

# **COURSE OUTLINE**

## **DANC 298 Intermediate Alexander Technique 1 Semester Hour**

### **HOWARD COMMUNITY COLLEGE**

#### **Description**

This course follows DANC-198 (The Alexander Technique) and continues the study and practice of Alexander's work with the Self as a mind/body unity. Recognizing the spiral nature of this type of learning, whereby we revisit the same activities and principles but at a deeper level, this course contains the same daily activities as the first course such as sitting, standing, walking, breathing and constructive rest . There is emphasis on the particular performance or everyday activity of most interest to the student, whether that be in music, dance, drama, athletics, public speaking, computer work or anything involving complex co-ordination. Prerequisite:DANC-198. (2 hours weekly) NOTE:Also listed as LFIT-298

#### **Overall Course Objectives**

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

1. Develop a deeper understanding of the principles of the Alexander Technique
2. Acquire a more accurate body map
3. Practice non-judgmental observation
4. Apply the Alexander Technique to their daily activities and performance skills

#### **Major Topics**

- I. The Alexander Technique principles of observation, inhibition and direction
- II. Basic mechanics of human movement and support
- III. Learning new procedures with which to practice the Technique and reviewing others from the previous course with an eye to deepening the experience
- IV. Reading about the Alexander Technique from different points of view

#### **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%
  - Journal/Notebook 30%

### **Other Course Information**

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



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