# PERFORMING ARTS WELLNESS CONCENTRATION

The Performing Arts Wellness Concentration is a 9-credit program that can be undertaken by any student pursuing a BFA, BM, or BMA degree. It consists of one year of coursework in the Alexander Technique, one 3-credit course in mindfulness philosophy and practice which supports our wellness goals and learning outcomes, and culminates in a 2-credit independent capstone project that consists of documentation, analysis, and reflection of the student's own artistic practice from the perspective of embodied mindfulness.

As a skill that promotes overall coordination and wellness in musical and theatrical practice, the Alexander Technique develops individual kinesthetic and sensory awareness, reduces stress, and enables performers to gain conscious control of habitual reactions. Alexander Technique coursework provides individual "hands-on" mini-lessons and in-class performance opportunities to deepen students' experiences of postural alignment, coordinated breathing and mindful movement sequences. Students learn to apply the Alexander Technique to their own musical or theatrical practice and also gain practical tools for ongoing self-care and home-study.

All courses must be passed with a grade of C- or higher. A minimum cumulative GPA of 2.0 is required for all courses in the concentration.

| Code | Title | Credit Hours |
|---|---|---|
| PERF 308 | ALEXANDER TECHNIQUE (two semesters; 2 credits per semester) | 4 |
| PERF 320 | PERFORMING ARTS WELLNESS CAPSTONE PROJECT | 2 |
| **One of the following courses:** | | **3** |
| OLED 370 | LEADERSHIP DEVELOPMENT | |
| PSYC 203 | STRESS, COPING, & MINDFULNESS | |
| **Total Credit Hours** | | **9** |