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subject catalogue S23 K24

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course code LAO635

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**name of course**

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**Body Health**

**specification**

elective for Vocal specialty MA level

**academic instructor**

A.Ruusmaa

**prerequisite course**

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**no of terms**

2

**contact hr/total**

60.0

**hr/term**

30.0

**hr/week**

0.0

**ECTS/total**

4.00

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**Lect**

0.0

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**Grp**

60.0

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**Ind**

0.0

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**Sem**

0.0

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**Pract**

0.0

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**graded or pass/fail exams**

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A

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A

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**term**

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1

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2

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**ECTS**

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2.00

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2.00

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**aim of the subject**

The aim of the subject is to know the human body as a tool and learn how to use it in a balanced and efficient way and consciously maintain its health. In the lessons, students work on a set of exercises concerning the balancing of body and mind to attain consistent contact with one's body.

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**content**

Weekly TRE (Trauma and Tension Releasing Exercise) classes are open for students of all academic years.

The TRE training method deals with the balanced care of body and mind, relaxes muscles, starting from core muscles, which gives a singer the necessary physical flexibility both in singing and dance courses, frees the body from accumulated mental and physical tensions, and teaches how to notice and sense the needs of your body.

In Semesters I and II, students will learn about the functioning of the body as an integral whole at the biological level; muscle memory and muscular nerve; neurogenic vibration.

Working through a set of exercises and learning how to use these in the lessons and independently in a professional environment.

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**learning outcomes**

On completion of the subject, students will:

- have learned the theory of the TRE technique and the set of TRE exercises;
- be able to independently follow the processes taking place in their bodies and analyse them;
- be able to apply the acquired knowledge and experience independently in their professional work.

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**assessment**

Non-differentiated assessment, taking into account the participation in lessons and acquisition of the technique.

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**assessment criteria**

The subject is considered completed, when the student:

- has attended 75% of the lessons and acted collegially (reporting absence; late comers are not allowed to enter the class);
- has learned to be independently responsible for maintaining the health of his or her body as a tool using the TRE technique.

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**course reading material**

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**author of course description**

A.Ruusmaa