



Faculty of Arts and Social Sciences
Dance

Syllabus

The Basics of Dance Movement Therapy

Course Code:

DAGT03

Course Title:

The Basics of Dance Movement Therapy
Grundkurs i Dans- och rörelseterapi (DMT)

Credits:

15

Degree Level:

Undergraduate level

Progressive

First cycle, has at least 60 credits in first-cycle course/s as entry requirements (G2F)

Specialisation:

Major Field of Study:

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2025-03-06, and is valid from the Autumn semester 2025 at Karlstad University.

Prerequisites

Specific entry requirements:

15 ECTS credits in practical dance training or equivalent, supported by official documentation, and 45 ECTS credits in Psychology, Psychotherapy, Behavioural Science, Public Health Science, or another human care-related education, alternatively in Dance or Special Education, or equivalent

Learning Outcomes

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

1. identify and explain fundamental concepts and theories related to Dance Movement Therapy approaches,
2. describe and apply various perspectives, including psychotherapy, on the role of the body, dance, and movement for health in a Dance Movement Therapy context,
3. give an account of and reflect upon how personal experiences of dance and movement deepen the understanding of Dance Movement Therapy in a clinical setting, and
4. perform and critically evaluate selected methods used in Dance Movement Therapy.

Content

The aim of the course is for students to gain a broad orientation in the use of dance and movement as therapeutic tools. By combining theoretical instruction with practical exercises, the student develops a fundamental understanding of Dance Movement Therapy (DMT) as a treatment method.

The course covers the following:

- The history and development of Dance Movement Therapy
- Key concepts, particularly psychotherapeutic, related to Dance Movement Therapy approaches
- Foundational principles of Dance Movement Therapy
- Communication through the body, dance, and movement
- The use of creativity, imagination, and play within the framework of Dance Movement Therapy
- Reflective perspectives on dance, health, psychotherapy, and artistic expression

The course is based on various learning methods and experiential learning. Students take an active role through maintaining a personal process journal, attending mandatory seminars, participating in workshops, engaging in reflective discussions (both written and oral), and collaborating in group work between on-campus sessions.

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 practical tasks presented and discussed in seminars.

Learning outcomes 3 and 4 are assessed based on a written assignment completed in groups and connected to a practical performance in groups. 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.

Students who miss practical examination components must submit written supplementary assignments. A maximum of two occasions can be compensated with written work. Students who are absent from more than two examination components will have to retake the missed component the next time the course is offered.

In exceptional cases, if the examiner permits, the student may be given an alternative assignment that provides equivalent knowledge and is of comparable scope.

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), or 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.