

TRINITY LABAN

MSc Dance Science Programme Specification

Programme	MSc Dance Science
Awarding Institution	Trinity Laban Conservatoire
Location of study	Laban Building
Mode and duration	1 year full time, 2 years part time
UK Credits	180
ECTS	90

Summary Description

The MSc Dance Science is a research-focused programme that examines dance practice across community, educational, and professional settings through evidence-based and scientific perspectives. From both theoretical and applied approaches, the programme engages with qualitative, quantitative, and mixed methods research in dance, drawing on disciplines such as physiology, biomechanics, nutrition, and psychology to support multi- and interdisciplinary approaches to understanding dance practice.

The programme enables students to deepen and apply knowledge across key areas, including enhancing dance practice and performance, promoting dancers' wellness, and supporting dance for health. The modules build from establishing multidisciplinary foundations in dance science to gaining deeper knowledge and application in specialised areas of dance science. In addition to gaining comprehensive knowledge of research methods, student acquire high level data collection and analysis through skills through integrated research experiences within the conservatoire. The programme culminates in an in-depth, independent research project on a chosen topic. Through the programme, students will have the opportunity to engage in laboratory- and studio-based learning activities and undertake research- and practice-oriented tasks, equipping students with transferable and employable skills for professional pathways in dance science, health, and education. The integrative nature of the programme and the diverse backgrounds of students and faculty create a vibrant, collaborative, and interdisciplinary learning environment.

Programme Aims:

- To enable students to develop an advanced theoretical knowledge of key areas of dance and performance science and to apply that knowledge effectively into practice.
- To provide an in-depth understanding of scientific theories, research methods, and their application across a variety of dance contexts.
- To cultivate students' ability to critically analyse and evaluate complex, incomplete or contradictory areas of knowledge.
- To promote interdisciplinary examination of dance practice and performance, integrating perspectives from multiple disciplines.
- To foster students' ability to apply scientific knowledge to enhance individual and contextual dimensions of dance practice and performance.
- To encourage appreciation and critical reflection on the complexities of integrating embodied and scientific practices.
- To provide students with applied dance science experiences in both laboratory and field-based settings.
- To produce graduates who can engage with and actively contribute to the continually developing field of dance science research and application.
- To create a learning environment that fosters innovation and creativity, encourages and supports risk-taking and reflection, and supports the development of global citizens.

Learning Outcomes

On successful completion of this programme, students will be expected to be able to:

Knowledge and understanding

1. Demonstrate advanced knowledge and critical understanding of theoretical and empirical developments across the key disciplines that inform dance science. (Contextualisation)
2. Demonstrate critical awareness and advanced knowledge of research paradigms, methodologies, methods, and measurement techniques relevant to dance science research. (Contextualisation)
3. Synthesise, interpret, and interrogate complex ideas from a variety of perspectives. (Criticality)

4. Critically evaluate the subjectivity and complexity of embodied and experiential knowledge within dance science research. (Criticality)
5. Critically reflect on how research-informed principles can enhance individual and contextual dimensions of dance practice and performance. (Criticality)
6. Understand the dynamic and changing nature of careers in dance, considering the global challenges of dancers and institutions. (Contextualisation)

Skills

7. Apply multi- and interdisciplinary approaches to examine and enhance dance practice and performance across diverse contexts and populations. (Craft)
8. Demonstrate technical and methodological competencies in research design, data collection, and analysis using laboratory, field-based, and digital tools. (Craft)
9. Work independently and collaboratively with faculty, peers and others in both in-person and digital contexts. (Collaboration)
10. Analyse and responds to complex scenarios both systematically and creatively, demonstrating autonomy, critical judgements, and initiative in planning and implementing solutions. (Creativity)
11. Propose, design, and implement well justified independent research, with ethical awareness and clear consideration of appropriate implementation and dissemination in dance contexts. (Craft)
12. Communicate and disseminate knowledge and research to specialist and general audiences following scholarly and professional standards. (Communication)

Values and attitudes

13. Demonstrate initiative, flexibility, and personal responsibility in academic, research, and professional contexts. (Collaboration)
14. Develop as a resourceful, self-directed, reflective, and independent learner and researcher. (Craft)
15. Demonstrate integrity in upholding ethical considerations in dance science research and practice, including respect for codes of conduct and practice, standards, rules, and responsibilities. (Collaboration)

16. Value and appreciate contextual and individual factors of equality, diversity, accessibility, and sustainability within in professional practice. (Contextualisation)

17. Develop an appreciation for the process of research and professional development arising from independent inquiry. (Criticality)

Curriculum

Module Title	Module Credits	Core/ Elective	Compensation Yes/No	Level
Research Methods in Dance Science	30	Core	No	7
Foundations in Dance Science	30	Core	No	7
Research Practice 1: Quantitative Methods	15	Core	Yes	7
Research Practice 2: Qualitative and Mixed Method	15	Core	Yes	7
Applications in Dance Science	30	Core	Yes	7
Project	60	Core	No	7

Key Progression Points

Students are normally required to pass all taught modules in the programme in order to progress to Project. An assessment board will meet at the end of the taught programme (summer term) and is responsible for making progress decisions. Students who have yet to complete the taught modules due to failure or deferral may be required to complete any outstanding assessments before embarking on Project.

Elective Components - Applications in Dance Science

The Applications in Dance Science module allows students to tailor their studies by electing two (2) components aligned with their specialist interests and career goals. These components deepen disciplinary knowledge and applied understanding in chosen areas. Students may also audit additional components, supporting broader engagement across the field of dance science. If an insufficient number of students choose a component, this may not be offered. If a component is not be offered, you will be advised as soon as possible and given help to choose an alternative.

Applications in Dance Science Components
Strength & Conditioning in Dance
Movement & Technique Analysis
Performance Psychology
Dance Training & Education

Pre and Co-requisites

Full time MSc Students complete modules in the chronological sequence. The part time route allows completion over two years. The order of study must be maintained as follows:

- Research Practice 1: Quantitative Methods and Research Practice 2: Qualitative and Mixed Methods can only be taken after Research Methods in Dance Science.
- Applications in Dance Science can only be taken after Foundations in Dance Science.
- Project can only be taken after all preceding modules were completed.

Programme Structure

MSc Full Time

Year 1:

- Research Methods in Dance Science
- Foundations in Dance Science
- Research Practice 1: Quantitative Methods
- Research Practice 2: Qualitative and Mixed Methods
- Applications in Dance Science
- Project

MSc Part Time

Year 1:

- Research Methods in Dance Science
- Foundations in Dance Science

- Research Practice 1: Quantitative Methods **OR** Research Practice 2: Qualitative and Mixed Methods
- **One** Component in Applications in Dance Science (assessment taken and credits awarded in Year 2)

Year 2:

- Research Practice 2: Qualitative and Mixed Methods **OR** Research Practice 1: Quantitative Methods
- **One** Component in Applications in Dance Science
- Project

Note: Students may apply to transfer to the MFA Dance Science after completing all taught modules (i.e. all modules prior to Project). This occurs either towards the end of the first year for MSc full time students, or towards the end of the second year for MSc part time students. The MFA Extended Project is only offered full time, with either in-person or online enrolment for the year of extended research. See details for transferring from the MSc to the MFA Dance Science in the Application section below.

Learning and Teaching

Total contact hours [232 Hours]

With an emphasis on digitally enhanced learning, indicative contact hours include in-person learning, alongside synchronous and asynchronous online learning, and individual and group tutorials.

Total self-directed study hours [1568 hours]

Total learning hours [1800 hours]

Learning and teaching methods

Learning and teaching are delivered through in-person and digital environments. Students engage in lectures, seminars, symposia, practical and laboratory workshops, and tutor- and peer-led discussions. These sessions are complemented by one-to-one and group tutorials, as well as Skills Workshops with Academic Support staff. Learning progressively integrates theory and practice, encouraging critical reflection and independent inquiry. Students will participate in collaborative and practice-based activities within and beyond the conservatoire, fostering professional and crossdisciplinary engagement. Self-directed study underpins all modules, supported by access to the Dance Science Laboratory, digital learning resources, and academic guidance that promote autonomy and applied understanding across diverse learning contexts.

Placements and Exchanges

Optional placement and/or study abroad opportunities are available each year, subject to application and eligibility. While not required for programme completion, these experiences provide valuable opportunities for additional learning, professional engagement, and skill development. Information about available options and how to apply will be communicated by the Programme Leader.

Assessment

Assessment methods promote critical thinking, synthesis of knowledge, and application of scientific principles to dance practice, with a particular emphasis on fostering transferable and employable skills relevant to careers in dance science. Students are evaluated through a range of written, oral, and practical tasks such as research proposals, multidisciplinary portfolios, group lab reports and poster presentations, workshop design and delivery, culminating in a journal-style research article and academic presentation. Assessments reflect professional and academic expectations within dance science, with both individual and group work in digital and in-person formats. Formative assessment is embedded throughout including progressive tasks, tutorials, feedback on drafts, in-class presentations, and peer discussions; all guided to support reflection, skill development, and progressive achievement of module and programme learning outcomes.

What do I have to do to pass?

In order to pass the programme students must achieve the credit for each module. Students must pass each module with an overall mark of 50% (except where compensation applies). The mark awarded will reflect the extent to which you have met the descriptors set out in the level 7 marking criteria. There may also be a requirement for students to achieve a minimum mark in each assessment. Where this is the case it will be stated in the module specification.

Compensation is not permitted for Research Methods in Dance Science, Foundations in Dance Science and the Project.

Rules applying to compensation can be found in the Academic Regulations for Taught Programmes.

Awards

Award	HE Level	Credits
Master of Science	7	180
Postgraduate Diploma	7	120
Postgraduate Certificate	7	60

Classification	% required
With Distinction	70
With Merit	60
With Pass	50

Admissions criteria

Applicants will normally hold a UK undergraduate degree or an overseas award of equivalent standard. Exceptionally, applicants without formal qualifications but with appropriate levels of professional experience will be considered for direct entry into postgraduate study. The details of relevant professional experience should be detailed in the application.

Applicants for whom English is not their first language must achieve a minimum of IELTS Band 6.5 overall, with a minimum of 5.5 in all four areas (Academic Test). Alternatives English language qualifications may be considered and are listed on our website.

For the MSc Dance Science Programme, all applicants will be asked to submit a Dance Science Writing Supplement. The Writing Supplement includes a Personal Statement and Academic Writing. If you are only applying to Dance Science programmes, the Personal Statement may be the same as your UCAS Personal Statement. Applicants applying to more than one programme on UCAS may use the Personal Statement in the Writing Supplement to expand on their interest in Dance Science specifically. For the Academic Writing, applicants are asked to choose and answer to three questions (300 words each) from a list of Dance Science related topics.

Selection is by scrutiny of the applicant's written application. Applicants may additionally be invited for an interview or discussion about their application.

Students who have registered on the MSc Dance Science will have the opportunity to apply to transfer to the MFA Dance Science for yearlong independent research in the Extended Project Module. Extended Project may be taken in person or online. Transfer is subject to application (i.e., MFA proposal, as instructed in the MFA application) and approval by the Programme Leader.

Meeting external requirements of UK Visas and Immigration is essential. Students requiring a UKVI study visa are strongly advised to consider applying for the MFA at initial application in order to minimise possible disruption to their studies owing to visa restrictions.