The study of dance is beneficial to all students as it can help improve students eye hand coordination, gross and fine motor skills, coordination, muscle tone, and flexibility and thus contributes to overall health. Dance also enhances creativity, discipline, perseverance and collaboration skills.

As a career path, the study of dance can lead to employment in a variety of fields. Some of these paths require a college degree while others do not and some could be pursued as a second income rather than full time employment. Some career options for those interested in dance include:

- Dance Educator
- Professional Dancer
- Choreographer
- Dance Studio Teacher/Owner
- Movement Therapist
- Dance Competition Organizer/Worker
- Dance Company Manager/Administrator
- Yoga/Pilates/Fitness Instructor
- Dance Costume Designer