



Performing Arts Health & Fitness Certificate

A hybrid, part-time, two-year graduate certificate (15 credit hours)

PROGRAM DESCRIPTION

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.

PROGRAM PREREQUISITES

- 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) with grade of "C" or better. Course substitutions 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).

ADMISSIONS REQUIREMENTS

- Graduate Application with \$30 application fee
- Unofficial transcripts for initial admission from all institutions of higher education previously attended
 - Prerequisite courses listed above must be included.
- Copy of current professional license
 - This is waived for current SU students in other graduate health profession pathways, who must submit a letter of support from their respective program director/dean.
- 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>

Upload all documents to your [Shenandoah Admissions Self-Service Center](#)

CURRICULUM

Course	Term	Title	Credits
PAHF 700	SU 1	Musculoskeletal Terms for Performing Artists	1
PAHF 702	FA 1	Anatomy & Kinesiology of Performing Arts	3
PAHF 703	FA 1	Nutrition for the Performing Artist	3
PAHF 705	SP 1	Health & Fitness for Performing Artists	3
PAHF 706	SU 2	Research Seminar	2
PAHF 708	FA 2	Internship	2
PAHF 709	SP 2	Capstone	1
TOTAL			15

ADMISSION & APPLICATION

Start Term

Summer 2 (July)

Admission Deadline

June 1

Format/Location

Hybrid

Online learning with three mandatory onsite seminar experiences Friday-Sunday over the course of the two-year curriculum

How to Apply

Begin the online application process by going to www.su.edu/admissions/graduate-students/athletic-training-application-information/

Contact Us

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Office of Financial Aid
<https://www.su.edu/financial-aid/incoming-graduate-aid/>
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**Rose Schmieg, DHSc, ATC, PT, DHSC,
LAT, ATC, CiSSN**
Director, Division of Athletic Training

CAMPUS LOCATION



Division of Athletic Training

The mission of Shenandoah University Division of Athletic Training (SUDAT) is to prepare students as professional level Master of Science Degree educated athletic trainers who are reflective practitioners that provide evidence-based, compassionate, and ethical care for the prevention, assessment, acute management and rehabilitation of injuries and disorders of athletes and physically active individuals. Additionally, the Division of Athletic Training provides continuing education courses for certified athletic trainers and advanced education in emerging practice areas. SUDAT's graduate certificate program in Performing Arts Medicine will prepare you to develop injury prevention techniques, teaching practices, assessment and treatment strategies to enhance and potentially prolong the career of a performing artist.

SUDAT is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Faculty

Our accomplished and caring faculty serve as mentors beyond the classroom. As a team, they prepare you to serve as a compassionate athletic trainer, critical thinker and ethical leader. You'll benefit from small class sizes that enable faculty members to provide individualized attention and nurture your academic and professional development. Explore additional areas of faculty focus:

- Katie Gilbert, PT, LAT, ATC, CSCS – orthopedics, assessment and treatment of the overhead athlete, Titleist Certified Level 1 golf-specific injury assessment and rehab
- John Hunt, ATC, LAT, DPT, CSCS - anatomy, evaluation and treatment of the overhead athlete, functional movement analysis
- Denise Massie, DPT, LAT, ATC – orthopedics, lower extremity biomechanics
- Kimberly Pritchard, PhD, LAT, ATC - therapeutic modalities, psychology of injury, clinical research and evidence-based practice, cryotherapy on acute injury pain

Career Outlook

The U.S. Bureau of Labor and Statistics' job outlook for fitness instructors has a projected 13% growth from 2018-28. Performing artists need health and fitness conditioning like their athlete counterparts. Graduates will work in secondary and higher education, dance studios, sports performance centers, massage practices, and fitness studios.

Facilities

The Health & Life Sciences Building opened in fall 2014; the building anchors the south corner of main campus, providing a state-of-the-art facility for the natural sciences and health care education.

The James R. Wilkins Athletic Center is the home of the Shenandoah basketball, volleyball, and track & field teams which offers student-athletes the opportunity to practice, train and receive treatment in all conditions. This facility includes several basketball and volleyball courts, a 6-lane track and a satellite athletic training area.