



**Academy of Theatre and Dance**  
Amsterdam University of the Arts

## **BA in Choreography**

### **Course description**

Course: Self Care

Teacher(s): Nadia Bekkers

Year group: 1

Study year: 2018

Period: First

Weeks (block:) 39 & 40

Time: Afternoon

Hours:---- x per week: 12

Total amount of contact hours: 24

Total amount of self-study hours (reading, writing, homework tasks, etc.): 4

Starting date: 24-9-2018

Date of completion: 4-10-2018

Study points: Student acquires credits/study points based on minimum of 90% participation in the course (in case of excused absence the minimum required is 70% presence). The full course study points are awarded if student participated in the above mentioned amount *and* in relationship to the quality of participation and development expected for the course.

Content (concept and week to week outline):

An introduction to concepts around self care and group dynamics

Objectives and assessment criteria: (the student is able to..):

Articulate when something is bothering them and will have options set in place to deal with tough situations.

Literature, websites, background: (as reference or actual course material):

Non Violent Communication – M. Rosenberg

Emergent Strategies – AM Brown

Los Cuatro Acuerdos – DM Ruiz

Borderlands – GE Anzaldúa

Note for teachers: your course description needs to be sent to SNDO admin [esther.arribas@ahk.nl](mailto:esther.arribas@ahk.nl) two weeks after the course is confirmed and no later than three (3) weeks prior to the course commencement. This form (must be) available to students in the weeks prior to the start of the course.

Teaching format:

- ☐ technique class
- X task directed education
- ☐ learning through performance project
- ☐ seminar / group work
- ☐ stage / work placement
- ☐ individual advising
- X instruction, self-study, feedback
- X peer to peer feedback
- ☐ various
- ☐ other: please describe

Form of students output:

- ☐ process
- X product
- ☐ presentation
- ☐ report
- ☐ essay
- ☐ (theory) exam
- X other: please describe

Assessment by whom:

- X teacher
- ☐ group
- ☐ someone else: please describe

Assessment:

(dialogue / progress oriented / sanction, repeat or re-doing)

Which competences the course contributes to (please refer to the end goals/competences in the SNDO study guide):

Communicative and collaborative abilities

Conditions:

Remarks: