

26300 - Expressive bodily activities

Syllabus Information

Academic Year: 2019/20

Subject: 26300 - Expressive bodily activities

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 6.0

Year: 1

Semester: Second semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. The course is organized around two projects referred to Body Expression and Expressive Techniques (dance, mime ...). In the first one, an artistic-expressive montage will be designed and carried out in groups, in which other courses from the first year of the Degree will be able to participate and share the assessment tasks.

In Project II, each group of students will implement and teach a session based on an expressive technique, so that each student teaches in one of the proposed learning situations. After that, each student will write a self-evaluation report with their own evaluation, in addition to the one written by the teacher's and the other classmates (peer-assessment).

The methodology is based on:

- Progression towards disinhibition.
- Progression from self-knowledge to expression and communication.
- Progression regarding collaboration and integration in the group.
- Guided proposals for autonomous work.
- Development from implementation to creative skills.

The practice sessions will be organized according to different teaching styles, both productive and reproductive. Theory sessions will follow an inductive or deductive approach depending on the course contents. Sometimes, the theory will be used to guide the practice, and in other cases sessions will be based on the practice, so that after reflection of the practical experience, students understand the theory.

4.2.Learning tasks

The course includes the following learning tasks:

Theory sessions. There can be two main approaches:

- Inductive proposals: Oral explanation with support of materials / active listening.
- Deductive proposals:
 - Material / elaboration of the tasks in this regard and sharing. The material can be videos, prepared photos, magazine articles.
 - Role play: the teacher designs the roles, distributes the roles and materials to the students to prepare the character and then represent them.
 - Material / elaboration of the tasks and class discussions.
 - Problems / Brainstorms / structuring ideas / conclusions.

Assessment tasks included in theory sessions will be often used to reinforce concepts, draw conclusions of concepts, memory tasks, or self-assessment of previous knowledge.

Practice sessions. Tasks focused on different teaching styles of awareness, exploration, diversification, deepening and summary. These sessions include tasks such as presentation of sketches or montages of application of the class contents, application or procedural tasks, tasks of reflection, evaluation (self-assessment and peer-assessment), preparation and evaluation sessions of montages.

4.3.Syllabus

The course will address the following topics.

Theory sessions

- Topic 1. Expression Body Activities
- Topic 2. Evolution of the body concept and History of the ACE
- Topic 3. Body Expression
- Topic 4. Dramatization
- Topic 5. Mime, Body Shadows and Black Light
- Topic 6. Non-verbal communication. Body language
- Topic 7. Dance and Rhythm
- Topic 8. ACEs in formal education and in other contexts
- Topic 9. Research in Expression Body Activities

Practice sessions

- Topic A. Disinhibition and group creation
- Topic B. Body and self-knowledge
- Topic C. Qualities of the Movement
- Topic D. Feeling and sensitization
- Topic E. Representation / Dramatization
- Topic F. Shadows, Black Light and Mime
- Topic G. Gesture / Body Language
- Topic H. Rhythm, Dance and choreography. Expressive Techniques: Folkloric Dance, Ballroom Dance.

Seminars

- Analysis of bibliography.
- Analysis of motor behaviors in own and external recordings with ad hoc spreadsheets.
- Development of resources and practical procedures.

4.4.Course planning and calendar

Provisional course planning

- Group presentations: first weeks of May.
- Teaching session by the students: May, after the group presentations.
- Attendance to 2 cultural events: before 1st May.
- Reports every two weeks: Sundays.
- Theory test on concepts and procedures (continuous assessment throughout the course for those students who attend theory sessions).

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this

course will be provided on the first day of class or please refer to the Faculty of Health and Sports Sciences website.

4.5. Bibliography and recommended resources

The student should consult the recommended bibliography by the faculty through the link <http://psfunizar7.unizar.es/br13/eGrados.php?id=257> bearing in mind that the "basic bibliography" is considered of compulsory reference, and that the "complementary bibliography" is for guidance.