ID	3295
Curricular Unit	Well-Being Body Techniques
Regent	Maria Luísa da Silva Galvez Roubaud
Learning Outcomes	The aim of this course is: To contribute to the health and well-being of the student through awareness of body alignment and postural adjustment, breathing work, and recognition of own capabilities, joint limits and various degrees of tone.
Syllabus	Approach to the body in its perceptual kinetic, kinesthetic and relational dimension. Search ou collection and mastering of the appropriate gesture – proper attitude, tone and breathing – through deconditioning of gestures and postural habits of everyday life. Experience and acquisition of basic principles, adapted do dance, in Eastern techniques (Yoga, Chi-kung). Basic Somatic techniques ("Body Mind Centering", Contact, Feldenkrais, Bartenieff, Pilates) adapted to dance. Relaxation Techniques; Relaxation Massage.
Evaluation	Essentially practical classes of experimentation in various techniques presented. Continuous assessment based on work done during the lessons, focusing on attendance, concentration and qualitative commitment. Presentation of a portfolio containing a written diary on the practical classes, and a theoretical reflection about them. Attendance = 10% Participation and qualitative commitment in classes = 50% Portfolio (Diary 20% + theoretical reflection 20%) = 40%
Bibliography	ALON, R. (2000). Espontaneidade consciente: desenvolvendo o Método Feldenkrais. São Paulo: Summus. BOSKI, S. (1993). A relaxação activa na escola e em casa. Lisboa: Instituto Piaget. FORTIN, S. (1993). When dance science and somatics enter the dance technique class. Kinesiology and Medicine for Dance 15/2: 88_107. GREEN, J. (2002-2003) .Foucault and the training of docile bodies in dance education. Arts and Learning Research Journal, 19 (1). KING, M.; GREEN, Y. (2003). Pilates – The complete body system. LATEY, P. (2001). The Pilates Method: History and Philosophy. Journal of Bodyw Mov Ther, 5(4):275-82. SUQUET, A. (2008) Cenas, O corpo dançante: um laboratório de percepção. In: Courtine, Jean-Jacques (Org.). História do corpo: as mutações do olhar. Século XX. Petrópolis: Vozes,. v. 3, p. 513. The Shivananda Yoga Center (1983). The book of yoga. London: Ebury press.