

MUSI20194 Alexander Technique for Performance

Credit Points:	12.5
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: 36 hours Total Time Commitment: 120 Hours
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
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:	Mr Trevor Jones
Contact:	<p>Faculty of the VCA & MCM 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</p>
Subject Overview:	<p>This unit describes the skills and knowledge required to improve postural support, movement and breathing in daily life and more specifically in functionality as artists in their professional practice as singers, musicians, dancers and actors. Whilst the core of the work will centre on continued development of the fundamental principles of Alexander technique that apply to all movement, students will be encouraged to consider unhelpful patterns of movement and tension that diminish their capacity in the practice of their work, and will at times be invited to bring their own practice-based challenges (eg playing music, dancing, improvising, playing an instrument, scene work) to class to be workshopped. The application of the principles to real-world practice will allow students to consider the benefits of improved functionality of their work as emerging artists. The practical work will be supported by reading materials that address the application of Alexander technique to arts' practice.</p>
Learning Outcomes:	<ul style="list-style-type: none"> • Develop understanding of how and why F. M. Alexander developed his technique and how it relates to them performers in their working practice • Develop the foundation on which to build students' further understanding of their own patterns of response and those of their colleagues and students through improved observational skills and self-diagnosis. • Develop understanding of self-application of Alexander Technique principles to facilitate more efficient patterns of movement in everyday life and artistic work practice. • Develop understanding of how Alexander Technique can be used to develop and refine a wide range of skills, including application to performing arts practice.

Assessment:	Continuous: Focusing on achievements against set criteria in areas such as: engagement, developing a methodology, transference of skills into practice, professional attitude and commitment. Weeks 1-12 20% Mid- semester online multiple-choice test Week 6 20% End of semester online multiple-choice test Week 12 20% End of semester online multiple-choice test Week 12 20%
Prescribed 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
Links to further information:	http://vca-mcm.unimelb.edu.au/
Related Course(s):	Bachelor of Fine Arts (Animation) Bachelor of Fine Arts (Contemporary Music) Bachelor of Fine Arts (Dance) Bachelor of Fine Arts (Film and Television) Bachelor of Fine Arts (Music Theatre) Bachelor of Fine Arts (Production) Bachelor of Fine Arts (Screenwriting) Bachelor of Fine Arts (Theatre Practice) Bachelor of Fine Arts (Visual Art)