

DNCE20020 Integrated Body Mind Practices 3

Credit Points:	6.25											
Level:	2 (Undergraduate)											
Dates & Locations:	2016, Southbank This subject commences in the following study period/s: Semester 2, 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 contact Estimated total time commitment: 60 hours											
Prerequisites:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>DNCE10018 Integrated Body Mind Practices 1</td> <td>Semester 1</td> <td>12.50</td> </tr> <tr> <td>DNCE20013 Dance Technique 3</td> <td>Semester 1</td> <td>12.50</td> </tr> </tbody> </table>			Subject	Study Period Commencement:	Credit Points:	DNCE10018 Integrated Body Mind Practices 1	Semester 1	12.50	DNCE20013 Dance Technique 3	Semester 1	12.50
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DNCE20018 Dance Technique 4	Semester 2	12.50										
Recommended Background Knowledge:	Completion of Bachelor of Fine Arts (Dance) Body Mind Practices 1 and Dance Technique 3 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:	<p>The subject will involve further study and practice of both kinesiology and Feldenkrais.</p> <p>In Kinesiology students will delve into 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 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 with emphasis on working with information, theory, somatic & experiential processes. The overriding theme is of integrating the appendicular skeleton to the stable and pliable axial skeleton and the stabilisation and integration of lower body structures.</p> <p>In the Feldenkrais classes, the students will continue to investigate a range of different movement patterns with a focus on their own individual organisation and the connection between intention and action. Each class will include a Feldenkrais Awareness Through Movement lesson, exploratory improvisation exercises, reflection and discussion. The development of kinaesthetic awareness through this process increases the students' stability,</p>											

	range and co-ordination and also gives them greater insight into the ways they can improve the dynamic quality of their effort, both internally and spatially. Through the processes of improvisation and witnessing in small groups, the learning from this class can be further clarified and integrated with other areas of their practice.
Learning Outcomes:	<p>This subject will enable students to:</p> <p>KINESIOLOGY</p> <ul style="list-style-type: none"> # Utilise the actions of reach, push and pull as sources of movement and intent # Identify Ideokinetic principles underlying good postural organisation of the shoulders and arms. # Organise and move freely with the shoulders whilst maintaining an engaged centre and freedom of the neck. # Balance and mediate forces through the pelvis through the kinetic chain of the hips, knees, ankles and feet. # Integrate turnout without bracing through tensile lift. # Find internal space and support through the diaphragms of the body whilst in movement. # Maintain 3 dimensional depth whilst moving through space. # Maintain internal relationships whilst moving from deep imagery with both internal and external focus. # Move in a performance state <p>FELDENKRAIS</p> <ul style="list-style-type: none"> # Increase stability, balance, range, co-ordination and agility # Improve spatial orientation, dynamic and quality of effort # Sense more clearly the connection between intention and action # Identify personal and interpersonal movement patterns # Work creatively in movement exploration – on their own and in collaboration with others
Assessment:	<p>Contribution and participation to coursework against the prescribed criteria:Feldenkrais 20%Kinesiology 15%The timing of assessment is ongoing and 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 of written assignments is 45%. Kinesiology practical exam. Timing of assessment is end of semester and 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 is required.</p>
Prescribed Texts:	<p>Kinesiology Fitt.S.S.1996.Dance Kinesiology.2 nd 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.1 st 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:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Related Course(s):	Bachelor of Fine Arts (Dance)