

SNDO



Academy of Theatre and Dance
Amsterdam University of the Arts

BA in Choreography

All dance and movement courses given in the SNDO are set up in the perspective of students becoming choreographers. Dance technique is hardly taught as the artistic equation of dance, but to provide students with skills for the organization of the body, research (through) physicality, develop focus, expand thought and movement registers and in general adopt investigative attitude towards the diversity of ways of moving (in and through) the space, (in and through) the concepts, (in and through) own and other's bodies and (in and through) time.

Different techniques are in the curriculum also to provide the students with relevant references and understanding of the developments in the section of the so-called 'contemporary dance' field which the school is in dialogue with and which the school and its graduates actively shape and transform already for more than forty years.

Course: Physical Practice - Anatomy of the body in Movement

Teacher(s): Maria Gabriela Iasparra

Year group: 2nd, 3rd

Study year: 2022-2023

Period:

Weeks (block:)

Time:

Hours:

Total amount of contact hours: -

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

Study points: Student acquires credits/study points based on minimum of 90% participation in the course (in case of additional unavoidable 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):

The aim of the course is to provide tools for the discovery and expansion of the possible mobility of the body and the mind-body articulation. The starting point is a tangible, multisensorial awareness of the body: tactile, proprioceptive, visual, auditory. This is the basis for an investigative approach.

We will deal with the tissue that traverses the whole organism as an integrated system of points of tension and compression. The objective is to reach an understanding of the multiple axes articulated in movement as an entwinement of internal and external spaces.

The course will comprise the following main focal points:

1st week: The body's geometry in its relationship with the gravitational axis

2nd week: The breathing muscle complex in all its ramifications

3rd week: The mechanics of bodily articulations

4th week: The perception of volumes in space and its relation with internal, respiratory movement

5th week: Function of the limbs and its organisation within locomotor impulses and on the interaction with others

6th week: Integration of axes and spaces

Regardless of this segmentation, all elements will appear and re-appear constantly as part of a dynamic and practical training process.

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

- The student is able to increase their awareness of body components, systems and axes involved in movement
- The student is able to become aware of the relationship between body and mental activity in its perceptual and sensitive aspects
- The student is expected to account for his/her body in its entirety and be able to self-assess his/her possibilities of movement.

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

A selection of specific extracts from the following sources:

- "Born to Walk" by James Earls
- "Anatomy Trains" by Thomas Myers
- "Anatomy of Breathing" by Blandine Calais
- "Anatomy & Physiology" - VisibleBody

Teaching format:

other: please describe Physical practice - training

Form of students output:

process

Assessment by whom:

teacher

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

Which competences of the seven described below the course contributes to (for further reference on the competences, check the page 18 of the SNDO study guide):

III INVESTIGATIVE AND REFLECTIVE ABILITIES – Through research and reflection the graduate gains understanding and knowledge about how they function as a professional and can use such insights in an artistic and social context.

Conditions:

Remarks: