DNCE20010 Kinetic Studies 2A

Credit Points:	6.25
Level:	2 (Undergraduate)
Dates & Locations:	2013, Southbank This subject commences in the following study period/s: February, Southbank - Taught on campus.
Time Commitment:	Contact Hours: 4 hours per week Total Time Commitment: 5 hours per week
Prerequisites:	756-136 Kinetic Studies 1A 756-137 Kinetic Studies 1B

Subject	Study Period Commencement:	Credit Points:
DNCE10009 Kinetic Studies 1A	Semester 1	6.25
DNCE10010 Kinetic Studies 1B	Not offered 2013	6.25

Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirments for this subject are articulated in the Subject Description, Subject Objectives, Generic Skills and Assessment Requirements of this entry.The University is dedicated to provide support to those with special requirements. Further details on the disability support scheme can be found at the Disability Liaison Unit website: http://www.services.unimelb.edu.au/disability/
Contact:	**Faculty of the VCA and Music Student Centre** Ground Floor, Elisabeth Murdoch Building (Bldg 860) Southbank Campus 234 St Kilda Road, Southbank, 3006 Enquiries Phone: 13 MELB (13 6352) Email: 13MELB@unimelb.edu.au
Subject Overview:	The subject will involve further study and practice of ideokinetic processes to foster a balanced alignment of the skeletal system and re-education of neuromuscular habits in movement. Students will also investigate the mechanical principles underlying the design of kinetic imagery and the relationships of both bone and muscle groups in relation to postural alignment and efficient physical coordination. Students will experience moving from a source of imagery, emanating from Skinner Releasing Technique, ideokinesis and/or anatomical based releasing techniques. Other kinetic practices, such as Feldenkrais will also be studied. Students will study the development and use of imagery in movement and postural integration, components of good alignment, core stabilisation as well as structure, function and integration of the upper body structures.
Objectives:	# To minimise mechanical stress through improved body patterning; # To increase lumbopelvic stability; # Appropriate use and development of turnout; # The development of balanced muscle function;

	# Improved general flexibility.
Assessment:	Participation and contribution to course work (30%); practical examination (30%); written requirements totalling no more than 2000 words (40%). Hurdle requirement - 80% attendance.
Prescribed Texts:	None
Recommended Texts:	None
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	On completion of this subject students should have acquired the following skills: # the ability to apply theory to practice; # the capacity for kinaesthetic awareness; # the ability to exercise imaginative and transformative processes; # the capacity to communicate in writing.
Related Course(s):	Bachelor of Dance (VCA)