

COURSE OUTLINE

DANC-198 Alexander Technique 1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is an examination of the Alexander Technique as a method to investigate the issues of mind/body disciplines and alleviate excessive tension, and habitual holding patterns which produce inefficient use of the body. Principles of the Alexander Technique will be explored through anatomical self-evaluation based on applied instruction, lecture/discussion, required readings, and observation. (2 hours weekly) Also listed as LFIT-198.

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Demonstrate knowledge of the principles of the Alexander Technique.
2. Gain knowledge through application of the Alexander Technique.
3. Demonstrate knowledge of the history and vocabulary of the technique.
4. Demonstrate ability to integrate the principles of Alexander Technique into everyday movement and activities.
5. Develop analytical and critical skills through self-evaluation and observation.

Major Topics

- I. The Alexander Technique principles
- II. Witnessing and discussion of and about individual movement patterns
- III. Self-observation/analytical skills
- IV. Skeletal alignment principles

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include:

- Grading: Criteria for evaluation is mastery of major topics as demonstrated through:
 - Daily active participation 70%
 - Written assignment(s)/examination(s) 30%
- Consistent participation in class
- Completion of assignment(s) and examination(s)

Other Course Information

This course may be used as a Fine Arts elective, Humanities elective, Arts and Science elective.

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