

course beginning: autumn autumn

subject catalogue S23 K24

course code ÜAX231

name of course

Alexander Technique I

specification

elective course for BA level

academic instructor

prerequisite course

ÜAX230

no of terms

1

contact hr/total

10.0

hr/term

10.0

hr/week

0.0

ECTS/total

1.00

Lect

0.0

Grp

0.0

Ind

10.0

Sem

0.0

Pract

0.0

graded or pass/fail exams

A

term

1

ECTS

1.00

aim of the subject

Acquiring the basic methods necessary to change inefficient patterns of thinking and body use so as to develop better coordination and proprioception and thereby improving learning and performance quality.

content

One on one lessons (10 lessons) are aimed at practising CI and removing the impediments it reveals and giving direction so that change can happen. Practising the principles of AT in the use of body in activity.

learning outcomes

At the end of the course students

- are able to independently use the principle of conscious inhibition and direction.

assessment

Essey: My experience of CI in practice.

assessment criteria

The students

- are able to use the principle of AT conscious inhibition and direction in their everyday work,
- have acquired a basic set of practical skills,
- have written an essay

course reading material

Michael J.Gelb, Body learning.

An Introduction to the Alexander Technique. London,Aurum Press Ltd. fourth edition 2004

recommended

F. M. Alexander “The Use of the Self”, Integral Press, 1932

E. Langford “Mind and Muscle”, Leuven / Apeldoorn: Garant

Press, 1999

www.olemine.com

author of course description

Maret Tormis