

# UNDERGRADUATE CERTIFICATE: HOLISTIC WELLNESS IN THE PERFORMING ARTS

## Student Learning Outcomes

Students graduating from this program will:

- Practice physical wellness strategies relevant to performing artists.
- Apply evidence-based practices for emotional and mental wellness to improve personal resilience and support long-term artistic sustainability.
- Demonstrate foundational skills in pragmatic wellness, including budgeting, time management, goal setting, and entrepreneurial thinking, as tools to reduce stress and foster professional autonomy.
- Analyze how physical, emotional, and pragmatic well-being intersect in the life of a creative professional.
- Integrate wellness practices into teaching, mentorship, and society at large.

The Certificate in Holistic Wellness in the Performing Arts is designed to equip students—particularly those in the performing arts—with tools to build and sustain long-term physical, mental, emotional, and professional well-being. The program fosters sustainable artistic practice and prepares students to promote wellness within their own communities, studios, and professional networks.

To be awarded the certificate, students must earn a minimum GPA of 2.0 in the 12-credit-hour program outlined below. No credit will be granted for courses with a grade lower than C-. This certificate may only be awarded in conjunction with a UMKC undergraduate degree.

## Certificate Requirements

Code	Title	Credits
<b>Required Coursework:</b>		
HLSC 110	Personal Wellness	3
CONSVTY 400	Yoga for Performers	1
CONSVTY 414	Holistic Wellness in the Arts	3
<b>Elective Coursework (Conservatory students may only count up to 2 credits of ensemble towards their elective coursework)</b>		<b>5</b>
CONSVTY 320	Alexander Technique for Performers	
CONSVTY 341	Principles of Arts Business	
CONSVTY 341A	Arts Entrepreneurship	
DANCE 301	Dance Science and Kinesiology	
DANCE 304	Fundamentals of Body Alignment and Pilates	
DANCE 404A	Dance Technique Non-Majors	
HLSC 325	Human Sexuality	
PHYS-ED 175	Personal Fitness	
CONSVTY 435	Psychological Foundations of Music	
CONSVTY 307B	UMKC Choral Union (audition required)	
CONSVTY 307C	Conservatory Singers (audition required)	
CONSVTY 308A	Conservatory Concert Choir (audition required)	
CONSVTY 302	Orchestra (audition required)	
CONSVTY 306A	Conservatory Wind Ensemble (audition required)	
CONSVTY 306C	Wind Symphony (audition required)	
CONSVTY 305	Chamber Music (audition required)	
<b>Total Credits</b>		<b>12</b>