

# Western Michigan University, Department of Dance

## Course Descriptions for Online Certificate

### **DANC 3510 Dancer Wellness**

An exploration of topics that will improve the quality of dance instruction in private dance studios by providing information and strategies for specific health concerns of a dancer including: nutrition for optimal energy intake, exercise components and energy expenditure, eating disorders, weight management, the female athlete triad, dance injury prevention and first aid.

3 hours

### **DANC 3520 Dance Studio Management**

An introduction to the principles of dance studio management through the presentation of business philosophies, practical theories, and strategies crucial to managing a successful dance studio business. Topics may include: entrepreneurship, business entities & creating a business plan, studio location & facility considerations, marketing strategies for growing your business, and record keeping & basic financial statements.

3 hours

### **DANC 3530 Employee Client Relations**

The practical application of theories to assist in the daily interactions between a dance studio owner/instructor and parents, students and staff. Topics include hiring practices, staff training, payroll and compensation, client retention, and communication with parents and students.

3 hours

### **DANC 3540 Recital Preparation/Production**

An overview of topics related to dance studio recital preparation and production including: planning and organization, music selection and copyright issues, costume ordering and inventory, profitability, recital services and production.

3 hours

### **DANC 3550 Training Theories for Dancers**

An exploration of physical training principles as they apply to children through adult dancers in a dance studio. Topics include anatomical considerations for dance; appropriate warm up, stretching, flexibility and endurance training; the importance of recovery and restoration; motor learning and progression; physiological development for pointe work, developing hip joint flexibility and turn out; and neuromuscular coordination for balance.

3 hours

### **DANC 3560 Curriculum Development - Dance**

The practical application of theories in dance studio curriculum development for ages 3-adult. Specific attention will be given to the development of age-appropriate movement, physiological skill development, and logical progression of skill acquirement with pragmatic utilization in multiple dance styles.

3 hours