



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


## **STUDENT GUIDE**

INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE & SCIENCE

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- EDUCATIONAL OPPORTUNITIES
- CLINICAL PLACEMENTS AND INTERNSHIPS

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



## **EDUCATIONAL OPPORTUNITIES**

### **ASIA**

#### **HONG KONG ACADEMY FOR PERFORMING ARTS HONG KONG**

**Courses:**

- MFA in Dance

This Master in 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.

### **AUSTRALIA**

#### **AUSTRALIAN COLLEGE OF PHYSICAL EDUCATION SYDNEY, NEW SOUTH WALES**

**Courses:**

- BS Dance

The Bachelor of Health Science (BS) in Dance develops students understanding of synergies between dance and health science to facilitate work in public and private organizations across a range of occupations. Given the main instrument in dance is the human body, student will learn how to apply scientific principles to dance movements and develop a greater understanding of dance techniques and risks associated with improper execution.

#### **UNIVERSITY OF NOTRE DAME AUSTRALIA FREMANTLE, WESTERN AUSTRALIA**

**Courses:**

- MS and PhD of Health Sciences

All applications will be considered based on educational and professional history. Investigating the applications of exercise and sport science in dance through the School of Health Sciences. Fields of research focus upon, but are not limited to, biomechanics, motor control and learning, exercise rehabilitation, and strength and conditioning.

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UNIVERSITY OF SYDNEY  
SYDNEY, NEW SOUTH WALES

## Courses:

- [MS and PhD](#)

All applications considered must meet University of Sydney guidelines for course entry. Research opportunities are available in the fields of dance injury, biomechanics, physiology, motor control and learning, physiotherapy, exercise science, and podiatry.

## EUROPE

### GERMANY

UNIVERSITY OF STUTTGART  
STUGGART, GERMANY

## Courses:

- [BA Sport Science](#)
- [MA Exercise Science: Health Promotion](#)

Institute of Sports Science has a strong research focus in the 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 in Dance Science](#)

The 'Master of Advanced Studies' (MAS) in Dance Science three-year program allows dance professionals to pursue their degree while continuing to work. It is aimed at dancers, teachers, choreographers and artistic directors as well as health care specialists and scientists with an affinity for dance. The program comprises three certificates from the University of Bern that can also be completed separately: 'Certificate of Advanced Studies' (CAS) in Dance Science: Health & Performance, Motor Learning & Training, and Psychology & Education.

## UNITED KINGDOM

### BUCKS NEW UNIVERSITY BUCKINGHAMSHIRE, UNITED KINGDOM

**Courses:**

- BA (Hons) Dance and Fitness

The three-year course covers key modules in strength and conditioning as well as applied psychology, and injury prevention. Each year there is an opportunity to gain professional fitness qualifications, recognized by the Register of Exercise Professionals (REPS). The dissertation project-written or practical- will focus on the integration of dance and fitness with business, teaching or training.

### LONDON METROPOLITAN UNIVERSITY LONDON, UNITED KINGDOM

**Courses:**

- BSc (Hons) in Sports and Dance Therapy

This course accredited 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.

### MANCHESTER METROPOLITAN UNIVERSITY MANCHESTER, UNITED KINGDOM

**Courses:**

- MA/MSC Sport and Exercise Science

Subjects of focus for this one year full-time or two to three-year part-time program include: biomechanics, physiology, psychology, coaching studies, sport development, and sports injury.

- MSc by Research and PhD study

The academic staff is experienced in the teaching and supervision of postgraduate projects which are dance related. The Institute for Performance Research also provides details of research activities across both the Department of Exercise and Sport Science and the Department of Contemporary Arts.

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QUEEN MARY UNIVERSITY OF LONDON  
LONDON, UNITED KINGDOM

## Courses:

- MSc/PG Diploma in 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 (PG) Diploma level option is available. 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.

TEESIDE UNIVERSITY  
MIDDLESBROUGH, UNITED KINGDOM

## Courses:

- BA (Hons) Dance Science

The Bachelor of Arts (BA) in Dance Science is a core year (1 module) of the 3-year full-time course. The module will explore ways of how the dancer can improve their strength, endurance and flexibility, psychological aspects of performance, and how to optimize their performance and weight management through diet and nutrition. Students use the sports science labs and facilities to put their learning into practice. Dance science is further developed through year 2 in Dance Facilitation leading to many opportunities for final year work experience and research.

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.

- MSc in Dance Science

The Master of Science (MSc) in Dance Science is a one-year full-time program 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

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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.

- [MFA in Dance Science](#)

The Master of Fine Arts (MFA) in Dance Science is a 2-year 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.

## UNIVERSITY OF BEDFORDSHIRE LUTON, UNITED KINGDOM

### Courses:

- [MSc Dance Science](#)

Postgraduate certificate and postgraduate diploma at master's level available. The Master of Science (MSc) in Dance Science offers a systematic understanding of the principles of dance science within its scientific, social, cultural, and artistic context. Students are encouraged to recognize and demonstrate originality and insight of enquiry, to design innovative research studies and intervention programs, collect and analyze data with academic rigor, and present research findings in a variety of formats for specialist and non-specialist audiences. Students tailor their learning towards their own interests through a range of elective units applied to either the elite or recreational dancer.

## UNIVERSITY OF CHICHESTER WEST SUSSEX, UNITED KINGDOM

### Courses:

- [BSc \(Hons\) in Dance Science](#)
- [MSci Dance Science](#)

The Bachelor of Science (BSc) in Dance Science is 3 years full-time. The Master of Science (MSci) in Dance Science is four years full-time. The first institution to offer a three-year single honors BSc in Dance Science and a four-year integrated Master (MSci) in Dance Science. The program includes: specialist dance science tutors are internationally renowned for their teaching and research; access to specialist facilities and a range of staff expertise across dance and the Institute of Sport; daily studio practice, including technique classes and supplementary training practices (dance fitness, somatic techniques, contact improvisation); between 4 to 8 hours of lab practice each week; choice of Applied Performance or Health and Wellbeing pathways; module

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options that link to the profession through placements; and pursuit of professional industry training and certifications in dance, exercise and fitness, and dance movement psychotherapy.

## UNIVERSITY COLLEGE LONDON LONDON, UNITED KINGDOM

### Courses:

- MSc/Postgraduate Diploma in Performing Arts Medicine

The Performing Arts Medicine Master of Science (MSc), 1 year full-time, 2 years part-time, is a unique program providing specialized training to those interested or already involved in offering health services to this very special sector of instrumental musicians, singers, dancers, actors, and other performing artists. The MSc program consists of eight core modules (120 credits) and the research project (60 credits).

## UNIVERSITY OF EDINBURGH WEST SUSSEX, UNITED KINGDOM

### Courses:

- MSc in Dance Science and Education

Through a multi-disciplinary blend of theory and practice, knowledge 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. Master of Science (MSc) in Dance Science and Education can be completed over 12 months (full time) or 24-72 months (part time). Postgraduate diploma, which can be completed over 9 months (full time) or 12-48 months (part time).

## UNIVERSITY OF SUFFOLK IPSWICH, UNITED KINGDOM

### Courses:

- BA (Hons) Dance

The Bachelor of Arts (BA) in Dance at the University of Suffolk has one dance science and somatic-informed module at Level 5 entitled Dance and Health, in which students study the anatomy, physiology, biomechanics, and psychology of the dancer from both experiential and theoretical perspectives. Opportunities to assist in staff research are also available for students throughout the academic year.

## UNIVERSITY OF WOLVERHAMPTON WEST SUSSEX, UNITED KINGDOM

### Courses:

- BSc (Hons) Dance Science and Performance

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The three-years full time Bachelor of Science (BSc) in Dance Science includes physiology, performance psychology, biomechanics, dance technique and repertoire, choreography, film-making, cultural studies, opportunities for work placements, and research projects. The following practical opportunities are available: participation in dance science research projects, performances in our university theatres and local and national arts events, joining Le Loup Dance Company (student company), front of house and backstage training, and participating in work placements of choice.

- [MSc Dance Science](#)

The Masters of Science (MSc) in Dance Science, 12-months full time or 2 years part time, is taught by some of the leading researchers in this field and is designed for graduates or those individuals with recent, relevant professional dance experience who wish to extend their understanding and use of dance science within a range of challenging and exciting professional and academic settings.. Modules include Strength and Conditioning, Performance Psychology, Biomechanics and Research Methods before undertaking independent research in the form of Professional Practice (Dance Science support) and Dissertations.

- [PhD](#)

There are opportunities to carry our research doctorates in dance physiology and biomechanics. Interested applicants should contact [Professor Matt Wyon](#) for more information.

## NORTH AMERICA

### CANADA

SIMON FRASER UNIVERSITY  
VANCOUVER, CANADA

#### Courses:

- [BFA Dance](#)
- [MSc Kinesiology](#)

Courses take place within the [School for Contemporary Arts \(Dance\) & Biomedical Physiology and Kinesiology \(BPK\)](#). Students are required to apply for both schools. An audition is required for the Dance Program. Accepted students could choose to do a double major, (i.e. a BFA in Contemporary Dance in the School for Contemporary Arts & B.Sc. In Kinesiology/Biomedical Physiology/ Behavioral Neuroscience in the Biomedical Physiology and Kinesiology department). Students have gone onto careers as professional contemporary dancers, teachers, somatic practitioners, athletic trainers, kinesiologists, and go on to become Physical Therapists or physicians.



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UNIVERSITY OF CALGARY  
CALGARY, CANADA

## Courses:

- Combined BKin (Kinesiology)/BA (Dance)

The University of Calgary offers a general Bachelor of Kinesiology (BKin), five-year program, with Faculty of Kinesiology and a Bachelor of Arts (BS) in Dance from the Faculty of Arts. Students must meet the admissions requirements for both the Faculty of Arts and the Faculty of Kinesiology.

YORK UNIVERSITY  
TORONTO, CANADA

## Courses:

- BFA (Hons) or BA (Hons) degree in Dance, with Undergraduate Certificate in Dance Science

York University's Department of Dance offers an integrated curriculum to prepare students for a wide range of careers through a dual focus on critical/creative minds and bodies. The Bachelor of Fine Arts (BFA) Degree offers two streams of study: Dance Education and Choreography and Performance.

## UNITED STATES

### CALIFORNIA

CALIFORNIA STATE UNIVERISTY  
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.

CALIFORNIA STATE UNIVERISTY  
NORTHRIDGE, CALIFORNIA, USA

## Courses:

- BS Kinesiology, Dance Option

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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.

- [MS Kinesiology, Dance Option](#)

The Master of Science (MS) in Kinesiology two-year course 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.

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

### Courses:

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

- [DPT Physical Therapy](#)
- [MS Biokinesiology](#)
- [PhD Biokinesiology](#)

Core coursework examines the neurobehavioral, biomechanical, and physiological bases of voluntary movement. Additional coursework includes research ethics, biostatistics, data analysis, imaging, and courses specific to a student's research question. A strength of the program is interdisciplinary collaboration and discourse with a diverse community of students and faculty members, resulting in research projects with both breadth and depth. There is no division requirement for a master's thesis. Instead, students are required to sit for a comprehensive examination.

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

### Courses:

- [BA in Dance, option to focus in Dance Science](#)

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

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motion with opportunities for sound, logical, and meaningful dance activities linking theory and practice in the context of dance techniques, choreography, and pedagogy.

## FLORIDA

### FLORIDA STATE UNIVERSITY TALLAHASSEE, FLORIDA, USA

#### Courses:

- [BFA in 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).

- [BFA + MA](#)

The 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.

- [MFA](#)

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.

- [BS in Athletic Training](#)
- [BS in Exercise Science](#)
- [MS and PHD in Sport Psychology](#)
- [MS in Sports Nutrition](#)
- [MS in Sports Science](#)

View each link to learn more about the individual programs.

### UNIVERSITY OF SOUTH FLORIDA TAMPA, FLORIDA, USA

#### Courses:

- [Dance Medicine and Science Certificate \(18 credit hours\)](#)
- [BFA Dance Performance](#)
- [BA Dance Studies](#)

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Admission through dance placement audition and admissions application to USF. Option of combining dance with another area of interest, such as an area of the health sciences. Students who are interested in dance medicine/science take 15-17 focused electives, which are carefully chosen and can include courses such as: Care and Prevention of Physical Injuries, Nutrition, Anatomy and Physiology, Physics, and Physiological Psychology. All students in the dance program are required to take dance kinesiology.

## IDAHO

UNIVERSITY OF IDAHO  
MOSCOW, IDAHO, USA

### Courses:

- BS in Dance
- BS Exercise Science and Health
- MS in Movement
- MS in 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.

## INDIANA

INDIANA UNIVERSITY  
BLOOMINGTON, INDIANA, USA

### Courses:

- BS in Kinesiology
- MS in Athletic Training
- MS in Kinesiology (multiple emphasis)
- MPH Public Health (multiple concentrations)

Indiana University School of Public Health-Bloomington offers a comprehensive and holistic approach to disease prevention, wellness, and teaching with an emphasis on robust, reproducible and transparent research.

## 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 in Dance with Concentration in Dance Science
- BA in Biological Sciences with Concentration in Dance Science

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.

## MICHIGAN

HOPE COLLEGE  
HOLLAND, MICHIGAN, USA

**Courses:**

- BA in Dance & Social Science

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- [BA in Dance & Natural Science](#)

The Hope College dance program offers a Bachelor 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.

[www.hope.edu/academic/dance/](http://www.hope.edu/academic/dance/)

## NORTH CAROLINA

DUKE UNIVERSITY  
DURHAM, NORTH CAROLINA, USA

### Courses:

- [Doctor of Physical Therapy](#)

The Duke University's Doctorate or Physical Therapy (DPT) 3-year program there is 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.

EAST CAROLINA UNIVERSTIY  
GREENVILLE, NORTH CAROLINA, USA

### Courses:

- [BFA in Dance Performance & Education](#)
- [BS in Exercise Physiology](#)
- [BS in Health Fitness Specialist](#)
- [BS in Physical Education](#)
- [BS in Sports Studies](#)
- [PhD in Bioenergetics and Exercise Science](#)
- [DPT Physical Therapy \(3 years\)](#)
- [MS in Exercise and 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 UNIVERSTIY 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.

- BS in Exercise Science or Athletic Training

The Kinesiology Department at Eastern University provides an opportunity for the Bachelor in Science (BS) in Exercise Science or Athletic Training students to work closely with dedicated and knowledgeable faculty and gain hands-on experience in Eastern's state-of-the-art, on-campus kinesiology laboratory.

## 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.

## NEVADA

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

### Courses:

- BA or BFA in Dance, Minor in Dance

The Bachelor of Fine Arts (BFA) in Dance focuses on an in-depth curriculum of professional dance technique, choreography, and performance in preparation for a professional performing career in dance.

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- BS in Kinesiology, Minor in Kinesiology
- MS in Exercise Physiology or Kinesiology

Students in the Bachelor of Science (BS) and Master of Science (MS) in Kinesiology will study foundational science such as anatomical kinesiology, biomechanics, exercise physiology, motor behavior, and the social psychology of physical activity. The MS in Kinesiology enables students to choose an Athletic Training, Biomechanics, or Motor Control emphasis. The programs are designed to provide students with the theoretical foundations of the movement-based sciences.

- PhD in Kinesiology

The Ph.D. program offers academic concentrations in biomechanics, exercise physiology, motor control/learning and physical activity.

## NEW YORK

### THE COLLEGE AT BROCKPORT/SUNY BROCKPORT, NEW YORK, USA

#### Courses:

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

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.

### 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.



## OHIO

### CASE WESTERN RESERVE UNIVERSITY CLEVELAND, OHIO, USA

#### Courses:

- [BA in 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.

- [MFA and MA in Dance](#)

The Master of Fine Arts (MFA) in Dance is three years; the Master of Arts (MA) in Dance is a two year program. Required coursework in kinesiology and dance wellness and the option to focus in dance science/wellness, and the option to have both a creative and research focus in 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.

### OHIO UNIVERSITY ATHENS, OHIO, USA

#### Courses:

- [BS Athletic Training](#)
- [MS Athletic Training](#)

Ohio University's academic program uses the healthcare model for developing Athletic Training (AT) student competence. Professional coursework provides students with the ability to combine their knowledge and skills and apply them to professional practice. The Bachelor of Science (BS) Athletic Training major is a four-year program. The first academic year is pre-athletic training, followed by three years of professional preparation.

During the second year, the Master of Science (MS) in Athletic Training students will complete an immersive experience that is at least 8 weeks long. You may also participate in collaborative research projects with graduate students and faculty. Program graduates are eligible for national certification (ATC) by the Board of Certification (BOC) and state licensure. In Ohio, licensure is granted by the Physical Therapy, Occupational Therapy, and Athletic Trainers Board.

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

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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:

- [BA or BS in Dance](#)
- [MFA, MS, or MA in Dance Science, Choreography-Performance, Dance Education, or Dance History](#)

UO Dance maintains a close relationship with the Department of Human Physiology. Dance Masters students (Master of Fine Arts (MFA), Master of Science (MS), and Masters of Arts (MA) in Dance Science) can capitalize on this relationship through course options and laboratory research. Upon graduation, it is possible for qualified Dance Masters students to matriculate into the PhD program in Human Physiology. MFA students are accepted who can serve as Graduate Teaching Fellows (GTFs) for a wide spectrum of Dance technique courses ranging from modern, ballet, jazz, tap, and hip hop to African, tango, and ballroom. GTFs come with a full tuition waiver, a monthly stipend, and medical insurance coverage.

## PENNSYLVANIA

TEMPLE UNIVERSITY  
PHILADELPHIA, PENNSYLVANIA, USA

### Courses:

- [BS in Athletic Training](#)
- [BS in Kinesiology \(multiple concentration options\)](#)
- [MS Kinesiology \(multiple concentration options\)](#)
- [PhD in Kinesiology or Movement Science](#)
- [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 in Dance](#)

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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).

- Master's in 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 in 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 Production, Dance Composition, Pilates, Dance History, Partnering, Improvisation and Dance Pedagogy.

## UTAH

UNIVERSITY OF UTAH  
SALT LAKE CITY, UTAH, USA

### Courses:

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- [BFA in Dance](#)
- [BS in Exercise and Sport Science](#)
- [MFA in Dance](#)

The School of Dance at University of Utah offers undergraduate [Bachelor of Fine Arts (BFA) and a 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 in 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 in 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.

### SHENANDOAH UNIVERSITY WINCHESTER, VIRGINIA, USA

#### Courses:

- [BA or BFA in Dance](#)
- [BS in Exercise Science or Kinesiology](#)
- [MSc in Athletic Training \(MSAT\)](#)

# IADMS International Association for Dance Medicine & Science

The undergraduate programs in Dance are four-years and offer connections and focused study on dance science. The two-year, Master in Science in Athletic Training (MSAT) program offers a clinical internship in the area of performing arts medicine.

- DPT

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

- Performing Arts Medicine (PAM) Certificate Program

The mission of the Performing Arts Medicine 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, theatre artists and musicians along with promoting clinical research to determine best practices. This 15-credit curriculum may be taken in one of two tracks: Health Care Professionals or Performing Arts Educators

## VIRGINIA COMMONWEALTH UNIVERSITY RICHMOND, VIRGINIA, USA

### Courses:

- BFA in Dance and Choreography
- Minor in Dance

The mission of the Department of Dance and Choreography is to create an environment where the student experiences the demands and challenges of the professional dancer/choreographer. There is the option to major and minor in Dance.

- DPT

The Department of Physical Therapy offers doctoral training (DPT) programs to qualified physical therapists. These programs prepare physical therapy academicians who can contribute to the understanding and application of therapeutic procedures through basic and applied research and who can teach both clinical and didactic physical therapy on all academic levels.

## WYOMING

### UNIVERSITY OF WYOMING LARAMIE, WYOMING, USA

### Courses:

- BFA in Dance Science Concentration

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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.

## 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.

- [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. Interested student can contact [Associate Professor Aline Haas](#).

## ONLINE

### AZ DANCE MED

#### Courses:

- [DancemED Certification](#)
  - Assessing and Improving Turnout in Dancers (Online Course)
  - Assessing and Improving Leaps and Turns in Dancers (Online Course)
  - Assessing and Improving Core Strength (Online Course)
  - Determining Readiness for Point (workshop)
  - Injury Management and Prevention (workshop)
  - Functional Assessment for Level Advancement (workshop)

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

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conditioning goals and identify indicators to progress activities based on dancer performance. Integrate 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.

## NATIONAL DANCE EDUCATION ORGANIZATION

### Courses:

- [Harkness Center for Dance Injuries: The Applied Science of Dancer Health and Injury Prevention](#)

The goal of this evidenced-based course is to present the dance educator with key principles of overall health in a way that will allow the educator to critically interpret the information, apply it to the dance education setting, and formulate a dance injury prevention plan of action in teaching practice. Topics covered will include physical, psychodynamic, and environmental factors; motor skill development; strength and conditioning principles; common dance injuries and their formal nomenclature; common myths about injury and training; adolescent dancer health; basic functional anatomy/biomechanics and nutrition; and teacher self-care.

## 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



# IADMS International Association for Dance Medicine & Science

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

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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

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- 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