

Bachelor of Science in Dance: Pre Dance Therapy

2025-2026 Catalog Year

This is the current suggested course sequence sheet and is subject to change as needed.

School of the Arts Academic Advising: 801.863.5397 email: SOAADVISORS@uvu.edu

Freshman Fall	Credits
ENGH 1005 or ENGL 1010 Introduction to Writing	3
MAT 1030 or MAT 1035 Quantitative Reasoning	3
American Institutions Distribution	3
DANC 1610R: Dance Conditioning	1
DANC 2110: Orientation to Dance	3
Free Elective	2
Total	15

Freshman Spring	Credits
ENGL 2010 Intermediate Writing	3
Humanities Distribution	3
Personal, Professional, and Civic Growth	3
DANC 2330 Improvisation	1
DANC 2850 Introduction to Dance Movement Therapy	2
Program Electives	3
Total	15

Sophomore Fall	Credits
Biology Distribution	3
Social/Behavioral Science Distribution (PSY 1010 Into to Psychology Recommended?)	3
DANC 1100R* Beginning Ballet or 1200R* Beginning Modern or 1410R* Intermediate Modern or 1270R Ballet Technique or 1430R Modern Technique (Fall Only) or 1440R Modern Technique (Spring Only)	3
DANC 2340 Composition	2
DANC 2650R Fundamentals of Movement	2
Free Electives	2
Total	15

Sophomore Spring	Credits
Physical Science Distribution	3
DANC 1100R* Beginning Ballet or 1200R* Beginning Modern or 1410R* Intermediate Modern or 1270R Ballet Technique or 1430R Modern Technique (Fall Only) or 1440R Modern Technique (Spring Only)	3
DANC 2560G: Dance as a Cultural Practice (Spring Only)	3
DANC 2670 Intro to Laban Studies	2
PSY 2800 Abnormal Psychology	3
Program Electives	1
Total	15

Junior Fall	Credits
DANC 3630: Dance Cultural Practice II (Fall Only)	3
DANC 3400 Dance in the Elementary School	2
DANC 3650R Advanced Fundamentals	2
Program Electives	6
Free Elective	2
Total	15

Junior Spring	Credits
DANC 3680: Dance Kinesiology (Spring Only)	4
DANC 3160 Dance Accompaniment	2
Program Electives	5
Free Elective	4
Total	15

Senior Fall	Credits
DANC 4350 Senior Capstone I (Fall only)	2
DANC 4880 Current Issues in Dance	3
Program Electives	5
Free Elective	5
Total	15

Senior Spring	Credits
DANC 4360: Senior Capstone II (Spring only)	2
Program Electives	5
Free Elective	5
Extra PSY Class Needed if PSY 1010 fills SS GE?	3
Total	15

DEGREE CREDITS TOTAL: 120

Program Elective Strongly Recommended Courses: DANC 3140 Dance Production and Lighting, HLSC 1055 Pilates I, HLSC 1057 Power Yoga, PSY 1100 Human Development, PSY 1250 Psychology Applied to Modern Life, PSY 4300 Intro to Counseling, PSY 4400 Intro to Group Psychotherapy

*** If DANC 1100R, 1200R, or 1410R are used to complete this requirement, they are only 1-2 credits each and more than 2 semesters will be needed.**

Auditions:

Company & Scholarship Auditions: <https://www.uvu.edu/dance/students/> (down to scholarship section)

Auditions Only Courses: Auditions are the first week of school, every semester.

* Matriculation Requirements:

:Dates and Forms: <https://www.uvu.edu/dance/students/> (down to Matriculation section)

Graduation Requirements

1. Completion of minimum of 120 semester credits.
2. Overall 2.0+ GPA or above
3. Residency hours: minimum of 30 credits completed through course attendance at UVU, at least 10 hours earned in the last 45 hours
4. Completion of General Education and specified department requirements.
5. Successful completion of at least 1 Global/Intercultural course.

**Apply to graduate at [uvu.edu/graduation](https://www.uvu.edu/graduation)

Looking for More Information?

1. For information on the dance program at Utah Valley University, see this link: <http://www.uvu.edu/dance/companies.html>
2. For information on performances that you can attend: <https://www.uvu.edu/thenoorda/academic/index.html#dance>
3. Need to get a hold of the Faculty?: <https://www.uvu.edu/dance/about/#staff>