

# Somatic Studies Certificate

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## Courses

### CAPS-DANCE 1000 Body Conditioning

This Body Conditioning course provides training for the whole body with equal emphasis on strengthening work, cardio intervals, and building endurance and flexibility while supporting the mindful practice of movement awareness. Through a progressive series of developed skills, class activities are designed to provide overall toning and awareness of body/mind connectivity through basic bodyweight exercises and playful, dance-inspired practices combined with Yoga and Pilates-based work. Students will need an exercise mat for floor work and resistance bands for various strengthening and stretching exercises. No prerequisites. Students may enroll up to three times. Pass/Fail only. Students admitted to the Certificate in Somatic Studies must take this course for a letter grade.

Credit 2 units.

Typical periods offered: Summer 4, Summer 3, Summer 2, Summer 1, Summer, Spring, Fall

### CAPS-DANCE 1030 Topics in Dance: The Alexander Technique

Applies the principles of the Alexander Technique to technical and performance issues. Students learn to recognize and change counter-productive habits and to allow natural postural reflexes to work, improving length, balance, and flexibility. The result is enhanced range of expression and the ability to make choices about how one moves. This course is available as Pass/Fail, but students pursuing the Certificate in Somatic Studies must enroll for a letter grade.

Credit 2 units.

Typical periods offered: Spring

### CAPS-DANCE 1050 Beginning T'ai Chi Ch'uan

An introduction to the theory and practice of T'ai Chi Ch'uan. T'ai Chi Ch'uan is based on the Daoist theory of complementary opposites (yin/yang). The purpose of these exercises is to help students gain bodily strength, balance, flexibility, peace of mind, relaxation, and improved circulation. T'ai Chi Ch'uan may also be used for self-defense; it specializes in the neutralization of an attack by turning of the waist. Students should wear loose-fitting clothing and sneakers. Readings in Daoist texts, including taijiquan classics, are assigned. During the fall semester, students learn parts one (18 movements) and two (36 movements) of the three-part Yang Family T'ai Chi Ch'uan sequence. Part three (final 54 movements) is taught as a continuation course in Spring. Pass/Fail only for most students, but students admitted to the Certificate in Somatic Studies must take this course for a letter grade. Students may enroll no more than two times.

Credit 2 units.

Typical periods offered: Summer 4, Summer 3, Summer 2, Summer 1, Summer, Spring, Fall

### CAPS-DANCE 1051 Beginning T'ai Chi Ch'uan II

A continuation of an introduction to the theory and practice of T'ai Chi Ch'uan for beginning students. T'ai Chi Ch'uan is based on the Daoist theory of complementary opposites (yin/yang). The purpose of these exercises is to help students gain bodily strength, balance, flexibility, peace of mind, relaxation, and improved circulation. T'ai Chi Ch'uan may also be used for self-defense; it specializes in the neutralization of an attack by turning of the waist. Students should wear loose-fitting clothing and sneakers. Readings in Daoist texts, including t'ai chi classics, are assigned. Part III of the Yang Family T'ai Chi Ch'uan sequence will be taught. Prerequisite: U31 115. Students may enroll no more than two times. This course is available as Pass/Fail, but students pursuing the Certificate in Somatic Studies must enroll for a letter grade.

Credit 2 units.

Typical periods offered: Spring

### CAPS-DANCE 1060 Body-Mind Balance

Employing theories and practices of contemporary movement sciences, current body-mind and relaxation techniques, somatic exercises and yoga, this class emphasizes body awareness and deep mindfulness. It is designed to support and encourage the ability to calm the critical mind, awaken the physical senses and tune into the inherent wisdom of the body-mind. Discussion of readings and viewings of related and current topics opens each meeting. Students should wear comfortable clothing and bring a mat or towel. For students of all ages; this class is less strenuous than U31-120. Students may enroll no more than two times. This course is available as Pass/Fail, but students pursuing the Certificate in Somatic Studies must enroll for a letter grade.

Credit 2 units.

Typical periods offered: Fall, Spring

### CAPS-DANCE 1070 Yoga and Relaxation Techniques

Systematic introduction to the methods and theory of Hatha Yoga as a means of stretching, strengthening, energizing, and relaxing the body. This class focuses on breath work and poses as the foundation of a Hatha Yoga practice supplemented by relaxation and visualization exercises. Students should wear comfortable clothing and bring a towel or mat. Participation requires steady commitment and physical dexterity. Readings assigned. Pass/Fail only, but students pursuing the Certificate in Somatic Studies must enroll for a letter grade. This course meets twice weekly in two different locations. Student may enroll no more than two times.

Credit 2 units.

Typical periods offered: Fall, Spring

### CAPS-DANCE 1150 Beginning Taekwondo I

The objectives of this course are to learn the philosophical and historical backgrounds of Taekwondo and master basic Taekwondo martial art skills such as kicks, punches, blocks, and Taegeuk forms to facilitate physically and mentally reflective growth. As a form of martial arts, Taekwondo's ultimate goal is to achieve self-reflection through the physical trainings and self-discipline. Throughout this course, the students will be able to: (1) understand the philosophical and historical backgrounds of Taekwondo; (2) master basic Taekwondo kicks, punches, blocks and forms up to the yellow belt level; (3) perform TKD non-touching sparring using the basic and advanced skills; (4) self-reflect on their physical and mental growth through the self-defense training. Must be taken Pass-Fail. Course may be repeated one time.

Credit 2 units.

Typical periods offered: Fall, Summer

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**CAPS-DANCE 1151 Beginning Taekwondo II**

Taekwondo's ultimate goal is for the student to achieve self-reflection through physical training and self-discipline, and this course builds on the foundation developed in Beginning Taekwondo I. Throughout this course, students will learn to understand the philosophical and historical backgrounds of Taekwondo; to master Taekwondo kicks, punches, blocks, and forms up to the blue belt level; to perform Taekwondo non-touching sparring using the basic and advanced skills; and to self-reflect on their physical and mental growth through the training. Pass/fail only. Prerequisite: Beginning Taekwondo I or permission of the instructor.

Credit 2 units.

Typical periods offered: Fall, Spring

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**CAPS-DANCE 1160 Personal Ecology**

Using a somatic lens, we will explore our embodied relationship to Nature. Students will review research on the benefits of being in nature and take the connectedness to nature survey to assess their own current state of connectedness. Through facilitated explorations both indoors and outdoors, students will learn somatic practices in mindful awareness, including walking and sitting meditations, creative movement, creative art forming, and embodied writing. An emphasis on multiple ways of knowing will inform online and in-class discussions.

Credit 1 unit.

Typical periods offered: Spring

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**CAPS-DANCE 1180 Intro to Authentic Movement & Body-Mind Integration**

This is an experiential introduction to the theory and practice of authentic movement and the principles of body-mind integration through in-depth movement exploration and the expressive arts. The course combines topics associated with somatics and creativity in order to deepen connections among imagination, memory, and expression. Students cultivate the practice of focusing within the body, allowing movement to happen rather than doing or making movement. In addition, students use journals, drawing, and work with clay to integrate personal movement material. Pass/Fail only.

Credit 2 units.

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**CAPS-DANCE 2050 Introduction to Pilates**

This course offers an introduction to the Pilates Method mat repertoire, part of the method developed by movement pioneer Joseph Pilates. The mat repertoire focuses on core strengthening, spinal articulation and stabilization. The exercises increase strength and flexibility and work towards correcting asymmetries and chronic weaknesses to bring the body into a balanced, neutral alignment. Students will gain body awareness and an understanding of the principles of Pilates including: control, breath, flowing movement, precision, centering, stability, range of motion, and opposition. No previous training in Pilates is required. The instructor will offer modifications that address individual limitations. Readings will be assigned that address topics in Pilates as well as related topics in exercise science and functional anatomy. There are 2 short midterm quizzes and practical exam at the end of the semester. May be repeated one time for credit. This course is offered as Pass/Fail only, unless students are pursuing the Certificate in Somatic Studies; these students must enroll for a letter grade.

Credit 2 units.

Typical periods offered: Fall, Spring

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**CAPS-DANCE 2090 Contact Improvisation**

Introductory studio work in principles and techniques of Contact Improvisation. CI is an open-ended dance form for two or more people exploring spontaneous physical interaction in the present moment. This unique dance class is instructed through guided parameters and

free-form movement play between partners to develop improved movement coordination, balance and creativity. Invented in the early 1970's, CI is practiced all over the world for its fun, accessibility, artistic beauty, physical challenge, and for making connections with other people. Recently CI is also recognized for its positive and therapeutic effects on personal well-being through shared exercise, stress relief, and cultivation of mindful presence. A core value of CI's inclusivity, the practice is open to all people and levels of dance training from beginning to advanced; no prior experience required. May be repeated one time. This course is recommended as Pass/Fail. Students pursuing the Certificate in Somatic Studies must enroll for a letter grade.

Credit 1 unit.

Typical periods offered: Spring

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**CAPS-DANCE 2120 Dance and Its Music Live in the Concert Hall and On Stage and Screen**

A series of non-technical listening courses that examine the works and careers of various major composers. See Course Schedule for current topics.

Credit 3 units.

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**CAPS-DANCE 2140 Introduction to Hip-Hop and Funk Dance Styles**

This course will be an introduction to the fundamentals of hip-hop, jazz funk, house dance and other related dance styles. This course is designed to introduce students to the various elements of these styles -- the history, terminology, technique, core movement concepts, and prominent dance figures -- and for students to experience all of these elements through dancing, observation, research, discussion, and choreography. This course will also explore the culture and music of hip-hop and other related styles of dance. As a whole, this course will focus on strengthening movement skills through increased flexibility, strength, and endurance while sharpening musical awareness, learning choreography, exploring improvisation, and understanding the appropriate vocabulary needed to develop strong technique for these styles. There will be written assignments and readings included in this course. Previous movement training is recommended but not required.

Credit 2 units.

Typical periods offered: Spring

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**CAPS-DANCE 2160 Intermediate Tai Chi Chuan**

An introduction to the theory and practice of Chen Style T'ai Chi Ch'uan (Taijiquan) for intermediate students. Students who have demonstrated proficiency in Yang Style T'ai Chi Ch'uan and have completed the two-course introductory sequence may enroll; others may enroll only with the permission of the instructor. T'ai Chi Ch'uan is based on the Taoist theory of complementary opposites (yin/yang): the purpose of these exercises is to help students gain bodily strength, balance, flexibility, peace of mind, relaxation, and improved circulation. T'ai Chi Ch'uan may also be used for self-defense; it specializes in the neutralization of an attack by turning of the waist. Students should wear loose-fitting clothing and sneakers. Readings in Daoist texts, including t'ai chi classics, will be assigned. Pass/fail only.

Credit 2 units.

Typical periods offered: Summer

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**CAPS-DANCE 2180 Mind Body Movement: Yoga and Pilates**

This course combines Yoga, SATYA (Sensory Awareness Training for Yoga Attunement), Pilates Method mat exercises and meditation/relaxation techniques with the goal of improving mind body awareness, postural alignment, balance, strength, range of motion and psychological well-being. Students will be guided through beginning level yoga breathing practices (Pranayama), sensory awareness and myofascial release exercises, yoga postures (Asanas) and Pilates Method mat exercises. Intermediate level postures and exercises will be added as the class progresses. An emphasis will be placed on practicing

safely with optimal postural alignment, joint stabilization, fluidity and ease. No previous training in yoga or Pilates is required. The instructor will offer modifications that address individual limitations. Coursework will include a home mindfulness practice and short online discussion posts on the ethical principles of yoga and current scientific research on yoga or other somatic practices. This course may be repeated one time for credit. This course is offered as Pass/Fail only, unless students are pursuing the Certificate in Somatic Studies; these students must enroll for a letter grade.

Credit 2 units.

Typical periods offered: Summer 4, Summer 3, Summer 2, Summer 1, Summer, Spring, Fall

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#### **CAPS-DANCE 2210 Tap Dance: Beginning**

Introduction to basic tap steps and rhythms. Development of awareness of varied tap dance styles. No previous dance training required.

Credit 2 units.

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#### **CAPS-DANCE 2220 Introduction to Dance of West Africa**

This course entails the study of West African Dances and the Music that accompanies them. Special emphasis will be placed on the dance, music, culture, language and arts of the Ivory Coast. This course will address the relationship between music and dance and their social and cultural significance. The class will consist of lecture and demonstration followed by active participation by students, primarily dancing and drumming. Outside of class students will build technique and develop an appreciation and understanding of the relevant resources available and how to research them. May be repeated one time.

Credit 2 units.

Typical periods offered: Fall

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#### **CAPS-DANCE 2227 Dance Doorway to India**

An introduction to two of the classical Indian dance styles, Bharatanatyam and Kuchipudi, and their cultural contexts. Students will learn the mythology of India along with hand gestures and intricate foot work, combining mental discipline with the fluidity and rhythms of the body. No Indian dance background is required. May be repeated once for credit.

Credit 2 units.

Typical periods offered: Fall

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#### **CAPS-DANCE 2280 Xingyiquan--Five Elements**

An introduction to the theory and practice of Xingyiquan (Hsing Yi Ch'uan). It is one of the three great systems of Wu Dang Internal Arts, along with Taijiquan (T'ai Chi Ch'uan) and Baguazhang (Ba Gua Chang). The purpose of these exercises is to help students gain bodily strength, balance, flexibility, peace of mind, relaxation, and improved circulation. Xingyiquan may also be used for self-defense; it features straightforward defense techniques, with specialization of upper-body movements. Students should wear loose-fitting clothing and sneakers. Readings in Daoist texts are assigned, along with readings on the history, philosophy, and technique of this art. Prerequisites include U31 115, U31 116, and U31 218. Students admitted to the Certificate in Somatic Studies must take this course for a letter grade. Students may enroll no more than two times.

Credit 1 unit.

Typical periods offered: Summer

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#### **CAPS-DANCE 2290 Xingyiquan--Twelve Animals**

A continuation course in the theory and practice of Xingyiquan (Hsing Yi Ch'uan). It is one of the three great systems of Wu Dang Internal Arts, along with Taijiquan (T'ai Chi Ch'uan) and Baguazhang (Ba Gua Chang). The purpose of these exercises is to help students gain bodily

strength, balance, flexibility, peace of mind, relaxation, and improved circulation. Xingyiquan may also be used for self-defense; it features straightforward defense techniques, with specialization of upper-body movements. Students should wear loose-fitting clothing and sneakers. Readings in Daoist texts are assigned, along with readings on the history, philosophy, and technique of this art. Prerequisite: U31 238 or instructor's permission. Students admitted to the Certificate in Somatic Studies must take this course for a letter grade. Students may enroll no more than two times.

Credit 2 units.

Typical periods offered: Fall, Summer

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#### **CAPS-DANCE 2300 Tap Dance II**

Additional work on technique with attention to acquiring a sense of musical phrasing, rhythmic accuracy, and clarity of sound. Rhythmic improvisation. Some outside reading. Prerequisite: U31225 or permission of the instructor.

Credit 2 units.

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#### **CAPS-DANCE 2360 Introduction to Somatic Practices**

Introduction to Somatics investigates a growing field of practices that emphasize the unity of mind and body as experienced from within, through conscious guided movement and self-awareness. This course is a survey of somatic courses available in University College Dance and Somatic Studies Certificate Programs. In-class work is supplemented by readings and complemented with guest lectures in related theoretical disciplines, such as biology, psychology, philosophy, etc. Satisfies prerequisite for the Somatic Studies Certificate Program.

Credit 2 units.

Typical periods offered: Summer 4, Summer 3, Summer 2, Summer 1, Summer, Spring, Fall

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#### **CAPS-DANCE 2999 Independent Study**

Student must have permission of the coordinator of the dance division.

Credit 3 units.

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#### **CAPS-DANCE 3010 Theory and Technique of Modern Dance III**

Technique and related concepts for the intermediate-level student. Greater emphasis on the ability to accurately replicate or individually interpret choreographic material. Related reading and video assignments on contemporary dance developments and attendance at two to three performances required. Variable content; may be repeated for credit in a subsequent semester. Prerequisites: Dance 202 or recommendation of the student's previous WU instructor or permission of the course instructor.

Credit 2 units. A&S IQ: HUM BU: HUM EN: H

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#### **CAPS-DANCE 3020 Structured Improvisation for Dance**

Seeking creative people. This studio course combines the exploration of movement within structured dance frameworks. Improvisation will be studied not only as a means to exploring movement for choreographic purposes, but as a way of developing dance improvisation as an art form. The course will introduce basic principles of composition necessary for successful improvisation. Previous dance or movement experience not necessary. Students may enroll no more than two times.

Credit 1 unit.

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#### **CAPS-DANCE 3022 Theory & Technique of Modern Dance IV**

Continuation of Dance 301. Variable content; may be repeated for credit in a subsequent semester. Prerequisites: Dance 301 or recommendation of the student's previous WU instructor or permission of the course instructor.

Credit 2 units. A&S IQ: HUM Art: HUM BU: HUM EN: H

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**CAPS-DANCE 3040 We Are the Movers and Shakers: The History of Percussive Dance in America**

This course focuses upon the rich history of movement and sound in American Dance, from the Colonial Era to the present day. African, Latin American, Native American, and European dance forms and their interactions are explored. We also study distinctly American forms such as clogging, stepping, and tap dancing. Much of percussive dance evolved from the people, and we examine the relationships between percussive dance and social and political movements: peaceful protest and Native American dance; police brutality/Jim Crow/Japanese internment and tap dance; creating a protective enclave or safe space for expression in African American step dance; and community building/intergenerational dance in Appalachian clogging. This is not a movement technique class, but students learn some basic body rhythms or dance movements in order to comprehend and contextualize the performances discussed in class. Students may also be required to attend a dance or music performance.  
Credit 3 units.

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**CAPS-DANCE 3060 American Roots of Contemporary Dance**

This course is an introduction to contemporary modern dance, with a particular focus on its American roots. Students will both develop various techniques and learn concepts used by American modern dance pioneers. Elements of improvisation and basic dance composition skills will also be explored. Topics will include the aesthetics and history of American modern dance as well as how the roots of American modern dance continue to influence contemporary dance of the 21st century. No prerequisites.  
Credit 2 units.

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**CAPS-DANCE 3070 Special Studies in Dance**

Students with previous training may register for this course in order to receive additional instruction in intermediate and advanced levels of modern dance or ballet. Enrollment restricted to University College students. Permission of University College dance coordinator required. For more information, please contact the University College dance coordinator at (314) 935-4474.  
Credit 3 units.  
Typical periods offered: Spring

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**CAPS-DANCE 3120 Tap Dance Workshop**

Students learn repertory taught by the instructor and excerpts of dances by well-known tap artists such as Leon Collins, Eddie Brown, Eleanor Powell, Fred Astaire, and the Nicholas Brothers. Prerequisite: U31 250 or permission of instructor.  
Credit 2 units.  
Typical periods offered: Fall

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**CAPS-DANCE 3160 Topics in Theatre: Stage Management**

This course will examine the role of the stage manager in live theatrical production. Students will learn how to shepherd a production from auditions and pre-production through to the final performance. We will examine the stage manager's function in maintaining the artistic vision of the directors and designers and serving as an advocate for all members of the company. Students will also become familiar with the forms and protocols of stage management, including effective communication strategies and the generation of paperwork. Prerequisite: L15 Drama 212E Introduction to Theater Production or permission of the instructor.  
Credit 3 units.

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**CAPS-DANCE 3170 Creative Dance Movement for Grades K-5**

This course introduces creative movement as a mode of whole body learning. Students will experience creative dance movement both as an expressive form and as a vehicle for arts integration in the K-5 classroom. Students will become familiar with using the elements of dance: body, space, force and time in lesson planning, and will gain practice with strategies using mindfulness and sensitivity to movement as ways to foster self-regulation in children. Reading assignments and specific movement exercises will support the student's development in pedagogical expertise. National dance education standards will inform methods for lesson planning, evaluation and assessment. This course applies towards both Missouri State Elementary Dance certification requirements and to the Certificate in Somatic Studies at Washington University.  
Credit 3 units.

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**CAPS-DANCE 3180 Ivory Coast Dance**

A West African Dance course specifically focused on the Ivorian dance traditions of the Baule, Bete, Dan, Lobi, Malinke, and Senufo peoples. Students will learn the drum rhythms and cultural background of the dances. A studio course with related reading material. Previous training in West African dance recommended.  
Credit 2 units.

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**CAPS-DANCE 3220 Xingyiquan -- Linking Forms**

This is a continuation course in the theory and practice of Xingyiquan (Hsing Yi Ch'uan). It is one of the three great systems of Wu Dang Internal Arts, along with Taijiqian (T'ai Chi Ch'uan) and Baguazhang (Ba Gua Chang). The purpose of these exercises is to help students gain bodily strength, balance, flexibility, peace of mind, relaxation, and improved circulation. Xingyiquan may also be used for self-defense; it features straightforward defense techniques, with specialization of upper-body movements. This course builds upon the foundational courses in Five Elements and Twelve Animals. Students will learn two short linking forms that utilize the skills and techniques learned in the two foundational courses. Students should wear loose-fitting clothing and sneakers. Readings in Daoist texts are assigned, along with readings on the history, philosophy, and technique of this art. Prerequisites: U31 238 and U31 239. Students admitted to the Certificate in Somatic Studies must take this course for a letter grade. Students may enroll no more than two times.  
Credit 2 units.

Typical periods offered: Spring, Summer

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**CAPS-DANCE 3240 Jazz Dance in Motion and History**

This is a studio course in modern jazz dance technique and a historical overview of traditional jazz dance forms derived from vernacular dance. The course will examine the origins and evolution of different forms of jazz dance as we know it today both through movement and through related readings, films, musical compositions and discussions.  
Credit 2 units.

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**CAPS-DANCE 3270 Special Studies in Somatics**

Students with previous experience may register for this course in order to receive credit for specialized small group instruction in somatic practices. Permission of School of Continuing & Professional and Studies Somatic Studies coordinator required. Credit variable, max 3 units. This course is available as Pass/Fail, but students pursuing the Certificate in Somatic Studies must enroll for a letter grade.  
Credit 3 units.  
Typical periods offered: Fall, Spring

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**CAPS-DANCE 4050 Topics in Dance: Dance Movement Therapy**

Introduction to movement as a powerful therapeutic tool for enhancing personal growth and physical and emotional integration. Course includes lecture, discussion, and experiential process. Assigned reading and paper.

Credit 2 units.

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**CAPS-DANCE 4070 Applied Anatomy for the Performing Artist**

Introduction to basic anatomy (skeletal system, muscles, nature of joints) applied to concerns of dancers and actors: movement analysis, pre-performance warm-up/post-performance cool-down, and stretching, with specific emphasis on improving body awareness and movement potential. Lectures, readings, discussion, and practical applications. Not a performance class. Prerequisite: minimum one year of training in dance or acting.

Credit 2 units.

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**CAPS-DANCE 4078 Practicum: Applications of Somatic Learning**

This is an advanced course on somatic theory and practice that integrates lectures and experiential activities to study the contributions of prominent somatic educators and therapists and how they have applied their methodology to specific areas and different populations. Each student will identify a specific somatic approach, study in-depth associated theories, techniques, and applications. Each student will write a final paper about their project, lead a group session, and present a class presentation. Prerequisite: Completion of Somatic Awareness I or Somatic Awareness II.

Credit 2 units.

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**CAPS-DANCE 4120 Curriculum and Instruction in Dance**

Dance curriculum in middle and secondary schools--methods of instruction and assessment in teaching dance. Introduction to the unique position of the role of dance in public education, and the dance teacher's role as diplomat and arts advocate. Designing dance curriculum including artist residencies and master classes, assessment, and lessons based on national and state standards and sound dance education principles. Credit may be applied toward the education major and potentially toward state certification.

Credit 3 units.

Typical periods offered: Fall

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**CAPS-DANCE 4540 Seminar in Arts Management**

Management of non-profit, professional performing arts organizations. The basic functional areas of arts management: artistic concerns; financial management, planning, marketing, and development; discussion of organizational structures, contracts, and unions.

Credit 3 units.

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**CAPS-DANCE 4999 Independent Study**

Credit 3 units.

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