



Faculty of Arts and Social Sciences  
Dance

## Syllabus

### Introductory Course in Dance Movement Therapy (DMT)

**Course Code:**

DAGT02

**Course Title:**

Introductory Course in Dance Movement Therapy (DMT)  
*Baskurs i Dans - och rörelseterapi (DMT)*

**Credits:**

15

**Degree Level:**

Undergraduate level

**Progressive**

First cycle, has only upper-secondary level entry requirements  
(G1N)

**Specialisation:**

**Major Field of Study:**

**Course Approval**

The syllabus was approved by the Faculty of Arts and Social Sciences 2025-02-27, and is valid from the Autumn semester 2025 at Karlstad University.

**Prerequisites**

General admission requirements

**Learning Outcomes**

Upon completion of the course, students should be able to:

1. identify and explain some basic concepts and theories related to Dance Movement Therapy,
2. describe different perspectives on the role of body, dance, and movement for health in the context of Dance Movement Therapy,
3. give an account of and reflect upon how their own experiences of dance and movement deepen their understanding of Dance Movement Therapy in practice, and
4. perform and critically assess a few methods in Dance Movement Therapy.

**Content**

The aim of the course is to provide students with a general overview of dance and movement as therapeutic tools. Students develop a basic understanding of Dance Movement Therapy (DMT) by integrating theoretical instruction and practical exercises.

The course covers the following:

- The history and development of Dance Movement Therapy
- A few key concepts related to methods in Dance Movement Therapy
- A few basic approaches in Dance Movement Therapy
- Communication through body, dance, and movement
- Using creativity, imagination, and play in Dance Movement Therapy
- Deliberative perspectives on dance, health, and creativity

Instruction is in various forms. Students take an active part by writing their own process journal, attending mandatory seminars and workshops, and participating in group projects and deliberative discussions (in speech and writing). Lectures alternate with a main course component of practical work based on body, dance, and movement. On-campus instruction is focused mainly on experience-based learning.

**Reading List**

See separate document.

**Examination**

Learning outcomes 1, 2, and 3 are assessed based on an individual written take-home exam, individual written hand-in assignments, and individual oral and written tasks presented and discussed in seminars.

Learning outcomes 3 and 4 are assessed based on a written group assignment related to a group presentation in the form of a practical performance. Submissions for assessment must clearly indicate individual contributions.

The examiner may decide that a student who is very close to a passing grade can complete a supplementary assignment to receive a passing grade for a specific examination. If this is a possibility, the students must be informed in writing no later than the start of the course, and the examiner must specify when and how such a supplementary assignment may be permitted.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

**Grades**

One of the grades Distinction (VG), Pass (G) and Fail (U) is awarded in the examination of the course.

**Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

**Course Certificate**

A course certificate will be provided upon request.

**Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.