

Certificate in Physical Performance Studies

This rigorous interdisciplinary curriculum consists of a combination of required courses that provide a wide range of knowledge in human anatomy, dance and theatre. The anatomy and kinesiology courses assist the student in knowledge of the human body and kinesthetics and mechanics of human motion. The dance courses help develop physical flexibility, strength, endurance, balance and emotional expression. The theatre courses help develop physical ease, physical expression and clarity, and skills needed to effectively and safely execute and communicate physical conflict (stage combat and stunt work). Although it is not required for the certificate, students of the program are encouraged to broaden their physical training with a personally created workout routine, to study Tai Chi for added development of balance and motor skills, and study some form of martial arts for further training in the field of physical conflict storytelling needed on stage, in film and for motion capture work. Workshops, seminars and lectures by guest professionals provide an essential component in the course progression.

Program Requirements

Course	Title	Hours
DANC 201	Modern Technique 1	2
THEA 218	Movement for the Performer 1	3
DANC 227	Mime/Physical Theatre 1 ¹	2
THEA 365	Stage Combat ¹	3
HPS 229 or HS 290	Applied Human Anatomy ^{2, 3} Foundational Human Anatomy and Physiology	3
or BIOL 223	Human Anatomy and Physiology	
DANC 415	Dance Kinesiology	3
Total Credit Hours		16

¹ Will satisfy theatre elective.

² Will satisfy Tier 2C Introductory course.

³ This is intended to be a 16 credit-hour certificate. However, if the student takes BIOL 223 or HS 290, it will bump up to 18 credit hours because these two courses are 5 credit hours each (due to a lab component).