

MUSI20161 Alexander Technique for Musicians

Credit Points:	6.25
Level:	2 (Undergraduate)
Dates & Locations:	This subject is not offered in 2013.
Time Commitment:	Contact Hours: One 1-hour lecture and one 1-hour tutorial per week Total Time Commitment: 60 hours
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	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 will impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and the Disability Liaison Unit.
Contact:	Contact Centre T: 13 MELB (6352) E: 13melb@unimelb.edu.au Melbourne Conservatorium of Music VCA and MCM Student Centre E: mcm-ugrad@unimelb.edu.au (mailto:mcm-ugrad@unimelb.edu.au) W: www.conservatorium.unimelb.edu.au (http://www.conservatorium.unimelb.edu.au)
Subject Overview:	The Alexander Technique focuses on the unconscious, habitual ways in which we use ourselves - our patterns of posture, our movement and our responses as musicians to stress and pressure. Study of F. M. Alexander's discoveries teaches us to have greater conscious control over these aspects of ourselves. Students perform in this class and participate in various individual and group activities providing a practical context to learn the basic concepts and procedures involved in the Alexander Technique. Students will also study some of F. M. Alexander's own writing on his technique in addition to other reading.
Objectives:	On completion of this subject, students should: <ul style="list-style-type: none"> # have developed an understanding of the basic principals and procedures developed by F. M. Alexander; # understand how and why F. M. Alexander developed his technique and how it relates to them as performers; # understand the Alexander Technique's role in reducing both physical pain and dysfunction and performance anxiety; # understand how Alexander Technique can be used to develop and refine a wide range of skills, including instrumental technique, # have developed the foundation on which to build their further understanding of their own patterns of response and those of their colleagues and students through improved observational skills.
Assessment:	Journal consisting of weekly entries (total 1200-1500 words), due end of semester (40%); mid semester online multiple-choice test (20%); end of semester online multiple-choice test (20%); active class participation and contribution (20%).
Prescribed Texts:	Pedro de Alcantara, Alexander Technique, a skill for life. Readings will be available online through the LMS prior to the commencement of the subject.
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 developed: <ul style="list-style-type: none"># greater self-awareness and the beginnings of a more accurate kinaesthetic sense;# demonstrate skills in cooperation and communication;# demonstrate the capacity for critical and independent thought and reflection; and# enhanced observational skills.
Related Majors/Minors/ Specialisations:	Applied Skills Electives Graduate Diploma and Certificate Elective subjects