

# Somatic Studies Certificate

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## Requirements

### Certificate in Somatic Studies

The Certificate in Somatic Studies is composed of a minimum of 15 credit units of coursework. This includes the required 2-unit course CAPS-DANCE 2360 Introduction to Somatic Practices, which is an introductory survey of a variety of practices offered in the program, complemented by lectures on related disciplines such as biology, philosophy, and psychology.

Students choose an additional 13 units from courses listed in CAPS-DANCE according to their individual interests and goals. With the coordinator's approval, a maximum of 3 units of coursework from related disciplines may be applied toward the Certificate in Somatic Studies.

**Note:** Courses that apply to the Certificate in Somatic Studies must be taken for a letter grade. If a course is offered as Pass/No Pass only, certificate candidates should inform the instructor and contact the registrar to verify that they are registered for graded credit.

Below is a selection of courses from which students can choose; there may be others listed in CAPS-DANCE in a given term. Of note is that some Somatics courses only carry 1 unit of credit (rather than 2 units) during the shortened summer sessions.

Code	Title	Units
CAPS-DANCE 1000	Body Conditioning	2
CAPS-DANCE 1030	Topics in Dance: The Alexander Technique	2
CAPS-DANCE 1050	Beginning T'ai Chi Ch'uan	2
CAPS-DANCE 1060	Body-Mind Balance	2
CAPS-DANCE 1070	Yoga and Relaxation Techniques	2
CAPS-DANCE 2050	Introduction to Pilates	2
CAPS-DANCE 2090	Contact Improvisation	2
CAPS-DANCE 2180	Mind Body Movement: Yoga and Pilates	2
CAPS-DANCE 3105	Integrative Healing: Somatic Modalities for Trauma	2