

Module Title		Alexander Technique 2		
Brief Description <i>(Max 100 word count)</i>		<p>This course continues the exploration of the ideas of Alexander Technique. You will continue to study invaluable skills which will not only help with performance, but will also minimise the risk of pain and injury as well as help you manage life with more ease and confidence.</p> <p>This module will help you develop your natural poise, balance, flexibility and freedom of movement, making it easier for you to fulfil more of your potential in everything you do.</p>		
Level 1 = SCQF 7 2 = SCQF 8 3 = SCQF 9 4 = SCQF 10 M = SCQF 11		8		
Credit Rating		10 SCQF Credits / 5 ECTS credits		
Status (Core/Option/CRSC)		<input type="checkbox"/> Core <input checked="" type="checkbox"/> Option <input type="checkbox"/> Credit Rated Short Course		
Pre-requisites		None		
Co-requisites		None		
Anti-Requisites		None		
Maximum number of Students	12	Minimum number of Students	6	
Learning Modes	Hours per week/task	No. of Weeks	Total (hours)	
Workshops	2	9	18	
Directed Study	3	9	27	
Independent Study			45	
Total Notional Student Effort			100	
Module Co-ordinator	Linda Wyman			
Module Aims	This module aims to:			

	<ul style="list-style-type: none"> • To refresh and develop the skills learned in Alexander Technique 1; • To further explore and experiment with the principles and ideas of FM Alexander in order to make them more a part of your way of living and moving; • To help you to continue to benefit from improved performance.
Module Content	Through lecture and discussion, practical guided experiments in thinking and movement, we will explore in more depth some of the ideas and principles of FM Alexander. There will be opportunities to experience practical hands on work from your teacher. There will be a small amount of critical and contextual reading required outside of class.
Learning Outcomes	On successful completion of this module you will be able to:
LO1	Demonstrate a developing understanding and awareness of the principles of Alexander Technique.
LO2	Critically apply your understanding of Alexander Technique to how you think and move in daily life and in your chosen discipline.
Assessment 1, Type and Weighting	You will be assessed through: <ul style="list-style-type: none"> • 50% (LO1, LO2) Continuous Observation
Assessment Criteria for Assessment 1	Assessors will look for: <ul style="list-style-type: none"> • Engagement with and awareness of the ideas and practices presented in class. • The ability to synthesise and apply these ideas within your general movement and in your performance practice.
Assessment 2, Type and Weighting	You will be assessed through: <ul style="list-style-type: none"> • 50% (LO1, LO2) Essay
Assessment Criteria for Assessment 2	Assessors will look for: <ul style="list-style-type: none"> • An ability to write a reflective essay of 1,500 words;

	<ul style="list-style-type: none"> • A demonstration of a practical understanding of the defining principles of Alexander Technique; • An ability to critically communicate your application of the principles of Alexander Technique and how they have influenced your movement in your daily life and your performance discipline; • Reference to critical and contextual readings or research. 		
Alignment of Assessment and Learning Outcome			
		Assessment 1	Assessment 2
	LO1	x	x
	LO2	x	x
Feedback	<p>You will receive feedback in the following ways:</p> <ul style="list-style-type: none"> • Formative, ongoing feedback in workshops; • Written feedback on essay; • Grade 		
Recommended Resources	<p>Excerpts of text for study will be provided.</p>		
Other Relevant Details			
Next Steps			