



Mason Gross BFA in Dance with Dance Science Concentration
Offered only to BFA Dance Majors entering their second year of study.
Students entering Fall 2022 and later.

Curriculum Requirements: Students must complete a minimum of 121-degree credits to earn the BFA Dance degree and must earn a C grade or better in the required Dance curriculum. The Concentration in Dance Science requirements fulfill 21.5 of the 121 required credits and are interspersed throughout the curriculum. Students declare interest in the Concentration in Spring of their first year and register for Concentration coursework for Fall of their second year.

BFA Coursework not required for Dance Science Concentration

1. Advanced Improvisation
2. Dance Production
3. Capstone 1

CONCENTRATION HIGHLIGHTS AND OPPORTUNITIES:

- i. **Guest Artists, Scholars, and Dance Scientists:** Mason Gross Dance invites guest artists and scholars to campus each year, including dance scientists. Guests engage students through repertory residencies, master classes, workshops, and lectures.
- ii. **The Soma Center and Somatic Teacher Training:** Dance faculty within the BFA dance curriculum instruct in areas of Kinesiology, Anatomy, Yoga, Laban Movement Analysis, and Bartenieff Fundamentals and often utilize the Soma Center in their coursework. Dance science concentration students can work closely within the Somatic Movement Practices during their time at Rutgers.
- iii. **Study Abroad and International Summer Training Programs:** As a BFA dance major, Dance Science Concentration students can study and network with expert Dance Science faculty at Trinity Laban Conservatoire of Music and Dance in London, United Kingdom, known internationally in the field of Dance Science and founding partner of the National Institute of Dance Medicine and Science. Students can opt for this official Study Abroad program in their junior year.
- iv. **Movement classes through the Integrated Dance Collaboratory (IDC)** The Mason Gross School of the Arts Integrated Dance Collaboratory (IDC) researches and promotes the role of dance as an effective intervention for public health, wellness, education, and the professionalization of integrated dance arts. Students concentrating in dance science have opportunities to gain experiential learning as assistants, or participants, in 2 distinct movement programs for the community: *Dance for Parkinson's* and *Neuromuscular Conditions and Movement Class for Neurodivergent People*.



Mason Gross School
of the Arts

SAMPLE SCHEDULE

YEAR ONE

FALL SEMESTER

Core Curriculum Course	Credits
Movement Practices 1	6
Introduction to Dance Studies	3
Dance Improvisation 1	2
Dance Assembly	.5
Mason Gross Interplay	1
College Writing OR	3 (fulfills LA Part IIA)
College Writing Extended	4.5 (fulfills LA Part IIA)
TOTAL	Core Curriculum:15.5-17
	Dance Science: 0

SPRING SEMESTER

Core Curriculum Course	Credits
Movement Practices 2	6
Performance Skills 1	2
Dance Assembly	1/2
TOTAL	Core Curriculum:14.5
	Dance Science credits: 0

Note: General Psychology (3) - 01:830:101 (*Pre-requisite for Health Psychology*) and Health Psychology (3) - 01:830:377 are recommended for students in the Dance Science Concentration. Both fulfill LA Part IB.

YEAR TWO

FALL SEMESTER

Core Curriculum/Dance Science Course	Credits
Movement Practices 3	6
Dance Improvisation 2	2
Dance Assembly	.5
Dance Elective (Pilates Mat, Yoga for Dancers, or Yoga for Wellness)	2
Laban/Bartenieff for Dance & Dance Education	3
*Anatomy and Physiology I (01:119:127)	4 (required, fulfills LAE: Part ID-4 of 9)
TOTAL	Core Curriculum:17.5
	Dance Science: 4

***Successful completion of Anatomy and Physiology I, with a grade of B or better, is required to continue the Dance Science Concentration.**



Mason Gross School
of the Arts

YEAR TWO cont.

SPRING SEMESTER

Core Curriculum Course	Credits
Movement Practices 4	6
Choreography 1	2
Performance Skills 2	2
Rhythm for Dancers	2
Dance Assembly	.5
Kinesiology for Dancers	3 (fulfills LA Part IA)
Research in the Disciplines (01:355:201)	3 (fulfills LA Part IIB)
TOTAL	Core Curriculum: 18.5
	Dance Science: 0

YEAR THREE

FALL SEMESTER

Core Curriculum/Dance Science Course	Credits
Movement Practices 5	3
Choreography 2	2
Sound & Movement	2
Dance Assembly	.5
Independent Study in Dance Science	1.5
Motor Learning and Control for Dance Education-07:207:405 (Section 2)	3
Introduction to Sports Nutrition-11:709:101 (Online)	1 (required, fulfills LAE: Part ID -10 of 9)
TOTAL	Core Curriculum: 7.5
	Dance Science: 5.5

SPRING SEMESTER

Core Curriculum/Dance Science Course	Credits
Movement Practices 6	3
Dance History: World Survey (Online or face2face)	3
Teaching as an Artist	3
Liberal Arts Elective – Part IC – Arts & Humanities	3
Dance Assembly	.5
Anatomy and Physiology II - 01:119:127	4 (required, fulfills LAE: Part ID-4 of 9))
TOTAL	Core Curriculum: 12.5
	Dance Science: 4



Mason Gross School
of the Arts

YEAR FOUR

FALL SEMESTER**

Core Curriculum/Dance Science Course

Credits

Movement Practices 7

4

Dance History: 1900 to the Present
(Online or face2face)

3

Dance Elective (Recommended Neuroscience
& Partnership with Dance)

3

Dance Assembly

.5

Fieldwork in Dance Science-07:206:406

3

*Precalculus-01:640:112/115

3 (required, fulfills LAE: Part IIC - 7 of 9)

TOTAL

Core Curriculum: 10.5

Dance Science: 6

***Could add Dance Elective – University DanceWorks or Dance Repertory*

***Dance Production can be taken in lieu of Precalculus*

SPRING SEMESTER**

Core Curriculum/Dance Science Course

Credits

Movement Practices 8

4

Capstone 2: Dance Science-07:206:451

3

Dance Assembly

.5

Liberal Arts Elective – Part IC – Arts & Humanities

3

Dance Elective (Recommended: Adaptive
Movement)

3

Athletic Training for Performing Artists-07:206:407

2

TOTAL Core Curriculum: 10.5

Dance Science: 5

***Could add Dance Elective – – University DanceWorks or Dance Repertory*



Mason Gross School
of the Arts

LIBERAL ARTS: Students must complete the University Requirements [33 Liberal Arts Credits] *

Part I 24 credits	A.	Natural Science (3 credits) <ul style="list-style-type: none"> • Kinesiology-Dance
	B.	Social Science and History (6 credits) <ul style="list-style-type: none"> • General Psychology @ 3 cr. (Year One Spring) • Health Psychology @ 3 cr. (Year Two Fall)
	C.	Arts and Humanities (6 credits) Some possible courses that will complete the requirement for Arts & Humanities (online formats of these courses are also an option) <ul style="list-style-type: none"> • Intro to Music • Intro to World Music • Theater Appreciation
	D.	Liberal Arts Electives (9 credits) The courses listed below are just some of the options available at Rutgers to fulfill Liberal Arts Elective requirements. Both online and face-to-face courses are options. <ul style="list-style-type: none"> • Introduction for Sports Nutrition @ 1 cr. (Year Three Fall) • Anatomy and Physiology I @ 4 cr. (Year One Fall) • Anatomy and Physiology II @ 4 cr. (Year Three Spring)
Part II 9 Credits*	A.	Writing and Communication <ul style="list-style-type: none"> • College Writing (3) • OR College Writing Extended (4.5)*
	B.	Literature or Second Writing Intensive Course (3) <ul style="list-style-type: none"> • Research in the Disciplines
	C.	Quantitative/Technical Skills (3) <ul style="list-style-type: none"> • PreCalculus @ 3 cr. (Year Four Fall) OR, • Dance Production @ 3cr. (Year Four Fall)

*Students taking College Writing Extended have an additional 1.5 credits

ADDITIONAL MINORS, CERTIFICATIONS, and TEACHER TRAINING PROGRAMS

Nutrition Minor (20-24 credits): All undergraduate students at Rutgers may choose to minor in Nutrition. The minor requires a basis in biology and chemistry, plus additional biochemistry, and advanced nutrition courses. Prerequisites: 01:160:101,102,161,162, 171, and organic chemistry.
<https://nutrition.rutgers.edu/undergraduate/minor/>

Psychology Minor (also Minor in Developmental Psychology): 18 credits.
<https://psych.rutgers.edu/requirements-major-honors-major-minor/178-minor-requirements16>



ADDITIONAL CERTIFICATIONS & TEACHER TRAINING PROGRAMS AVAILABLE:

Pilates Teacher Training & Yoga Teacher Training
Dance & Parkinson's Teacher Training
Certified Strength and Conditioning Specialist (C.S.C.S):
NSCA-Certified Personal Trainers (NSCA-CPT®)
Functional Movement Screen (FMS)
Adult and Pediatric First Aid/CPR/AED

