

<b>ID</b>	3701
<b>Curricular Unit</b>	Well-Being Body Techniques
<b>Regent</b>	Maria Luísa da Silva Galvez Roubaud
<b>Learning Outcomes</b>	<p>The aim of this course is:</p> <p>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.</p>
<b>Syllabus</b>	<p>Approach to the body in its perceptual kinetic, kinesthetic and relational dimension.</p> <p>Search ou collection and mastering of the appropriate gesture - proper attitude, tone and breathing - through deconditioning of gestures and postural habits of everyday life.</p> <p>Experience and acquisition of basic principles, adapted do dance, in Eastern techniques (Yoga, Chi-kung).</p> <p>Basic Somatic techniques ("Body Mind Centering", Contact, Feldenkrais, Bartenieff, Pilates) adapted to dance.</p> <p>Relaxation Techniques; Relaxation Massage.</p>
<b>Evaluation</b>	<p>Essentially practical classes of experimentation in various techniques presented.</p> <p>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.</p> <p>Attendance = 10%</p> <p>Participation and qualitative commitment in classes = 50%</p> <p>Portfolio (Diary 20% + theoretical reflection 20%) = 40%</p>
<b>Bibliography</b>	<p>ALON, R. (2000). Espontaneidade consciente: desenvolvendo o Método Feldenkrais. São Paulo: Summus.</p> <p>BOSKI, S. (1993). A relaxação activa na escola e em casa. Lisboa: Instituto Piaget.</p> <p>FORTIN, S. (1993). When dance science and somatics enter the dance technique class. Kinesiology and Medicine for Dance 15/2: 88_107.</p> <p>GREEN, J. (2002-2003) .Foucault and the training of docile bodies in dance education. Arts and Learning Research Journal, 19 (1).</p> <p>KING, M.; GREEN, Y. (2003). Pilates - The complete body system.</p> <p>LATEY, P. (2001). The Pilates Method: History and Philosophy. Journal of Bodyw Mov Ther, 5(4):275-82.</p> <p>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.</p> <p>The Shivananda Yoga Center (1983). The book of yoga. London: Ebury press.</p>