

MUSI10215 Alexander Technique for Daily Function

Credit Points:	12.5
Level:	1 (Undergraduate)
Dates & Locations:	2016, Southbank This subject commences in the following study period/s: Semester 2, 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 subject empowers students to make conscious changes to unconscious patterns of physical tension caused by stress, everyday life events and performance habits that are unhelpful to them and to their artistic practice as singers, actors, musicians and dancers. Alexander Technique was developed to promote freedom and ease in movement and can provide relief of pain, playing an important role in injury rehabilitation and prevention as new, more effective patterns of movement are learned and integrated into daily life and arts practice. Fundamental to alignment and balance, Alexander Technique has long been recognised for its benefits to actors, singers, musicians and dancers, preventing injury and developing physical, emotional and vocal freedom. Students will participate in various individual and group activities providing a practical context to learn the basic concepts and applied procedures involved in the Alexander Technique. The fundamental skills and understanding developed through this subject will be able to be applied by the student in daily life and in their artistic practice as performers. This unit introduces the skills and knowledge required to improve postural support, balance, movement and breathing in daily life and function. This will develop awareness of habitual patterns of tension and provide foundation embodied knowledge that can be further developed in the Level 2 subject, Alexander Technique for Performance. The practical work will be supported by reading materials that expound the theory, its history and procedures.</p>
Learning Outcomes:	<ul style="list-style-type: none"> • develop an understanding of the basic principals and procedures developed by F. M. Alexander; • develop understanding of the Alexander Technique's role in reducing both physical pain and dysfunction, in daily life and in habits acquired in performance practice

	<ul style="list-style-type: none"> • 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. • Develop understanding of self-application of Alexander Technique principles to facilitate more efficient patterns of movement in everyday life and as a foundation to all performance 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% Journal consisting of weekly entries (total 1500 words) Week 12 40%
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
Generic Skills:	<p>On completion of the subject students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the theory and procedures of Alexander technique. • Demonstrate a working understanding of the fundamental principles of Alexander technique • Make effective physical adjustments when directed to alleviate tension and enable ease of movement in simple physical tasks • Demonstrate a developing awareness and analysis of patterns of tension that arise in their work as performers and make physical adjustments when directed to alleviate these. • Demonstrate an enhanced awareness of their own habitual patterns of tension and an understanding of adjustments they can make autonomously to facilitate useful change • Articulate their experience, demonstrating increased physical awareness.
Links to further information:	http://vca-mcm.unimelb.edu.au/
Related Course(s):	<p>Bachelor of Fine Arts (Animation) Bachelor of Fine Arts (Contemporary Music) 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)</p>
Related Majors/Minors/ Specialisations:	<p>Interactive Composition Specialisation (B-MUS Version 5 only) Jazz & Improvisation Specialisation (B-MUS Version 5 only)</p>