



Performing Arts Health and Fitness (PAHF) Certificate

Shenandoah University is committed to meeting the needs of practicing clinicians who seek advanced education in the emerging practice area of performing arts health and fitness. The mission of the Performing Arts Health and Fitness Certificate program is to educate students on methods to prevent performing artist injury/illness, to provide strength and conditioning to improve performance, to understand nutritional needs of the performing artist, and to integrate mind and body techniques to enhance health and wellness.

Applicants must have a bachelor's degree in dance, dance education, musical theater, dance science, exercise science, kinesiology, music therapy, music (education or performance), health science, dance movement therapy, or a related degree approved by the Program Director. Required prerequisite courses include Anatomy I (4 credits) and Biomechanics, Kinesiology, or Exercise Physiology (3 credits). Course substitution can be approved by the Program Director. The following credentials may be submitted in substitution of required prerequisite courses: Certified Professional Trainer (CPT), Licensed Massage Therapist, or NSCA Certified Strength and Conditioning Specialist (CSCS).

ADMISSION REQUIREMENTS

- Applicants must have a bachelor's degree in a related area (details listed above)
- Graduate Application for admission along with a \$30 non-refundable application fee
- Unofficial transcripts for initial admission
- Prerequisite courses Anatomy I (4 credits) and Biomechanics, kinesiology, or exercise physiology (3 credits) with grade of "C" or higher.
- Copy of Current US license to practice massage therapy or updated CPT or CSCS credential if applicable
- Current Shenandoah University students must submit a letter of recommendation from their current program director.
- Language Proficiency requirement must be met. Submission of TOEFL, IELTS, PTE, or Duolingo English Test may be required. See our policy for full details: <https://www.su.edu/admissions/international-students>

WHERE TO BEGIN

Apply online now by visiting <https://www.su.edu/athletic-training/performing-arts-health-fitness-certificate/>

CONTACT INFORMATION

- Program Director: Rose Schmieg, rschmieg@su.edu
- Associate Program Director: Michele Pye, mpye@su.edu
- Office of Graduate Admissions: SUGradAdmissions@su.edu

CERTIFICATE REQUIREMENTS

This 15-credit curriculum requires online/hybrid and on-campus seminars. All courses must be passed with a grade of "C" or higher and a minimum GPA of 2.5 must be maintained. All coursework must be successfully completed within four years of the start date of the program.

Courses	Credits
Year 1 – Summer Semester	
PAHF 700 Musculoskeletal Terminology for Performing Artists	1
Year 1 – Fall Semester	
PAHF 702 Anatomy & Kinesiology of Performing Artists	3
PAHF 703 Nutrition for Performing Artists	3
Year 1 – Spring Semester	
PAHF 705 Health and Fitness for Performing Artists	3
Year 2 – Summer Semester	
PAHF 706 Research Seminar	2
Year 2 – Fall Semester	
PAHF 708 Internship	2
Year 2 – Spring Semester	
PAHF 709 Capstone	1
Total	15