

DANCE, BA & KINESIOLOGY, BS

for the dual degree of Bachelor of Arts in Dance and the Bachelor of Science in Kinesiology

The BA/BS dual degree is designed for students who want to pursue an integrated approach to dance performance, choreography, and/or history and the study of human anatomy and kinesiology, specifically as applied to dance. In this program, students engage in an interdisciplinary curriculum of diverse dance styles and forms, learning how the body works, researching our art form's expansive history, and defining their own voices as performers and choreographers. Students will create a BA Capstone Project their senior year as a synthesis of the two majors.

Students pursuing a BA/BS in Dance and Kinesiology degree at Illinois must pass the required dance audition as well as qualify for admission to both the College of Fine and Applied Arts and the College of Health and Kinesiology.

The Kinesiology curriculum leads to a bachelor of science degree that will prepare students for careers in human movement-related fields and/or advanced professional or graduate study. The undergraduate program provides the student with a broad general education, a departmental core integral to the understanding of the diverse aspects of human movement, and a correlate area of courses specific to the student's area of concentration within Kinesiology, which in this Dual Degree Pathway, is Dance.

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Students are expected to follow all the degree requirements of each degree and may double-count courses, provided the total number of credit hours earned is 158.

[Dance coursework grade point average minimum: 2.75](#)

General Education

Code	Title	Hours
Composition		
Composition I		4
Advanced Composition (KIN 340 fulfills requirement)		3
Quantitative Reasoning I & II		
From the approved campus list (KIN 201 fulfills QR II requirement)		6
Humanities and Arts		
DANC 100	Intro to Contemporary Dance	3
DANC 340	Dancing Black Popular Culture	3
Behavioral and Social Sciences		
KIN 140	(Social Science)	3
KIN 259		3
Natural Sciences		
KIN 150	(Life Science)	3
From the approved campus physical science list		3
Cultural Studies		

DANC 100 Intro to Contemporary Dance	3
DANC 340 Dancing Black Popular Culture	3
From Non-Western Cultures approved campus list	3
General Education courses, beyond Dance/Kinesiology requirements	16
Language Other than English: Completion through the third level of the same language in high school or college	0-15

Dance Requirements

Code	Title	Hours
Foundation Course		
DANC 150	The Green Room	1
Physical Practice		
		18
DANC 160	Dancing Techniques I (variable & repeatable)	6
DANC 260	Dancing Techniques II (variable & repeatable)	4
or DANC 316	Dancing Techniques Elective	
DANC 245	Mindful Movement	1
linkurl^../degreerequirementstext" target="_blank"> courses from physical practice elective list, see ba dance/^<a href="http://catalog.illinois.edu/undergraduate/faa/dance-ba (http://catalog.illinois.edu/undergraduate/faa/dance-ba/)		7
Creative Process		
		6
DANC 259	Dance Improvisation I	2
DANC 262	Choreographic Process I	2
DANC 362	Choreographic Process II	2
Performance		
DANC 232	Repertory Company	2
Production		
		2
Choose two of the following:		
DANC 131	Production Practicum I	
DANC 231	Production Practicum II	
DANC 330	Dance Documentation	
DANC 331	Production Practicum III	
DANC 431	Production Practicum IV	
Context		
		19
DANC 100	Intro to Contemporary Dance	3
DANC 162	Viewing Dance	1
DANC 475	Dance Research Methods	3
linkurl^../degreerequirementstext" target="_blank"> courses from context elective list, see ba dance/^<a href="http://catalog.illinois.edu/undergraduate/faa/dance-ba (http://catalog.illinois.edu/undergraduate/faa/dance-ba/)		12
Synthesis		
		5
DANC 375	Thesis Think Tank	1
DANC 496	BA Senior Thesis Research	2
DANC 497	BA Senior Thesis Symposium	2
Focused Electives in Secondary Area of Study		
		0
Met by Kinesiology courses below		
Total Hours		53

Kinesiology Requirements

Code	Title	Hours
Speech Performance		
CMN 101 or CMN 111 and CMN 112		3
Anatomy		
MCB 244 & MCB 245	Human Anatomy & Physiology I and Human Anat & Physiol Lab I	5
MCB 246 & MCB 247	Human Anatomy & Physiology II and Human Anat & Physiol Lab II	5
Kinesiology and Community Health Department Core		
CHLH 101		3
KIN 122		3
Kinesiology Core Requirements		
KIN 125		1
KIN 140		3
KIN 150		3
KIN 201		3
KIN 259		3
KIN 340		3
KIN 352		3
KIN 355		3
Elective Kinesiology Courses		
All courses must be at the 200, 300, or 400 level. At least six(6) hours must be at the 400 level.		12
Correlate Area Studies		
This requirement is fulfilled by completing a minimum of 18 credit hours of Dance courses.		0
Total Hours		53

Summary of Degree Requirements

Code	Title	Hours
	General Education courses, beyond Dance/Kinesiology requirements	16
	Language Other than English	0-15
	Dance courses	53
	Kinesiology courses	53
	Free Electives	21-36
	A minimum of 40 credits at the 300 or 400 course level are required	
Total Minimum Hours for Dual Degrees		158

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This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. See the corresponding section on the Degree and General Education

Requirements (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>) page.

First Year

First Semester	Hours
DANC 150	1
DANC 160	2
DANC 100	3
KIN 125	1
KIN 140	3
Free Elective course	3
Composition I or Language Other Than English (3rd level)	4
Total Hours	17

Total Hours 17**First Year**

Second Semester	Hours
DANC 160	2
DANC 162	1
DANC 131	1
DANC 232	2
KIN 122	3
KIN 150	3
Composition I or Language Other Than English (3rd level)	4
Total Hours	16

Total Hours 16**First Year**

Summer Semester	Hours
General Education course (QR)	3
General Education course (NW Cultures)	3
Free Elective course	3
Total Hours	9

Total Hours 9**Second Year**

First Semester	Hours
DANC 160	2
DANC 259	2
DANC 262	2
CHLH 101	3
MCB 244	3
MCB 245	2
Free Elective course	4
Total Hours	18

Total Hours 18**Second Year**

Second Semester	Hours
DANC 260 or 316	2
DANC 231	1

DANC 245	1
KIN 201	3
MCB 246	3
MCB 247	2
Context course from 'choose 12 hours' list	3
Free Elective course	3
Total Hours 18	18

Total Hours 18**Second Year**

Summer Semester	Hours
Free Elective course	3
Free Elective course	3
Free Elective course	3
Total Hours 9	9

Total Hours 9**Third Year**

First Semester	Hours
DANC 475	3
DANC 260 or 316	2
Context course from 'choose 12 hours' list	3
KIN 352	3
KIN 340	3
Free Elective course	4
Total Hours 18	18

Total Hours 18**Third Year**

Second Semester	Hours
DANC 375	1
Physical Practice course from '7 hours' list	3
Context course from '12 hours' list	3
KIN 259	3
KIN 355	3
CMN 101	3
Free Elective course	2
Total Hours 18	18

Total Hours 18**Fifth Year**

First Semester	Hours
DANC 496	2
DANC 362	2
Physical Practice course from '7 hours' list	1
KIN 2XX, 3XX, or 4XX	3
KIN 2XX, 3XX, or 4XX	3
General Education course (Phys Sci)	3

Free Elective course	4
Total Hours 18	18

Total Hours 18**Fourth Year**

Second Semester	Hours
DANC 497	2
DANC 340	3
Physical Practice course from '7 hours' list	3
KIN 4XX	3
KIN 4XX	3
Free Elective course	3
Total Hours 17	17

Total Hours 17**Total Hours: 158**

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Graduates from the Bachelor of Arts in Dance will be able to:

1. Dance with enthusiasm allied with basic technical and performance skills in more than one dance form.
2. Appreciate the socio-cultural, political, and historical contexts of the forms in which they dance.
3. Articulate dance research interests in anatomical, cultural, and/or epistemological terms.
4. Produce capstone research that reflects a synthesis of studies in dance and other fields.
5. Employ diverse modes of thinking, both orally and in writing, to communicate ideas relating to dance and other fields.
6. Demonstrate critical self-reflection, curiosity, self-motivation and entrepreneurialism in all aspects of their engagement with Dance, Research, and Community.
7. Integrate their Dance Studies with their other chosen field of specialty and produce a capstone project that evidences research skill, depth of inquiry, and relevance to society.

Learning outcomes for the Bachelor of Science in Kinesiology are:

1. Content Knowledge: Students will comprehend and demonstrate the significant theories, models, themes, and ideas in the biomechanical, physiological, behavioral, pedagogical, biological, socioeconomic, environmental, and sociocultural correlates of Kinesiology and Community Health.
2. Critical Thinking and Discovery: Students will comprehend and demonstrate ethical practices and the application of scientific findings and/or critical analysis in order to interpret, promote inquiry, propose solutions, and/or create new ideas related to health, rehabilitation, and/or human movement.
3. Awareness and Understanding: Students will demonstrate awareness and appreciation for the diverse socioeconomic, behavioral,

sociocultural, biological, environmental, philosophical, and historical factors that influence health, rehabilitation, and human movement.

4. Programming and Assessment: Students will apply best practices in developing, implementing, assessing, and evaluating programs and interventions related to health promotion, physical activity adoption and adherence, and the prevention and treatment of diseases.
5. Leadership and Engagement: Students will demonstrate leadership and effective communication skills, showcasing an appreciation and commitment to health and physical activity as they develop and sustain productive relationships and work for the common good at local, national, and global levels.

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For further information regarding the dual degree opportunity or admissions, please contact the Department of Dance (dance@illinois.edu).