

DNCE20016 Integrated Body Mind Practices 2

| Credit Points: | 6.25 | | | | | | | | | | | |
|--|---|----------------|--|---------|----------------------------|----------------|--|------------|-------|-----------------------------|------------|-------|
| Level: | 2 (Undergraduate) | | | | | | | | | | | |
| Dates & Locations: | 2015, Southbank This subject commences in the following study period/s: Semester 1, Southbank - Taught on campus. | | | | | | | | | | | |
| Time Commitment: | Contact Hours: see below Total Time Commitment: 1 x 1.5 hours Kinesiology workshop 1 x 1.5 hours Feldenkrais workshop TOTAL 3 hours Estimated total time commitment: 60 hours | | | | | | | | | | | |
| Prerequisites: | <table><tr><th>Subject</th><th>Study Period Commencement:</th><th>Credit Points:</th></tr><tr><td>DNCE10018 Integrated Body Mind Practices 1</td><td>Semester 1</td><td>12.50</td></tr><tr><td>DNCE10022 Dance Technique 2</td><td>Semester 2</td><td>12.50</td></tr></table> | | | Subject | Study Period Commencement: | Credit Points: | DNCE10018 Integrated Body Mind Practices 1 | Semester 1 | 12.50 | DNCE10022 Dance Technique 2 | Semester 2 | 12.50 |
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| DNCE10018 Integrated Body Mind Practices 1 | Semester 1 | 12.50 | | | | | | | | | | |
| DNCE10022 Dance Technique 2 | Semester 2 | 12.50 | | | | | | | | | | |
| Corequisites: | <table><tr><th>Subject</th><th>Study Period Commencement:</th><th>Credit Points:</th></tr><tr><td>DNCE20013 Dance Technique 3</td><td>Semester 1</td><td>12.50</td></tr></table> | | | Subject | Study Period Commencement: | Credit Points: | DNCE20013 Dance Technique 3 | Semester 1 | 12.50 | | | |
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| DNCE20013 Dance Technique 3 | Semester 1 | 12.50 | | | | | | | | | | |
| Recommended Background Knowledge: | Completion of year 1 Bachelor of Fine Arts (Dance) ensures all students have appropriate background knowledge | | | | | | | | | | | |
| Non Allowed Subjects: | None | | | | | | | | | | | |
| Core Participation Requirements: | <p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p></p> | | | | | | | | | | | |
| Coordinator: | Ms Anna Smith | | | | | | | | | | | |
| Contact: | Anna Smith smitham@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 investigate the mechanical principles underlying the design of kinetic imagery and relationships of both bone and muscle groups 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, core stabilisation, as well as structure, function and integration of the upper body structures. Kinesiology and Feldenkrais make up the two areas of study in this subject. | | | | | | | | | | | |
| Learning Outcomes: | This subject will enable students to: KINESIOLOGY | | | | | | | | | | | |

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| | <ul style="list-style-type: none"> # demonstrate balanced arrangement of the axial & appendicular skeleton in relation to efficient & safe movement. # demonstrate facility of core stabilization in the body. # embody alignment through the neck, spine, shoulders & ribs. # apply ideokinetic principles and practices in developing increased body awareness and efficient and economical movement. # demonstrate integration between body parts & muscle groups through the centre of gravity in movement. <p>FELDENKRAIS</p> <ul style="list-style-type: none"> # identify individual body image and personal movement idiosyncrasies # identify right/left differences and effect in action on balance and range # identify influence of internal kinetic preferences on movement aesthetic # distinguish personal choices in relation to breathing, attention and effort # identify the connection between sensation, focus and presence in action |
| Assessment: | <p>Contribution and participation to coursework against the prescribed criteria: Feldenkrais 20% Kinesiology 15% Timing of assessment is ongoing. Assessment weight is 35%. Written assignments (1000 words total) 2 journals for Feldenkrais 30% (15% each) Timing of assessment is mid and end of semester. 1 logbook for Kinesiology 15% Timing of assessment is mid-semester. Total assessment weight is 45%. Kinesiology practical exam - Timing is end of semester. Assessment weight is 20%. Hurdle requirements Students must attend 80% of all scheduled classes and attempt all elements of assessment to be eligible for a pass in this subject. Regular participation in seminars and studio required.</p> |
| Prescribed Texts: | <p>Kinesiology Fitt.S.S.1996. Dance Kinesiology. 2nd ed. Schirmer Sweigard, L. E. 1974. Human Movement Potential, It's Ideokinetic facilitation, Harper & Row, New York Todd, M. E. 1937. The Thinking Body. Dance Horizons, New York Franklin, E. 2003. Pelvic Power. 1st ed. Princeton Book company Class handouts available on LMS Feldenkrais Class handouts available on LMS Feldenkrais, M.1984. Awareness through Movement Health Exercises for Personal Growth. Penguin Todd, M. E. 1937. The Thinking Body. Dance Horizons, New York</p> |
| Breadth Options: | <p>This subject is not available as a breadth subject.</p> |
| Fees Information: | <p>Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees</p> |
| Generic Skills: | <p>On completion of this course students should have acquired the following skills:</p> <ul style="list-style-type: none"> # 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): | <p>Bachelor of Fine Arts (Dance)</p> |