

# Dance, Movement and Wellness (DMW) Minor

---

Discover the power of dance, movement and mindful-based practices and embody scientifically-proven aesthetic mind-body techniques for health, stamina and resilience. Gain foundational knowledge of the social sciences and nutrition leading to holistic health and wellness to ensure a rewarding and enduring career trajectory and quality of life.

The following requirements below are intended for students beginning fall 2026. To declare your minor, please speak to your academic advisor for assistance.

## Minor Coordinator:

**Eleanor M. DiPalma, PhD**

eleanor\_dipalma@fitnyc.edu

### Choose one (1) of the required courses:

PE 100 Introduction to Dance Movement Therapy 3

PE 220 Dance and Rhythms of West Africa and the Diaspora 3

PE 281 Modern Dance Theory and Practice 3

### Choose one (1) of the required courses:

PE 215 Seeing Dance Live 3

PE 216 History of Ballet and Modern Dance 3

PE 217 Popular Urban Dance Past and Present 3

### Choose one (1) of the required courses:

EC 200 Personal Finance 3

MC 304 Introduction to Caribbean Studies 3

PY 131 General Psychology 3

PY 340 The Psychology of Gender, Perception and Self-Expression 3

SC 326 Human Nutrition 3

SO 307 Emotions in Society 3

### Choose six (6) credits from the following:

HE 102 Stress Management 1

PE 100 Introduction to Dance Movement Therapy 3

PE 111 Modern Dance 1

PE 113 Jazz Dance 1

PE 114 Ballet I 1

PE 141 Fitness Training 1

PE 143 Yoga I 1

PE 148 Mat Pilates 1

PE 149 Meditation I 1

PE 220 Dance and Rhythms of West Africa and the Diaspora 3

PE 281 Modern Dance Theory and Practice 3

Students who complete the Dance, Movement and Wellness (DMW) minor will be able to:

1. Identify the transdisciplinary nature of factors that impact physical, cognitive, social and emotional health and wellness.
2. Describe the personal and career benefits of applying creative action-oriented lifestyle dance, movement and wellness strategies using a transdisciplinary model of health and well-being.
3. Design a personal action-based framework for continued study and embodiment of natural expressive dance, movement and mindful practices for health, wellness and social connectedness.