

Module Title		Alexander Technique 1		
Brief Description <i>(Max 100 word count)</i>		The Alexander Technique is a simple and practical method of self-improvement. In this module, we will be working with Alexander's principles and making an investigation into our own uniqueness, finding more of our natural poise, balance, flexibility and freedom.		
SCQF Level		7		
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	12 (x4 classes)	Minimum number of Students	6	
Learning Modes		Hours per week/task	No. of Weeks	Total (hours)
Group classes		2	9	18
Independent Study		-	-	82
Total Notional Student Effort				100
Module Co-ordinator		Isobel Anderson		
Module Aims		This module is designed to: enable learners to make use of skills, knowledge and understanding to carry out simple, familiar tasks and activities with guidance.		
Module Content		Demonstrate an understanding of Alexander's use of the word 'inhibition' through practice and reflection.		
Learning Outcomes		On successful completion of this module you will be able to:		
LO1		Demonstrate an understanding of the principles of the Primary Control and Alexander's use of directions.		
LO2		Demonstrate an understanding of Alexander's use of the word 'inhibition' through practice and reflection.		
Assessment 1, Type and Weighting		You will be assessed through: 50% (LO 1,2) Observation of working practice		
Assessment Criteria for Assessment 1		Assessors will look for:		

	<ul style="list-style-type: none"> • An understanding of a good head, neck, back relationship, with a view to carrying this into relevant activities • An understanding of Alexander's directions. • An ability to implement these directions where change is desired • An embodying of the principles of Alexander Technique during class time • Engagement with the ideas presented in class 			
Assessment 2, Type and Weighting	You will be assessed through: 50% (LO 1,2) 1500 word essay			
Assessment Criteria for Assessment 2	Assessors will look for: <ul style="list-style-type: none"> • An understanding of the Primary Control and the mental disciplines of inhibition and direction • Effective communication and clarity of language, with reference to appropriate literature • Detailed explorations and reflections of the individual changes experienced in implementing these to daily life and to practising/performing • Evidence of personal engagement with the material over and above intellectual understanding 			
Alignment of Assessment and Learning Outcome				
		Assessment 1	Assessment 2	
	LO1	X	X	
	LO2	X	X	
Feedback	You will receive immediate verbal feedback in class and summative written feedback.			
Recommended Resources	Alexander, F.M., <i>The Use of the Self</i> , E. P. Dutton (New York, 1932), republished by Orion Publishing, 2001 Jones, Frank P., <i>Body Awareness in Action--A Study of the Alexander Technique</i> , (New York, 1976), Schocken Books; republished as <i>Freedom to Change</i> (London, 1997) Mouritz Press Stevens, Chris – <i>Alexander Technique: An Introductory Guide</i> (Vermilion, 1996) New Edition Gelb, Michael – <i>Body Learning</i> (London, 1994) Aurum Press Ltd Weed, Don – <i>Reach your Dreams: an introduction to the Alexander Technique</i> . (London, 2012) ITM Publications.			
Other Relevant Details				
Next Steps	Alexander Technique 2			