

The Physics of Ballet

10/16/2026

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Physicist Tonya Triplett and Dancer Becky Erickson

DR. TONYA TRIPLETT, PRINCIPAL LECTURER, USU
DEPARTMENT OF PHYSICS
BECKY ERICKSON, PROFESSIONAL DANCER, DANCE
EDUCATOR AND CHOREOGRAPHER



Ballet, they say, is physics in motion. Every movement – extension, leap and spin – relies directly on mechanical laws, force distribution and momentum. Tonya and Becky will take us step-by-step through a journey that demystifies the physical forces of a beloved artform.

And – as they explain these principles – we'll have an opportunity to explore, through simple movement, the wonders of physical forces that make breathtaking art possible.

Date

FRIDAY, October 16, 2026

7 p.m. [Eccles Science Learning Center](#),

Emert Auditorium, Room ESLC 130

Hands-on learning activities, along with refreshments, follow the talk in the Eccles Science Learning Center atrium.

Admission is free and all ages are welcome.

[Directions and Parking Information](#)

Talk Description

What do physics and ballet have in common? A LOT! Physicist Tonya Triplett and dancer Becky Erickson team to offer an exciting learning experience of the interplay of science and dance that illustrates the beautiful complexity of each.