

Module Title		Body Awareness for Performance		
Brief Description <i>(Max 100 word count)</i>		An introduction to body awareness, presence and improvisational movement for all.		
SCQF Level		8		
Credit Rating		10 SCQF Credits / 5 ECTS credits		
Status (Core/Elective/Options)		Options		
Pre-requisites		None		
Co-requisites		None		
Anti-Requisites		None		
Maximum number of Students	16	Minimum number of Students	10	
Learning Modes		Hours per week/task	No. of Weeks	Total (hours)
Independent Study – Pre-ICW		-	-	45.5
Intensive Choice Week		25	1	25
Directed Study – Post-ICW		5	5	25
Group Assessment Session (Term 3)		4	1	4
Tutorial		0.5	1	0.5
Total Notional Student Effort				100
Module Co-ordinator		Laura Bradshaw		
Module Aims		This module aims to develop the artist's awareness of their physiological and psychological 'self' in preparation for work.		
Module Content		<p>In this module you will engage with the following practices and ideas:</p> <ul style="list-style-type: none"> • Authentic movement • Somatic movement • Experiential anatomy • Applied knowledge of anatomy and physiology • A practical exploration of personal, expressive and functional movement • Explorations of touch to further understanding of own bodily awareness • The use of art materials to further an awareness of the unconscious in relation to the expressive body 		

Learning Outcomes	On successful completion of this module you will be able to:			
LO1	Demonstrate an awareness of, and engagement with your functional and expressive body			
LO2	Work sensitively and supportively with the rest of the group			
LO3	Develop, plan and implement and personal practice in response to individual need			
Assessment 1, Type and Weighting	<p>You will be assessed through:</p> <ul style="list-style-type: none"> 60% (LO1, LO2) <p>Continuous Observation</p>			
Assessment Criteria for Assessment 1	<p>Assessors will look for:</p> <ul style="list-style-type: none"> A sustained commitment and engagement in class. The ability to respond to tutor and peer feedback Sustained, considered reflection on personal progress The ability to work sensitively and appropriately within groups of 2 or more. The ability to contribute to group discussions with sensitivity and consideration for the opinions of self and others 			
Assessment 2, Type and Weighting	<p>You will be assessed through:</p> <ul style="list-style-type: none"> 40% (LO1, LO3) <p>Presentation of Practice</p>			
Assessment Criteria for Assessment 2	<p>Assessors will look for:</p> <ul style="list-style-type: none"> The ability to reflect on and articulate your understanding of the practices engaged in. The ability to articulate your application of the techniques and ideologies taught to your individual discipline and creative practice. The ability to articulate strategies you will use to develop this work further in your own discipline. 			
Alignment of Assessment and Learning Outcome		Assessment 1	Assessment 2	
	LO1	X	X	
	LO2	X		
	LO3		X	

Feedback	<p>Feedback is provided via ongoing verbal formative feedback in class.</p> <p>A feedback tutorial will be given at the completion of the module.</p>
Recommended Resources	<p>This module will make use of technology enhanced learning resources, accessible from the module Moodle page.</p>
	<p><u>Indicative Bibliography</u></p> <ul style="list-style-type: none"> • Olsen, A. 2004 <i>BodyStories: A Guide to Experiential Anatomy</i> • Hartley, L. 1994 <i>The Wisdom of the Body Moving</i> • Tufnell, M. 2003 <i>A Widening Field: Journeys in Body and Imagination</i> • Johnson, D 1995 <i>Bone, Breath and Gesture: Practices of Embodiment Vol 1</i> <p>The module team may also provide hand-outs from the above texts and others as required.</p>
Other Relevant Details	<p>You are required to:</p> <ul style="list-style-type: none"> • Wear clothing appropriate for movement work. • Bring your own blanket, journal and writing materials • Inform the tutor of any health conditions and injuries before the class
Next Steps	