DL) PGCert

Performing Arts Medicine at UCL offers a unique Distance Learning Postgraduate Certificate (PGCert) to those interested or already involved in health services or health education to this very special sector of instrumental musicians, singers, dancers, actors, circus artists and other performers. The PGCert covers performance psychology, environment and lifestyle issues, traveling and touring, dance and music performance science, health promotion and health education within the arts and management of the professional voice. The PGCert is offered to those who wish to learn about performers' physical and mental wellbeing. We welcome students from diverse healthcare backgrounds including medicine, physiotherapy, osteopathy, chiropractic medicine, manual medicine, nursing, sports therapy, athletic

training or biomedical sciences as well as students from a psychology, speech therapy or performance science background.

*Duration: 1 year (Full-time), 2 years (Part-time)*

- MSc Performing Arts Medicine

Performing Arts Medicine at UCL offers a unique program as an MSc. It provides specialized training to those interested or already involved in health services or health education to this very special sector of instrumental musicians, singers, dancers, actors, circus artists and other performing artists. The MSc offered as mixed-mode covers musculoskeletal injury, performance psychology, pain management, clinical assessment and rehabilitation, disability, traveling and touring, environmental risk factors, dance and music performance science, management of the professional voice and research methodology. MSc students also engage in a research project and write up a dissertation. We welcome students from diverse healthcare backgrounds including medicine, physiotherapy, osteopathy, chiropractic medicine, manual medicine, nursing, sports therapy, athletic training or biomedical sciences as well as students from a psychology, speech therapy or performance science background.

*Duration: 1 year (Full-time), 2 years (Part-time), 5 years (Flexible)*

UNIVERSITY OF EDINBURGH  
WEST SUSSEX, UNITED KINGDOM

## **Courses:**

- Dance Science and Education (MSc/PGDip)

If you are interested in the development of dance education, a comprehensive understanding of the science underpinning the art form is a must. This innovative program - the only one of its kind in Scotland - offers just that, giving you the scientific theory and specialist skills that will inspire you to push the frontiers of dance and dance education. Through a multi-disciplinary blend of theory and practice, you will learn to prepare dancers to improve performance, explore the physiological and developmental issues that relate to dance education and training and develop awareness of changing trends. Masters' degrees at the University of Edinburgh comprise 180 credits. The first 120 credits make up a Postgraduate Diploma and the final 60 credits of the program is the dissertation component. Successful completion of the 180 credits leads to the award of MSc.

*Duration (MSc): 1 year (Full-time), 2 years (Part-time)*

*Duration (PGDip): 9 months (Full-time), Up to 4 years (Part-time)*



## NORTH AMERICA

### CANADA

UNIVERSITY OF CALGARY  
CALGARY, ALBERTA, CANADA

**Courses:**

- Combined BKin (Kinesiology)/ BA (Dance)

This five-year program highlights the relationships between sciences and the arts, emphasizing the importance of interdisciplinary perspectives in the study of movement. A minimum of 150 units must be successfully completed.

*Duration: 5 years*

## UNITED STATES

### California

CALIFORNIA STATE UNIVERSITY LONG BEACH  
LONG BEACH, CALIFORNIA, USA

**Courses:**

- BA Dance, Dance Science Option

The Bachelor of Arts (BA) in Dance, Dance Science Option combines dance with specific science courses for students interested in teaching careers in dance or careers in dance fitness. This degree also gives preparation for those who seek graduate education in the areas of dance science or related dance studies. Students will undertake traditional courses leading to a BA in Dance but then opt to take courses such as Developmental and Therapeutic Exercise, Motor Development, Motor Control Principles and Theory, Psychology of Sport Behavior, and Introductory Nutrition.

*Duration: 4 years*

## CALIFORNIA STATE UNIVERSITY NORTHRIDGE NORTHRIDGE, CALIFORNIA, USA

### **Courses:**

- [BS Kinesiology, Dance Option](#)
- [Dance Minor](#)

The Bachelor of Science (BS) in Kinesiology is a four-year program, with an option focus on Dance. The focus is to provide a basis for dance experience and potential employment opportunities in the field of performance, choreography, and teaching. Students obtaining a BA or BS with a major in another discipline may complete the Dance Minor option.

*Duration (BS): 4 years*

*Duration (Minor): 21 credit units*

- [MS Kinesiology, Dance Option](#)

The Master of Science (MS) in Kinesiology is designed for students who are interested in the study of the art and science nature of kinesiology pertaining to sociological, psychological, pedagogical, physiological, and neuromechanical factors underlying the responses and adaptations to acute and chronic exercise and performance.

*Duration: 2 years*

## UNIVERSITY OF SOUTHERN CALIFORNIA LOS ANGELES LOS ANGELES, CALIFORNIA, USA

### **Courses:**

- [BFA Dance](#)
- [Minor Dance](#)

The Bachelor of Fine Arts (BFA) in Dance is a four-year intensive program in preparation for careers as professional dancers, choreographers, artists and leaders in the field. The rigorous curriculum allows students to develop a strong personal vision in dance, while taking advantage of the University of Southern California's academic resources.

*Duration (BFA): 4 years*

*Duration (Minor): 20 credit hours*

## UNIVERSITY OF CALIFORNIA, IRVINE IRVINE, CALIFORNIA, USA

### Courses:

- BA Dance, Dance Science Option
- MFA Dance

The UCI Dance Department offers a Bachelor of Arts (BA) in Dance with the option to focus on Dance Science. The program provides an environment where dancers study the theories of human motion with opportunities for sound, logical, and meaningful dance activities linking theory and practice in the context of dance techniques, choreography, and pedagogy.

*Duration (BA): 4 years*

*Duration (MFA): 2 years*

## Florida

## FLORIDA STATE UNIVERSITY TALLAHASSEE, FLORIDA, USA

### Courses:

- BFA Dance

The Bachelor of Arts (BA) in Dance at Florida State University is designed to provide an environment of the highest caliber in both practice and scholarship preparing students to enter dance as a profession. The degree emphasis is on performance and choreography as well as the theoretical aspects of dance (pedagogical, historic, and aesthetic).

*Duration: 4 years*

- BFA + MA Dance

The Bachelor of Fine Arts (BFA) + Master of Arts (MA) combined degree is ideal for the undergraduate dance major who has identified area(s) of interest within the School of Dance curriculum and seeks to deepen their investigation into this/these area(s). Guided by the mentorship of distinguished faculty, the program is designed to support self-driven inquiry and offer curricular flexibility.

*Duration: 5 years*

- MFA Dance

The Master of Fine Arts (MFA) in Dance is designed for those with recent dance baccalaureates, as well as for professionals seeking a graduate degree. Along with daily studio classes and advanced

coursework, MFA candidates must fulfill other research, writing, and creative requirements for graduation.

UNIVERSITY OF SOUTH FLORIDA  
TAMPA, FLORIDA, USA

## **Courses:**

- Dance Medicine and Science Certificate

This certificate is designed for students who are degree-seeking (any major) OR non-degree seeking and who possess a strong interest in exploring the field of dance medicine/science. This certificate program will give students a basic understanding of issues pertaining to the wellness of dancers such as: typical injury and misalignment patterns, injury prevention and treatment, injury risk factors, effective conditioning, muscular analysis of dance movement, and current topics in dance medicine/science research. Students who are dance majors, health science majors, exercise science majors, or physical education majors interested in dance medicine/science, are encouraged to apply.

*Duration: 18 credit hours*

- BFA Dance Performance

The BFA in Dance (Ballet or Modern concentrations) offers professional preparation, which includes extensive study in Studio Technique, Choreographic Studies, and Dance Studies. The focus of this degree is the development of dancers who will enter the professional world of dance/arts as performers and choreographers.

*Duration: 4 years*

- BA Dance Studies

The Bachelor of Arts (BA) in Dance Studies is designed for students seeking to explore dance in relation to other areas of interest. It is a flexible program that enables students to pursue a core study in dance along with a focus in another field, such as theatre, education, healthcare, business, psychology, communications, and more. The dance studies major assembles a broad base of knowledge that prepares you to work in a vast range of fields.

*Duration: 4 years*

## Idaho

UNIVERSITY OF IDAHO  
MOSCOW, IDAHO, USA

### Courses:

- [BS Dance](#)
- [Dance Minor](#)
- [BS Exercise Science and Health](#)
- [MS Movement](#)
- [MS Athletic Training](#)

Housed in the Department of Movement Sciences. Disciplines of faculty include Dance, Athletic Training, Exercise Science & Health, Physical Education, and Recreation. Specific courses include Human Anatomy, Applied, Anatomy/ Biomechanics, Motor Behavior, Movement Fundamentals (Laban/Barteneiff). Technique classes integrate science and somatic practices into the art and craft of dance.

*Duration (BS Options): 4 years*

*Duration (Minor): 25 credit hours*

## Massachusetts

DEAN COLLEGE  
FRANKLIN, MASSACHUSETTS, USA

### Courses:

- [BA or Associate of Arts in Dance](#)
- [Associate of Arts in Sport/Fitness Studies with Concentrations in Exercise Science or Physical Education](#)

Dean College's world-renowned Palladino School of Dance prepares graduates to succeed in dance, teaching, choreography, management, and more. All dance majors are required to complete courses in kinesiology and anatomy and physiology. Students who intend to pursue graduate work in dance medicine are welcome to apply beginning their junior year for an internship working under the direct supervision of the licensed certified athletic trainer for the School of Dance. Dancers who are interested in pursuing a degree in dance medicine have the opportunity to complete coursework leading to an associate degree in Sports/Fitness Studies concentration of exercise science or physical education while completing their Bachelor of Arts (BA) in Dance.

## Maryland

GOUCHER COLLEGE

BALTIMORE, MARYLAND, USA

### Courses:

- BA Dance, Dance Science Concentration

The Bachelor of Arts (BA) in Dance with a concentration in Dance Science focuses on knowledge and technique in the field of dance science. Study of the sciences is combined with technical and theoretical dance training to provide a basis for understanding problems in dance performance, nutrition, and care and prevention of injuries. Students can major in dance and take additional courses in the sciences that are designed to give students a fundamental knowledge in the content of biology and chemistry. These courses have been identified as requirements for successful application to physical therapy programs.

*Duration: 4 years*

- BA Biological Sciences, Dance Science Concentration

This concentration focuses on knowledge and technique in the new field of dance science. Study of the sciences is combined with technical and theoretical dance training to provide a basis for understanding problems in dance performance, nutrition, and care and prevention of injuries. With additional course work, this concentration provides preparation for graduate studies in physical therapy, sports medicine, dance medicine, and related fields.

*Duration: 4 years*

## Michigan

HOPE COLLEGE

HOLLAND, MICHIGAN, USA

### Courses:

- BA Dance & Social Science
- BA Dance & Natural Science

The Hope College dance program offers a bachelor's in arts (BA) in Dance and Social or Nature Science. In this liberal arts program, there is a balance to provide theoretical and technical foundations for dance students, offering opportunities for the individual student to aspire, dream and accomplish.

*Duration: 4 years*

## North Carolina

### DUKE UNIVERSITY

DURHAM, NORTH CAROLINA, USA

#### **Courses:**

- Doctor of Physical Therapy

The Duke University's Doctorate or Physical Therapy (DPT) program offers specific dance medicine and science opportunities, including assisting in American Dance Festival physical therapy clinic, dance medicine elective, involvement with dancer wellness program, and opportunities for research in dance medicine.

*Duration: 3 years*

### EAST CAROLINA UNIVERSITY

DURHAM, NORTH CAROLINA, USA

#### **Courses:**

- BFA Dance Performance & Education

The BFA in Dance prepares students for a professional performing career with equal emphasis placed on ballet, jazz, modern and tap allowing for versatility and specialization. Students develop professional skills to blend precise technical choreography to meet the demands of a competitive arts industry.

*Duration: 4 years*

- BS in Exercise Physiology
- BS in Health Fitness Specialist
- BS in Physical Education
- BS in Sports Studies
- PhD in Bioenergetics & Exercise Science
- DPT Physical Therapy
- MS in Exercise & Sport Science (multiple concentrations available)
- MEd in Physical Education

There is no specific dance science degree available, but several students pursue a double degree in dance and one of the science degrees listed above. There are several opportunities for students to do

crossover research in dance and exercise science or physical therapy. View each link to learn more about the individual programs.

## EASTERN UNIVERSITY GREENVILLE, NORTH CAROLINA, USA

### **Courses:**

- [BA Dance](#)

The Bachelor of Arts (BA) in Dance provides students with a unique blend of courses and training in various areas of dance, including, modern, jazz, ballet, African dance, pointe and variations, liturgical dance, and anatomy and kinesiology for dancers.

*Duration: 4 years*

## ELON UNIVERSITY ELON, NORTH CAROLINA, USA

### **Courses:**

- [BS Dance Science](#)

The mission of the Bachelor of Science (BS) in Dance Science prepares students with a breadth of knowledge in the sub disciplines of dance science and for students to reach their highest technical and creative potential in a variety of dance forms. The focus is on the practical application of scientific principles to enhance dance and movement performance, improve dance training, reduce injury, and contribute to the overall well-being of dancers. The Dance Science program uniquely combines elements of the Exercise Science curriculum with the Dance Performance and Choreography curriculum while building in flexibility for study abroad and undergraduate research projects.

*Duration: 4 years*

## Nevada

## UNIVERSITY OF NEVADA LAS VEGAS - LAS VEGAS, NEVADA, USA

### **Courses:**

- [BFA Dance](#)
- [Dance Minor](#)

The Bachelor of Fine Arts degree focuses on an in-depth curriculum of professional dance technique, choreography, and performance in preparation for a professional performing career in dance. The minor in dance provides a UNLV student majoring in another area the opportunity to investigate the area of



dance and design a series of classes that cater to the student's areas of interest within the milieu of the dance art form.

*Duration (BFA): 4 years*

*Duration (Minor): 21 credit hours*

## New Jersey

RIDER UNIVERSITY

LAWRENCEVILLE, NEW JERSEY, USA

### **Courses:**

- BA Dance Science

The dance science major integrates coursework in dance and scientific disciplines to focus on enhancing human performance, reducing injuries, and improving physical, mental, as well as emotional health and fitness. Dance Science majors work closely with our Physical Therapist, doing practicums and projects and participating in research projects.

*Duration: 4 years*

## New York

THE COLLEGE AT BROCKPORT/SUNY

BROCKPORT, NEW YORK, USA

### **Courses:**

- BA, BS Double Major in Dance
- MA Dance, Health & Wellness emphasis

The Bachelor of Arts (BA) and Bachelor of Science (BS) in Dance, and the Master of Arts (MA) in Dance, offers students an opportunity to focus on intensive scholarly study in dance. Students may also develop an interdisciplinary focus in dance/movement studies, which might include coursework and research in areas such as theatre, music studies, recreation and leisure studies, health and wellness, or woman/gender studies.

*Duration (BA): 4 years*

*Duration (MA): 2 years*

UNIVERSITY OF BUFFALO  
BUFFALO, NEW YORK, USA

**Courses:**

- BA or BFA in Dance, with Double Major in Exercise Science

University at Buffalo offers rigorous and comprehensive Bachelor of Arts (BA) and Bachelor of Fine Arts (BFA) in Dance offers opportunities to study dance science and somatics. Students can combine these degrees with other relevant UB programs including, BS in Exercise Science; MS/PhD in Exercise Science; BS in Nutrition; DPT early acceptance program; Minor in Health and Wellness; Pre-Health Concentration; Comprehensive Medical and Nursing Schools (for post baccalaureate study). The UB Dance program also hosts outside certification programs that students can take advantage of including Pilates Mat and Ultra Barre.

*Duration: 4 years*

## Ohio

CASE WESTERN RESERVE UNIVERSITY  
CLEVELAND, OHIO, USA

**Courses:**

- BA Dance

Options to double major in many disciplines including biology and biomedical engineering with an emphasis in biomechanics, and to minor in sports medicine. Students may elect to take Kinesiology and Dance Wellness to complete the Bachelor of Arts (BA) in Dance. Senior Capstone Project may focus on research.

*Duration: 4 years*

- MFA & MA in Dance

Required coursework in kinesiology and dance wellness and the option to focus on dance science/wellness, and the option to have both a creative and research focus on thesis work. All faculty are highly involved, and a member of the Dance Wellness team is a Doctor of Osteopathic Medicine associated with University Hospitals. CWRU Dance maintains a close relationship with the Department of Physical Education where courses in Sports Medicine may be taken. There are also ties to the Case Medical School.

*Duration (MFA): 3 years*

*Duration (MA): 2 years*

OHIO UNIVERSITY  
ATHENS, OHIO, USA

**Courses:**

- [BS Exercise Physiology](#)
- [MS Exercise Physiology](#)

Students in the Bachelor of Science (BS) and Master of Science (MS) in Exercise Physiology have the opportunity to emphasize dance medicine and science, conduct dance medicine and science research, and, depending on their area of study, participate in the dance medicine clinic.

## Oregon

UNIVERSITY OF OREGON  
EUGENE, OREGON, USA

**Courses:**

- [BFA, BA, or BS in Dance](#)

The Department of Dance offers curricula leading to Bachelor of Fine Arts (BFA), Bachelor of Arts (BA) or Bachelor of Science (BS) degrees. The goal of the department is to provide comprehensive dance training within the liberal arts framework of the university. The study of dance involves intellectual, artistic, and physical development. The Department of Dance emphasizes all three areas of growth, a commitment made possible by the breadth of its curricular offerings and the depth of faculty expertise.

*Duration: 4 years*

## Pennsylvania

TEMPLE UNIVERSITY  
PHILADELPHIA, PENNSYLVANIA, USA

**Courses:**

- [BS Athletic Training](#)
- [BS Kinesiology](#)
- [MS Kinesiology](#)
- [Doctor of Physical Therapy \(DPT\)](#)

Clinical experiences exist for performing arts physical therapy. Students wishing to undertake these must have a dance resume. View each link to learn more about the individual programs.

DREXEL UNIVERSITY  
PHILADELPHIA, PENNSYLVANIA, USA

## Courses:

- BS Dance

Bachelor of Science (BS) in Dance is open to full time undergraduates and part time professional dancers who may receive credit for life experience. Half of the coursework is studio based. Heavy emphasis on performance and outreach opportunities. The program tracks into 3 different graduate programs: Master's in education; Master's in dance/movement therapy; and Doctorate in physical therapy (DPT).

- MA Dance/Movement Therapy

The Dance/Movement Therapy and Counseling program integrates dance and movement into a whole-person approach to mental health. Students learn to apply the Laban Movement Analysis (LMA) to the evaluation of individual and group functioning and to the design of therapy interventions. This unique program addresses both the art and science of dance/movement therapy. The graduate work develops students' personal, creative, cognitive, and movement resources so they can effectively engage in therapeutic movement relationships that facilitate access to these resources in their clients.

- Doctor of Physical Therapy

The Doctor of Physical Therapy (DPT) program offers multiple dance medicine internship opportunities. Professional project requirement can be met by participating in an on-going collaborative program with the physical therapy and dance departments. The program is focused on dancer health and health education. Most dance medicine internships require a special application process and therefore cannot be guaranteed.

## Texas

TEXAS A&M UNIVERSITY  
COLLEGE STATION, TEXAS, USA

## Courses:

- BS Kinesiology: Dance Science

The Bachelor of Science (BS) in Kinesiology: Dance Science program is a 120-hour degree focusing on dance research, anatomy, nutrition, injury prevention and psychological aspects of the dancer and proper biomechanical principles within dance technique. Additional coursework includes Dance

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Production, Dance Composition, Pilates, Dance History, Partnering, Improvisation and Dance Pedagogy.

*Duration: 4 years*

UNIVERSITY OF NORTH TEXAS

DENTON, TEXAS, USA

## **Courses:**

- BA Dance

We provide rigorous coursework leading to a Bachelor of Arts degree in Dance. In addition, we can help you earn teacher certification in Dance. Our curriculum exposes you to a broad range of dance techniques including modern dance and ballet, jazz, tap, African and other world dance forms. You also learn about related areas such as improvisation, choreography, dance history and music for dance.

*Duration: 4 years*

- BS Kinesiology
- MS or PhD in Kinesiology

Our rigorous curriculum provides a comprehensive understanding of kinesiology. You can focus your studies on one of the following degree tracks: Allied Health/ Pre-Physical Therapy, All-level Teacher Certification, Athletic Training, Fitness Leadership, or General Kinesiology. As a Kinesiology major, you'll study the behavioral, historical, mechanical, physiological, psychological and sociological foundations of exercise and sport. Students will also learn about the development of skill and knowledge in specific forms of dance, exercise and sport. The graduate Kinesiology program at the University of North Texas provides students with an in-depth understanding of the professional literature, trends and research being conducted in kinesiology, health promotion and recreation.

## Utah

UNIVERSITY OF UTAH

SALT LAKE CITY, UTAH, USA

## **Courses:**

- BFA Dance
- MFA Dance

The School of Dance at University of Utah offers undergraduate Bachelor of Fine Arts (BFA) and Bachelor of Science (BS) with renowned faculty who connect individually with students, unique and plentiful performance opportunities, a breadth of scholarly and creative inquiry, rigorous and challenging coursework, and interdisciplinary explorations. On the graduate level, Master of Fine Arts (MFA) in Dance allows students to focus on kinesiology for dance and other applications of dance science and/or somatics to dance. Thesis work in this area links science to artistry.

## Virginia

GEORGE MASON UNIVERSITY  
FAIRFAX, VIRGINIA, USA

### Courses:

- BA, BFA in Dance
- MFA Dance

The undergraduate Bachelor of Arts (BA), Bachelor of Fine Arts (BFA), and Master of Fine Arts (MFA) in Dance include course work on technique, performance, choreography, production, dance history, body awareness, teaching with a capstone synthesis.

- BS Athletic Training or Kinesiology
- MS Exercise, Fitness and Health Promotion

Undergraduate and Graduate options are available in the field of exercise and kinesiology and have connections to the dance department for dance science focus. The 36-credit Master of Science (MS) degree in Exercise, Fitness, and Health Promotion takes a science-based approach toward the fields of athletic training, biomechanics, and strength and conditioning. Completion of this degree prepares students for employment in human performance and allied health related professions or the pursuit of further academic study (doctoral programs). This program offers the traditional research masters' thesis or a research project option. Research and experimental studies in dance medicine and science can be undertaken with dance students under the supervision of the faculty as part of the MS program.

RADFORD UNIVERSITY  
RADFORD, VIRGINIA, USA

### Courses:

- BA Dance

The Bachelor of Arts (BA) in Dance focus is general studies combined with general dance study including technique, theory and creative process. It is intended for the student who desires a curriculum of study allowing for greater elective choices within the context of her/his liberal arts experiences. The B.A. degree provides room in the curriculum for the completion of a second major or one or more minors. Students pursuing this course of study are often interested in preparing for careers and/or continued study in dance-related areas. Dance majors pursuing the BA degree in Dance have successfully double majored in such areas as business, communications, psychology, education, and nutrition to name just a few.

*Duration: 4 years*

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- BFA Dance

The Bachelor of Fine Arts Degree in Dance is specifically oriented toward the dance student preparing for a professional career in performance. The rigorous curriculum provides professional training in dance and related arts that are designed to develop the knowledge, skills, concepts, and sensitivities essential to the artist in the field of Dance.

*Duration: 4 years*

- BS Dance Education

The Bachelor of Science Degree in Dance Education (Entrepreneurship Emphasis) is intended for the student who aspires to teaching dance in the private, nonprofit, or collegiate studio setting. In addition to completing dance course requirements, the candidate must also complete courses in entrepreneurship, independent study studio teaching internships, and complete an independent study business plan. Graduates of the program go on to teach in dance programs in private and nonprofit schools and studios, perform and teach in dance companies that work in arts in education, or pursue graduate school in areas such as dance, education, counseling, and dance therapy.

*Duration: 4 years*

SHENANDOAH UNIVERSITY  
WINCHESTER, VIRGINIA, USA

## **Courses:**

- BA, BFA Dance
- MS Athletic Training

The undergraduate programs in Dance offer connections and focused study on dance science. The master's in science in Athletic Training (MSAT) program offers a clinical internship in the area of performing arts medicine.

*Duration (BA/BFA): 4 years*

*Duration (MS): 2 years*

- Doctor of Physical Therapy

This Doctor of Physical Therapy (DPT) program has clinical affiliation opportunities in dance medicine. Additionally, a student in good academic standing may enroll in the SU PAM certificate program while in the DPT curriculum.

*Duration: 3 years*

- Performing Arts Medicine (PAM) Certificate Program

The mission of the PAM Masters Certificate Program is to educate health care professionals and performing art educators on the prevention, assessment, and management of injuries and disorders specific to dancers, theater artists and musicians along with promoting clinical research to determine best practices. Two tracks are available: Health Care Professionals or Performing Arts Educators.

*Duration: 15 credit hours*

## VIRGINIA COMMONWEALTH UNIVERSITY RICHMOND, VIRGINIA, USA

### **Courses:**

- BFA Dance & Choreography
- Dance Minor

Students are trained to be performers, choreographers and teachers in this curriculum, which emphasizes modern dance and offers dance courses in modern, improvisation, composition, choreography, music, and dance forms and dance history, as well as ballet, jazz, tap, hip-hop, ballroom, contact improvisation, dance science, anatomy for dancers, video/choreography and teaching methods for dance.

*Duration (BFA): 4 years*

*Duration (Minor): 18 credit hours*

## Wisconsin

## UNIVERSITY OF WISCONSIN-MADISON MADISON, WISCONSIN, USA

### **Courses:**

- BS Dance (multiple certificates available)

Students pursuing an undergraduate degree in dance gain in-depth knowledge of dance as an art form and an area of scholarly inquiry. The degree provides a foundation for eventual careers in professional dance, dance teaching in K-12 and higher education, dance entrepreneurship, dance/movement therapy, Pilates, the health and fitness industry, arts administration, as well as many other fields. The Bachelor of Science (B.S.) degree in Dance is designed for students who wish to pursue a degree in dance and another major or degree program in a second area of interest.

*Duration: 4 years*

## Wyoming

## UNIVERSITY OF WYOMING LARAMIE, WYOMING, USA

### **Courses:**

- BFA Dance, Dance Science Concentration

This program allows students to receive a Bachelor of Fine Arts (BFA) in Dance along with technique classes and performance opportunities coupled with courses in kinesiology, biomechanics, psychology,



nutrition, and research methods. This course is intended for students who have dance training experience and would like to enhance their dance medicine and science knowledge. The program provides students with the opportunity to participate and direct research studies.

*Duration: 4 years*

## SOUTH AMERICA

### BRAZIL

FEDERAL UNIVERSITY OF RIO GRANDE DO SUL  
RIO GRANDE, BRAZIL

#### **Courses:**

- BA (Hons) Dance

The Bachelor of the Arts (BA) in Dance is an undergraduate degree in dance pedagogy with select modules in Dance Science in the first and second year of the full four-year course.

*Duration: 4 years*

- MSc and PhD in Human Movement Science

The Master of Science (MSc) and Doctorate (PhD) program includes modules with relevance for dance and health with access to the Exercise Research Laboratory. The academic staff is experienced in teaching and supervision of postgraduate projects, which are related to dance science and dance health. The curriculum structure is organized into biannual, compulsory and elective subjects, common to the Academic Master's and Doctorate. It presents two areas of concentration: Human Movement, Culture and Education; and Human Movement, Health and Performance. Both are structured on a solid basis of relationship with the teaching and extension of the School of Physical Education, Physiotherapy and Dance (ESEFID).

*Duration (MSc): 1-2 years*

*Duration (PhD): 3-4 years*

## ONLINE

AZ DANCEMED

#### **Courses:**

- DancemED Certification

Identify key muscle groups and actions used in dance for improved feedback and communication between dancers, instructors, and health professionals. Determine appropriate activities to achieve conditioning goals and identify indicators to progress activities based on dancer performance. Integrate

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concepts of learning theory and human development into dance teaching for maximal performance. Analyze dysfunctional movement patterns and identify common signs and symptoms of dance injuries to resolve for optimal performance. Establish an effective system of management and assessment of injuries to ensure dancers' timely and appropriate return to dance with minimal risk for re-injury

## HARKNESS CENTER FOR DANCE INJURIES

### Courses:

- Principles of Dance Medicine: Clinical Management of the Dancer Patient

Our Principles of Dance Medicine: Clinical Management of the Dancer Patient is a CME and CEU course for healthcare and dance practitioners who wish to understand the unique risk factors associated with dance training. The course also provides up-to-date and innovative treatment plans for the dancer patient. Studies indicate that 80 percent of dancers will experience a major injury during their career, and 95 percent will experience repetitive stress injuries. This course provides evidence-based research on numerous intrinsic and extrinsic factors associated with injury. Further, it discloses the best-known means of preventing injury and reducing the severity of injuries and teaches the skills dance medicine professionals need to improve health outcomes in their patients. Practitioners taking this course receive updates on the latest research findings in relevant areas, such as screening, nutrition, ergonomics, biomechanics, injury prevention, and rehabilitation. This course is targeted to certified athletic trainers, chiropractors, nurse practitioners, physicians, physician assistants, physical therapists, podiatrists, and orthopedic surgeons, as well as dance educators, somatic practitioners, and dance scientists.

## SAFE IN DANCE INTERNATIONAL

### Courses:

- Healthy Dance Certificates Online Courses

SiDI offers Healthy Dance Certificate programs and online courses for dance teachers of all levels and genres of dance. The goal of the certificate programs and online courses are to ensure dance teachers understand safe dance practice and conditioning needs of the dancer, through applied anatomy and physiology concepts, including environmental and intrinsic factors that contribute to injury.

## **CLINICAL PLACEMENTS & INTERNSHIP OPPORTUNITIES**

### **AUSTRALIA**

UNIVERSITY OF SOUTH AUSTRALIA  
SMART HEALTH TRAINING AND SERVICES  
ADELAIDE, AUSTRALIA

#### **Clinical Placement in Dance Physiotherapy**

- Placement appropriate for University of South Australia physiotherapy students with a specific interest in dance physiotherapy/clinical Pilates
- 1 student at any time
- Placement length as required by university
- Interested applicants discuss placement options with university advisor

### **EUROPE**

#### **UNITED KINGDOM**

ONE DANCE UK  
BIRMINGHAM, UK

#### **Medical Observations**

- For doctors and physiotherapists who are post registration limited observations in one healthcare setting; Royal National Orthopaedic Hospital, Queen Elizabeth Hospital, Royal United Hospital, Trinity Laban Health or Birmingham Royal Ballet's Jerwood Centre for the Prevention and Treatment of Dance Injuries
- Complete placement application form online
- Placements of 4+ weeks preferred

#### **Work Placement**

- Predominantly office-based work but will provide an insight into the health work being carried out by NIDMS and One Dance UK
- Complete application and return to [hdp@onedanceuk.org](mailto:hdp@onedanceuk.org)
- Length of placements varies on availability

TRINITY LABAN CONSERVATOIRE OF MUSIC AND DANCE  
LONDON, UK

## Graduate Internship in Dance Science

- Available to anyone who has completed a graduate dance science program.
- Support for students who are studying on the MSc program and assist dance science colleagues with research and other dance science activities/events, including assisting with the running of the Conditioning Studio. Responsible for teaching some of the Lab Skills component of the MSc program and help ensure that students have the necessary skills to use the equipment properly and work with participants responsibly.
- One academic year-September to July. Position posting available in May.
- Contact: [Professor Emma Redding](#), PhD, SFHEA

UNIVERSITY OF WOLVERHAMPTON  
WOLVERHAMPTON, UK

## Research Internship

- Formal short period internship focusing on specific topic determined by intern and supervisor
- 4-6 weeks
- Contact: [Professor Matt Wyon](#), send CV, paragraph about a possible research topic, and confirm availability.

# NORTH AMERICA

## UNITED STATES

BODYDYNAMICS, INC.  
FALL CHURCH, VA, USA

## Physical Therapy Student Internship

- Suitable for Physical Therapy students in their final internship rotation
- Affiliations: The Washington Ballet, The Washington School of Ballet, Arena Stage, and the Kennedy Center
- Internship length varies. Will accept students 1-3 times throughout the year
- Contact: [Natalie Rakestraw, DPT](#)

CALIFORNIA STATE UNIVERSITY  
LONG BEACH DANCE CLINIC  
LONG BEACH, CA, USA

## Internship

- Voluntary position and more easily accessible to students enrolled in courses on campus perusing degrees in Athletic Training, Physical Therapy or other related medical fields. Open to students from other universities as well
- Part time basis, with clinic hours typically available on Tuesday Wednesday and Thursdays within the fall and spring semesters
- The internship offers a hands-on, guided approach to orthopedic evaluation of dance injuries, and rehabilitation. Clinical treatments incorporate manual therapy, and myofascial techniques in combination with corrective exercise programs to restore optimal function
- Supplemental strength training, Pilates and cardiovascular exercise programs are also incorporated within our clinical injury prevention philosophy
- Contact: [John Siegel](#), or by phone at (562) 985-7076

THE OHIO STATE UNIVERSITY  
SPORTS MEDICINE PROGRAM FOR PERFORMING ARTS MEDICINE  
COLUMBUS, OH, USA

## Physical Therapy Clinical placement

- Available to anyone in final clinical rotation from any PT program/school.
- Suitable for a final clinical placement multidisciplinary program including physical therapy, athletic training, chiropractic, nutrition, and orthopedic medicine
- 8-12 weeks
- Contact: [Tiffany Marulli](#)

OHIO UNIVERSITY  
SHAPE CLINIC  
ATHLENS, OH, USA

## Internship in Performing Arts Medicine

Best suited for athletic training students; however, students from other fields, as well as young professionals, will be considered. Both American and international applicants are welcomed; fluency in English communication is required.

- The internship length is variable depending on the participant's interests, needs, and available resources. Internships may extend from guest site visits of a few days to semester-long learning experiences. Experiences may include both clinical observation in the Ohio University Clinic for Science and Health in Artistic Performance (SHAPE Clinic) and participation in the SHAPE research group. Broad exposure will be offered in dance, music, theater performance, theater production, film, and marching band. A formal application is required.

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- Stipends, grants, scholarships, and salaries are not available for internships. The program will be customized to meet the goals of the participant and will be guided by Dr. Jeff Russell.
- Contact: [Dr. Jeff Russell](#)

COLUMBIA UNIVERSITY IRVING MEDICAL CENTER & WESTSIDE DANCE PHYSICAL  
THERAPY  
NEW YORK, NY, USA

## Performing Arts Physical Therapy Fellowship

- Designed to provide physical therapists with advanced orthopedic clinical skills and a formal, structured educational experience to advance knowledge and skills in performing arts.
- Affiliations: New York City Ballet, School of American Ballet
- 10 months

## Volunteer Aide

- Open to individuals interested in going to and/or applying to a graduate program in physical therapy within the next 1 to 2 years
- Minimum of 50 hours of service within 6 weeks

NYU LANGONE SCHOOL OF MEDICINE  
HARKNESS CENTER FOR DANCE INJURIES  
NEW YORK CITY, NY, USA

## Athletic Training Student Clinical Affiliation

- Hospital-based dance affiliation program for athletic training students in final academic year
- There is a mandatory contractual agreement between the hospital and the student's school
- Positions are only offered in the Fall and Spring semesters

## Physical Therapy Student Clinical Affiliation

- Hospital-based dance affiliation program for physical therapy students in final academic year, who have already completed an orthopedic affiliation
- Positions are offered only in the Spring semester (January-May).
- Application deadline: January 31st of the year prior

## General Internship

- Suitable for undergraduate or graduate students
- Exposure to the various careers in dance medicine, including orthopedic surgery; physical therapy; athletic training; education; and not-for-profit arts/hospital administration. The intern will be able to observe many on- and off-site clinical programs, injury prevention assessments, workshops and continuing education offerings, and much more
- There is a mandatory contractual agreement between the hospital and the student's school
- Minimum 15/hrs per week for 6-12 weeks

UNIVERSITY OF NORTH CAROLINA SCHOOL OF THE ARTS  
WINSTON-SALEM, NC, USA

## **Athletic Training Internship**

- Available to athletic training students who are in their Junior or Senior year of a CAATE-accredited ATEP.
- Hands-on opportunity to work closely with a diverse performing arts medicine team to provide athletic training services to students in the disciplines of dance (ballet and contemporary), music, drama, and film making.
- Fall, Spring, and Summer sessions available

## **SOUTH AMERICA**

FEDERAL UNIVERSITY OF RIO GRANDE DO SUL  
RIO GRANDE, BRAZIL

## **Research Internship**

- Available to Federal University of Rio Grande Do Sul students-undergraduate or post-graduate
- Short period internship, in the area of dance science or dance and health.
- Length depends on ability to stay in Brazil and student proposal

Contact: [Associate Professor Aline Haas](#)