

Movement Fundamentals

Contemporary Arts 129

Section: D100

Term: 2012 Fall

Instructor: Cheryl Prophet
prophet@sfu.ca

Discussion Topics: This studio/theory course focuses on functional movement training for optimal movement efficiency and physical conditioning. The studio work will incorporate a variety of movement practices and body conditioning sessions, including the Franklin Method resistance and release work, and Pilates mat work. The studio work is aimed at enhancing strength, flexibility, coordination and body alignment. Classes are structured to provide students with both theoretical knowledge and practical experience leading towards a better understanding of the body's developmental design and potential for movement. Students will be introduced to experiential anatomy as a means to integrating the theory with practice. Emphasis will be placed on identifying inefficient movement habits and developing strategies for realizing greater efficiency in movement.

This course is designed for dancers, actors, athletes, kinesiologists, and any student interested in the study of movement. Students should be prepared to move and participate actively in all aspects of the course work. Written assignments will be required.

Grading: Grading will be based on active participation in all class work, and successful completion of class assignments. A series of short quizzes will be assigned throughout the semester, with a final project presented in class during the final week of classes.

Required Texts: Anatomy of Movement by Blandine Calais-Germain

Recommended Texts:

Materials/Supplies: Students are required to purchase an exercise mat and resistance band. Details to be given at the first class.

Prerequisite/Corequisite:

Notes:

This outline is derived from a course outline repository database that was maintained by SFU Student Services and the University's IT Services Department. The database was retired in 2014 and the data migrated to SFU Archives in 2015.