

26300 - Expressive bodily activities

Syllabus Information

Academic Year: 2020/21

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 course is organized around two projects related to Body Expression and Expressive Techniques (dance, mime ...) respectively; in the first one an artistic-expressive montage will be designed and carried out. Project II deals with each work group giving a session of an expressive technique for each student to teach one of the proposed learning situations, after which each student writes a self-evaluation report with their own evaluation and the one carried out by the teacher, and by the other students (peer assessment). In the event that assistance is not possible, assimilation tasks of the contents will be carried out.

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.

All the activities will be adapted to the current situation, whether or not attendance is allowed; if this is not possible, audiovisual media, video and audio recordings will be used for classes and assignments and videoconferences, using the

platform that is best considered in each case: Moodle, Kahoot, Socrative and for communication e-mail and whatsapp.

4.2. Learning tasks

The program offered to the student to help him achieve the expected results includes the following activities ...

Theoretical sessions

Inductive proposals: Present, verbally and with the support of materials / active listening.

Deductive proposals:

- Provide material / elaboration of the tasks in this regard and sharing. The material can be: videos, prepared photos, magazine articles.
- Game of characters or roles: the teacher designs the roles, distributes to the students the role and the material to prepare the character and later it is staged.
- Provide material / elaboration of the tasks in this regard and sharing.
- Proposal of a problem / Bombardment of ideas / structuring of ideas / conclusions.

Assessment tasks inserted in the theoretical classes will be used mainly and located in such a way that they reinforce concepts, mean the conclusion of concepts, tasks of remembering and self-evaluation of previous knowledge.

| | PRESENCIALES | | | | NO PRESENCIALES | | | |
|--------------|--------------|------------|------------|---------|-----------------|-------|------------|-----------|
| | teóricas | prácticas | seminarios | eventos | tutorías | | trabajo | |
| | gran grupo | ?x? grupos | ?x? grupos | | individual | grupo | individual | grupo |
| PROYECTO I | 12 | 30 | 3 | 4 | 2 | 2 | 10 | 25 |
| PROYECTO II | 3 | 10 | 2 | 3 | 2 | 2 | 8 | 10 |
| HORAS total | 15 | 40 | 5 | 7 | 4 | 4 | 18 | 35 |
| total | | 60 | | | | | | 90 |

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.

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| PROYECTO I. MONTAJES DE EXPRESIÓN CORPORAL | 1ª | Tª | PRESENTACIÓN |
| | | Pr 1 | CONOCIMIENTO DEL GRUPO |
| | | Sem 1 | EVALUACIÓN INICIAL/CONOC. PREVIOS |
| | | Pr. 2 | EC: ICONOGRAFÍA: ESTATUAS 1 |
| | 2ª | Sem 2 | ANÁLISIS DE PRÁCTICAS |
| | | Tª | VÍDEOS E INTRODUCCIÓN A ACE |
| | | Pr 3 | EC: ICONOGRAFÍA: ESTATUAS 2 |
| | | Pr 4 | EC: ICONOGRAFÍA: ESTATUAS 3 |
| | 3ª | Sem 3 | ANÁLISIS PRACTICAS REALIZADAS |
| | | Tª | CRITERIOS DE ANÁLISIS DE ACE |
| | | Pr 5 | EC: ICONOGRAFÍA: CUERPO COMUNICATIVO |
| | | Pr 6 | EC: INTRODUCCION CALIDADES DE MOV.: MOV RECTO I |
| | 4ª | Tª | EC 1 |
| | | Pr 7 | EC: CALIDADES DE MOV.: ONDULADO |
| | | Pr 8 | EC: MOVIMIENTO: TEATRO NEGRO |
| | 5ª | Tª | EC 2 |
| | | Pr 9 | EC: MOVIMIENTO: AMPLITUD |
| Pr 10 | | EC: CREATIVIDAD 1 | |
| 6ª | Tª | SOMBRAS Y TEATRO NEGRO | |
| | Pr 11 | EC: MOVIMIENTO: ENERGÍA | |
| | Pr 12 | EC: CREATIVIDAD 2 | |
| 7ª | Tª | DRAMATIZACIÓN Y OTRAS TECNICAS | |
| | Pr 13 | EC: SOMBRAS 1 | |
| | Pr 14 | EC: SOMBRAS 2 | |
| 8ª | Tª | COREOGRAFÍA | |
| | Pr 15 | GRANDES COREOGRAFÍAS | |
| 9ª | Tª | EV. INTERMEDIA /PROTOCOLO MONTAJES | |
| | Pr 16 | EC: SENTIMIENTO EXTRÍNSECO | |
| | Pr 17 | EC: SENTIMIENTO INTRÍNSECO | |

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| PROYECTO II: TECNICAS EXPRESIVAS | 10ª | Tª | MIMO/DRAMATIZACIÓN |
| | | Pr 18 | MIMO |
| | | Pr 19 | MIMO |
| | 11ª | Tª | EC |
| | | Pr 20 | COMUNICACIÓN NO VERBAL |
| | | Pr 21 | COMUNICACIÓN NO VERBAL |
| | 12ª | Tª | CNV/PROTOCOLO MONTAJES |
| | | Pr 22 | ENSAYO O EXPOSICION DE MONTAJES |
| | | Pr 23 | CONCURSO DE EXPRESION |
| | | Sem 5 | Revisión técnica |
| | 13ª | Tª | SINCRONIZACIÓN MOTRIZ |
| | | Pr 24 | SINCRONIZACIÓN MOTRIZ |
| | | Sem 4 | ANÁLISIS PRÁCTICAS LABORATORIO |
| Pr 25 | | SINCRONIZACIÓN MOTRIZ | |
| 14ª | Tª | SINCRONIZACIÓN MOTRIZ | |
| | Pr 26 | SINCRONIZACIÓN MOTRIZ | |
| | Pr 27 | SINCRONIZACIÓN MOTRIZ | |
| 15ª | Tª | PROTOCOLO ENLACES Y RESUMEN CURSO | |
| | Pr 28 | EXPOSICIÓN ENLACES DANZA/MIMO... | |
| | Pr 29 | PREPARACIÓN PRUEBAS Y RESUMEN | |

Key dates calendar

1. Exhibition of group stage productions, carried out by groups, integrating knowledge of this subject of Rhythmic-Gymnastic Sports, Teaching-learning processes and sociology. (First weeks of May)
2. Teaching a learning situation about an expressive technique to the other classmates and self-evaluation. (After the exhibition of montages). If face-to-face is not possible, assimilation tasks of the contents will be carried out with compulsory periodic deliveries.
3. Attendance at two cultural events, related to expressive motor skills. (Before May 1)
4. Group review of the two-week sessions of the course according to the organization given. (Sunday of the week for which you are responsible). If the delivery of sessions is not possible, substitute work will be carried out.
5. Theoretical tests on concepts and procedures. (Throughout the course continuously, to students who attend theory in addition to the official dates)

All learning activities will be adapted to the situation at each moment, whether or not attendance is allowed; if this is not possible, audiovisual media, video and audio recordings will be used for classes and homework and videoconferences, using the platform that is best considered in each case: Moodle, Kahoot, Socrative and for communication e-mail and whatsapp.

4.5. Bibliography and recommended resources

It is recommended that the student complements the study of this subject with the bibliography accessible through this link:

http://biblos.unizar.es/br/br_citas.php?codigo=26300&year=2020