

SYLLABUS

H14.0104-5, H14.1040-1

KINESTHETICS OF ANATOMY Fall-Winter Semester. Andre Bernard, instructor. Adjunct, no office, will be happy to speak with students after class as need arises.

~~No texts required; optional texts that can serve as a useful resource:~~

Todd, Mabel; The Thinking Body

Sweigard, Lulu; Human Movement Potential

Matt, Pamela; A Kinesthetic Legacy, CMT Press

~~This is not an academic course. The work is experiential, even as dance is. Each class will include simple exercises designed to improve muscle patterns. Students will be shown the skeletal structure of a real human skeleton, we will cover the human skeleton from head to toe. The student is expected to practice the exercises as homework to get the experience of them.~~

~~The course is based upon the work of Mabel Todd, Lulu Sweigard and Barbara Clark. The principal methodology is the use of thoughts, concepts and images in a free flowing, nonrigid way. The technique has come to be known as ideokinesis.~~

~~In the course we are trying to improve the muscle patterns of the student -- to bring muscles which are overrelaxed into action and to relax overtense muscles which are interfering with smooth efficient movement patterns. As improvement progresses, there is a general feeling of well being, less fatigue from the day's activities and a dynamic relaxation which gives one greater freedom in movement and unleashes one's creative powers.~~

~~This course offers the student an opportunity to make basic changes in his or her muscle patterns. In order to make these changes, the student must bring to the course a vivid imagination and a great desire to change old patterns.~~

~~Since this is an experiential course, the student is required to attend all classes and to work one hour per week with a partner on the material covered in class. A journal must be kept on the work done outside of class. On the seventh and last class of the semester, the student is required to be in class and give an oral report on the material from his or her journal. Failure to do so will result in a withholding of the grade for the course. What is in your journal or report does not determine your grade, your being in class does.~~

KINESTHETICS OF ANATOMY CLASS SCHEDULE

- ~~CLASS 1~~ ~~History of work. Premise upon which it is based. Demonstration of constructive rest position. Discussion of imagery and how to use it.~~
- ~~CLASS 2~~ ~~Students will "partner". Instructor will guide them through a practice session based on material presented in class 1.~~
- ~~CLASS 3~~ ~~Material and procedures of class 2 briefly reviewed. Weight support discussed. How does this affect the upright position of the human being. Experiential exercises explored.~~
- CLASS 4 Weight support and the upright position continued. Three leg joints discussed.
- ~~CLASS 5~~ ~~Nine lines of movement presented. Kinesthetic exercises for the three leg joints continued.~~
- ~~CLASS 6~~ ~~The spine discussed. Kinesthetic exercises practiced.~~
- CLASS 7 Journal report.
- ~~CLASS 8~~ ~~Balancing the tensile and compression forces through the human body.~~
- CLASS 9 The shoulder girdle.
- ~~CLASS 10~~ ~~Shoulder girdle continued.~~
- CLASS 11 Breathing.
- ~~CLASS 12~~ ~~Breathing continued.~~
- CLASS 13 Review of highlights of semester.
- ~~CLASS 14~~ ~~Journal report.~~

WINTER/SPRING SEMESTER

~~HI4.-0105, HI4.-1041~~

- CLASS 1 Review of highlights of semester one.
- ~~CLASS 2~~ ~~Atlanto-Occipital joint (where head connects to spine) discussed. Head balance practiced.~~
- ~~CLASS 3~~ ~~Head balance continued.~~
- CLASS 4 Psoas muscle discussed. Its function. Its role in thigh flexion.
- ~~CLASS 5~~ ~~Psoas continued.~~
- CLASS 6 Introduction to the foot.
- ~~CLASS 7~~ ~~Journal report.~~
- ~~CLASS 8, 9, 10~~ ~~Will continue with more discussion of the foot and kinesthetic exercises to improve its functioning.~~
- ~~CLASS 11~~ ~~The rib cage -- its structure and function.~~
- CLASS 12 The tongue and the hyoid bone and their relationship to shoulder tension.
- ~~CLASS 13~~ ~~The eyes. Kinesthetic exercises to improve eye coordination.~~
- CLASS 14 Journal report.