

# SCHOOL OF ARTS AND SCIENCES

## DANCE

### Faculty

- Meghan Wall (Chair)
- Bethany Hansen (Assistant to the Chair - Core Adjunct Faculty)
- Michelle Armstrong (Adjunct Faculty)
- Carly Schaub (Adjunct Faculty)
- Allison Shir (Adjunct Faculty)

[View Dance Courses](#)

### Program Description

Dance is a form of human expression that invites each one of us to create meaning through movement, embody knowledge, and translate our lived experiences into creative content and dynamic performance. Westminster's Dance program offers rigorous dance training and cultivates your individual artistic voice, placing value in real-world practice and promoting dance as a fully collaborative, culturally-relevant, socially-aware, and deeply imaginative art form.

### Program Goals

- Students will work to master individual physicality as it relates to technical proficiency, artistic performance, and modes of communication, discovering the role of the human body in dance in terms of anatomy, kinesiology, and human development.
- Students will develop and practice their physical, cognitive, and creative research skills within the full scope of multidisciplinary physical art-making.
- Students will develop their artistic voice by taking risks in individualized and innovative creative practices.
- Students will understand dance as a cultural practice that reflects and impacts local and global communities.
- Students will engage with a professional environment conducive to advanced learning and collaboration among students and professors.
- Students will analyze and evaluate dance processes and productions through varying perspectives of history, culture, society, self, and aesthetics.
- Students will explore potential careers in professional dance companies, arts organizations, arts administration, education, community development, health, fitness, human/social services, or further graduate studies in a myriad of interdisciplinary areas.
- Students will cultivate project management skills that incorporate effective group dynamics.

### Objectives

The Dance program offers 2 academic major degree tracks (Bachelor of Fine Arts, Bachelor of Arts) and a Dance minor. The Dance program emphasizes rigorous technique training in western and non-western physical practices, composition, improvisation, performance, creative process, and theories of dance through the lenses of history, technology, cultural impact, and social justice. Students gain practical skills in dance production, teaching, and administration. Students will be fully prepared for a variety of career paths such as professional dance performance and choreography, arts and non-profit sectors, education, community development, health and fitness, human services, as well as graduate studies in a myriad of interdisciplinary studies.

### Program Options

#### Bachelor of Arts in Dance

The Bachelor of Arts (BA) in dance is a generalist degree that allows you to explore a broad foundation of studies in dance theories, techniques, and practices. You will choose your dance elective courses based on your interests. If you plan to double major, this degree path is a great option.

#### Bachelor of Fine Arts in Dance

The Bachelor of Fine Arts (BFA) in dance is a pre-professional degree. This degree track builds upon the core foundations of dance theory, technique, and practice by providing expanded coursework and in-depth training in more specific areas, including the opportunity to delve deeply into an area of dance that interests you. Completing this track signifies that you are ready to get into entry-level, professional work in dance after graduation.

#### Minor in Dance

The Dance program also offers a minor that is a great addition to a multitude of majors at Westminster. Dance coursework can also be a component of a [customized major](#). You are welcome to meet with the dance chair at any time to review requirements for the minor in conjunction with your major requirements and overall course of study.

### Program Requirements

All students who declare a dance major enter the program in the Bachelor of Arts (BA) degree track through open enrollment, and can choose to remain on the BA degree track, or transition to the Bachelor of Fine Arts (BFA) degree track as outlined below.

#### Transitioning to the Bachelor of Fine Arts Degree Track

After completing 2 semesters as a BA dance major, continuing students are eligible to request a transition into the BFA degree track through a formal review by the dance faculty. If not initially accepted into the BFA track, students can continue pursuing the BA degree track and request another formal review at the end of each subsequent semester.

Transfer students are eligible to seek acceptance into the BFA degree track before their first semester. To do so, they will receive an audit of previous coursework paired with a formal review by the dance faculty in the spring before entering the Dance program. If they also want to be considered for a dance program scholarship, their audition for scholarship consideration will be used as their formal review for the degree track.

### Liberal Education Courses

Students must complete the WCore program or join the Honors College (and complete requirements) to fulfill liberal education credits.

### Dance Major Requirements

- 124 total hours
- 30 upper-division hours
- WCore or Honors College requirements

Students must maintain a minimum 2.3 GPA in all courses required for the major. For course prerequisites, please refer to the course descriptions.

### Holistic Health and Well-being Requirement

The Dance program values healthy practices including self-care, mindfulness, body awareness, and conditioning. Dance students are encouraged to cultivate these practices through requisite hours engaged in physical and mental health training over their course of study. Hours can be completed at the Dolores Doré Eccles Health, Wellness and Athletic Center, or completed in the personal practice of your choice, including yoga, pilates, outdoor activities, meditation, journaling, etc. Dance students will design an individual health and wellness plan with a faculty member to meet individual needs and goals.

### Collaborative Participation Requirement

Students are expected to complete a minimum of twenty hours of program service work each year (e.g., production, crew, recruitment, non-curricular creative projects, etc.). This can be satisfied working in or on any program production, including Dance Company, Glint (screendance installation), performing for Senior Showcase, and choreographing/performing for Kaleidoscope.

### Applied Dance/Community Requirement

At least once during their course of study, Dance majors are required to apply their dance training in a community setting (e.g., education, healthcare, the justice system, community development, transportation services, social service agencies, business and industry, etc.) through an experience that is collaborative, socially relevant, and culturally aware. Students will design and coordinate the project with their advisor.

Students will meet each semester with a faculty advisor to discuss successful completion of these requirements and to review the student's goals, as well as academic and artistic progress.

- [Casper College AA to BA Dance Transfer Pathway](#)
- [Casper College AA to BFA Dance Transfer Pathway](#)
- [Snow College AA to BA Dance Transfer Pathway](#)
- [Snow College AA to BFA Dance Transfer Pathway](#)

### Dance Bachelor of Fine Arts Major

Requirement Description	Credit Hours	Prerequisites
I. World Language Requirement	8	
<p>Dance majors must complete eight credit hours in a single world language.</p> <p>Technique Components</p> <p>All Dance majors are required to take a Modern/Contemporary and Ballet course each semester (totaling 28 credits at graduation). Students are placed into a course level after an evaluation occurring during Fall semester of Freshman year. They must meet a minimum of 8 upper division Technique Component credits in Modern/Contemporary and 8 in Ballet upon graduation. All courses are repeatable for credit.</p>		

Requirement Description			Credit Hours	Prerequisites
Modern/ Contemporary - Lower Division				
DANCE 230 Technique: Modern/Cont. II	2+ Lab			
Modern/ Contemporary - Upper Division				
DANCE 330 Technique: Modern/Cont. III	2 + Lab			
DANCE 430 Technique: Modern/Cont. IV	2 + Lab			
Ballet - Lower Division				
DANCE 235 Technique: Ballet II	2 + Lab			
Ballet - Upper Division				
DANCE 335 Technique: Ballet III	2 + Lab			
DANCE 435 Technique: Ballet IV	2 + Lab			
II. Lower Division Courses			26	
DANCE 130 Technique: Modern/Cont. I	4			
DANCE 135 Technique: Ballet I	4			
DANCE 180 Dance History I	2			
DANCE 270 Improvisation/ Composition	4	DANC 230		
6 credits + lab required of Modern/ Contemporary technique components (these credits can be satisfied by upper division courses)				
6 credits + lab required of Ballet technique components (these credits can be satisfied by upper division courses)				
III. Upper Division Courses			28	

Requirement Description	Credit Hours	Prerequisites
DANCE 350 Dance Pedagogy	4	
DANCE 351 Applied Anatomy/Kinesiology	4	
DANCE 490 Senior Seminar	2	
DANCE 491 Senior Showcase	2	
8 credits + lab required of Modern/Contemporary technique components		
8 credits + lab required of Ballet technique components		
<b>IV. Elective Courses</b>	<b>8</b>	
DANCE 190 Dance in Global Context	4	
DANCE 280 Dance History II	2	
DANCE 380 Dance Forms	4	
DANCE 381 Ballet Studies	4	
DANCE 382 Moving Images: Dance For Film	3	
DANCE 440 Internship	1-4	
THTR 225 Lighting Design	3	THTR 145, 160
<b>Total Hours for the BFA in Dance</b>	<b>70</b>	

**Recommended Plan of Study for Dance**

	Fall Semester	Spring Semester
Year 1	DANCE 130 DANCE 135 DANCE 180	DANCE 230 DANCE 235
Year 2	DANCE 230 DANCE 235 DANCE 270	DANCE 230 DANCE 235 DANCE 351
Year 3	DANCE 330 DANCE 335 DANCE 350	DANCE 330 DANCE 335
Year 4	DANCE 430 DANCE 435 DANCE 490	DANCE 430 DANCE 435 DANCE 491

- Must fit in 8 credits of elective courses and 8 credits of a language course.
- Must fulfill all WCore requirements.

- This plan is an example of levels of technique components that could be taken. Dance majors will vary in which level of technique courses they take each year, depending on their evaluations.

### Dance Bachelor of Arts Major

Requirement Description	Credit Hours	Prerequisites
I. World Language Requirement	8	
<p>Dance majors must complete eight credit hours in a single world language.</p> <p>Technique Components</p> <p>All Dance majors are required to take a Modern/Contemporary and Ballet course Spring of Freshman year and both semesters of Sophomore year; two additional Ballet OR Modern/Contemporary classes are required to be taken one semester of Junior and Senior year (totaling 16 credits upon graduation). Students are placed into a course level after an evaluation occurring during Fall semester of Freshman year. All courses are repeatable for credit.</p> <p>Modern/Contemporary - Lower Division</p> <p>DANCE 230            2+ Lab Technique: Modern/Cont. II</p> <p>Modern/Contemporary - Upper Division</p> <p>DANCE 330            2 + Lab Technique: Modern/Cont. III</p> <p>DANCE 430            2 + Lab Technique: Modern/Cont. IV</p> <p>Ballet - Lower Division</p> <p>DANCE 235            2 + Lab Technique: Ballet II</p> <p>Ballet - Upper Division</p> <p>DANCE 335            2 + Lab Technique: Ballet III</p>		

Requirement Description		Credit Hours	Prerequisites
DANCE 435 Technique: Ballet IV	2 + Lab		
II. Lower Division Courses		30	
DANCE 130 Technique: Modern/Cont. I	4		
DANCE 135 Technique: Ballet I	4		
DANCE 180 Dance History I	2		
DANCE 270 Improvisation/ Composition	4	DANCE 230	
DANCE 280 Dance History I	2		
THTR 225 Lighting Design	3	THTR 145, 160	
6 credits + lab required of Modern/ Contemporary technique components (these credits can be satisfied by upper division courses)			
6 credits + lab required of Ballet technique components (these credits can be satisfied by upper division courses)			
4 credits + lab required of Modern/ Contemporary OR Ballet technique components (these credits can be satisfied by upper division courses)			
III. Upper Division Courses		19	
DANCE 350 Dance Pedagogy	4		
DANCE 351 Applied Anatomy/ Kinesiology	4		
DANCE 380 Dance Forms	4		
DANCE 490 Senior Seminar	2		
Total Hours for the BA in Dance		57	

**Recommended Plan of Study for Dance**

	Fall Semester	Spring Semester
Year 1	DANCE 130 DANCE 135 DANCE 180	DANCE 230 DANCE 235
Year 2	DANCE 230 DANCE 235 DANCE 270	DANCE 230 DANCE 235 DANCE 351
Year 3	DANCE 330 or DANCE 335 DANCE 350	DANCE 380
Year 4	THTR 225	DANCE 280 DANCE 490

- Must fit in 8 credits of elective courses and 8 credits of a language course.
- Must fulfill all WCore requirements.
- This plan is an example of levels of technique components that could be taken. Dance majors will vary in which level of technique courses they take each year, depending on their evaluations.

**Dance Minor**

Requirement Description	Credit Hours	Prerequisites																														
Technique Components																																
<p>All Dance minors are required to take two Modern/Contemporary and Ballet courses within their 4 years at Westminster College (totaling 4 credits upon graduation). Students are placed into a course level after an evaluation occurring during Fall semester of Freshman year. All courses are repeatable for credit.</p> <table border="1"> <tbody> <tr> <td>Modern/Contemporary - Lower Division</td> <td></td> <td></td> </tr> <tr> <td>DANCE 230 Technique: Modern/Cont. II</td> <td>2+ Lab</td> <td></td> </tr> <tr> <td>Modern/Contemporary - Upper Division</td> <td></td> <td></td> </tr> <tr> <td>DANCE 330 Technique: Modern/Cont. III</td> <td>2 + Lab</td> <td></td> </tr> <tr> <td>DANCE 430 Technique: Modern/Cont. IV</td> <td>2 + Lab</td> <td></td> </tr> <tr> <td>Ballet - Lower Division</td> <td></td> <td></td> </tr> <tr> <td>DANCE 235 Technique: Ballet II</td> <td>2 + Lab</td> <td></td> </tr> <tr> <td>Ballet - Upper Division</td> <td></td> <td></td> </tr> <tr> <td>DANCE 335 Technique: Ballet III</td> <td>2 + Lab</td> <td></td> </tr> <tr> <td>DANCE 435 Technique: Ballet IV</td> <td>2 + Lab</td> <td></td> </tr> </tbody> </table>	Modern/Contemporary - Lower Division			DANCE 230 Technique: Modern/Cont. II	2+ Lab		Modern/Contemporary - Upper Division			DANCE 330 Technique: Modern/Cont. III	2 + Lab		DANCE 430 Technique: Modern/Cont. IV	2 + Lab		Ballet - Lower Division			DANCE 235 Technique: Ballet II	2 + Lab		Ballet - Upper Division			DANCE 335 Technique: Ballet III	2 + Lab		DANCE 435 Technique: Ballet IV	2 + Lab			
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DANCE 435 Technique: Ballet IV	2 + Lab																															
II. Lower Division Courses	18																															

Requirement Description	Credit Hours	Prerequisites
DANCE 130 Technique: Modern/Cont. I	4	
DANCE 135 Technique: Ballet I	4	consent of instructor
DANCE 180 Dance History I	2	
DANCE 270 Improvisation/ Composition  4 credits + lab required of Modern/Contemporary OR Ballet technique components (these credits can be satisfied by upper division courses)	4	
III. Upper Division Courses	12	
DANCE 350 Dance Pedagogy	4	
DANCE 351 Applied Anatomy/ Kinesiology	4	
DANCE 380 Dance Forms	4	
Total Hours for the Dance Minor	30	