

Module Title		Alexander Technique 1		
Brief Description <i>(Max 100 word count)</i>		<p>This course offers a practical introduction to the Alexander Technique.</p> <p>You will study invaluable skills which will not only help with performance, but will also help you to minimise the risk of pain and injury, as well as helping you to manage life with more ease and confidence.</p> <p>The module will help you find 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		7		
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	<p>This module aims to:</p> <ul style="list-style-type: none"> To introduce the principles and ideas of FM Alexander, and offer skills which you can use, develop and benefit from in daily life and in performance.
Module Content	<p>There will be lecture and discussion; practical guided experiments in thinking and movement; and opportunities to experience practical hands on work from your teacher. Additionally, we will explore practical anatomy. There will be a small amount of critical and contextual reading required outside of workshops.</p>
Learning Outcomes	<p>On successful completion of this module you will be able to:</p>
LO1	<p>Demonstrate an understanding of the basic principles of Alexander Technique and the origins of the work.</p>
LO2	<p>Apply the basics of Alexander Technique to how you think and move in daily life and in your chosen discipline.</p>
Assessment 1, Type and Weighting	<p>You will be assessed through:</p> <ul style="list-style-type: none"> 50% (LO1, LO2) Continuous Observation
Assessment Criteria for Assessment 1	<p>Assessors will look for:</p> <ul style="list-style-type: none"> Engagement with the ideas and practices presented in class. The ability to demonstrate practical application of these ideas in your general movement and in your performance practice.
Assessment 2, Type and Weighting	<p>You will be assessed through:</p> <ul style="list-style-type: none"> 50% (LO1, LO2) Essay
Assessment Criteria for Assessment 2	<p>Assessors will look for:</p> <ul style="list-style-type: none"> An ability to write a reflective essay of 1,000 words; A demonstration of a practical understanding of the basic principles of Alexander Technique;

	<ul style="list-style-type: none"> An ability to communicate your application of the principles of Alexander Technique and how they have influenced your movement in your daily life and your performance discipline. 		
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	Excerpts of text for study will be provided.		
Other Relevant Details			
Next Steps	Alexander Technique 2 or private study.		