

School of Education, Health, Nursing, and Arts Professions
Division of Arts and Arts Education
Department of Dance and Dance Education
689 Education Building
Washington Square
New York, N.Y. 10003
Telephone: (212) 598-3489

Adjunct Assistant Professor André Bernard

E89.2811 IDEOKINESIOLOGY COURSE OUTLINE

Course Purpose: To improve the student's skill in the use of ideokinesis as a method of neuromuscular education. To expand the student's sensory awareness for instructing others.

Course Calendar: Lecture and laboratory work on each lecture outline.
Outline of proposed projects.
Class presentation of projects.
Class sharing experiences with work.
Typewritten projects.
Student's own evaluation of benefits derived from course and projected use of the work.

- Course Content:
1. Course purpose, texts, weekly assignments, projects.
 2. Analysis of structure of the rib cage. Its function, proper alignment and misalignment discussed.
 3. Analysis of structure of shoulder girdle with particular emphasis on the sterno-clavicular articulation and the relationship of the shoulder girdle to the rib cage.
 4. Analysis of the structure of the pelvic girdle with particular emphasis on the thigh socket and the ilio-psoas muscle group.
 5. Analysis of the structure of the foot, attention given to the weight distribution through the bones of the foot.
 6. Exercises and imagery to develop an awareness of the central vertical axis of the body.
 7. Exercises and imagery to improve the student's "cross patterning" coordination.
 8. Tactile aid as an adjunct to imagery. The student is taught to give tactile aid with imagery.
 9. Exercises and images to improve visual patterns related to the movement of the body as the instrument of the dance.

Texts: Sweigard, Lulu E., Human Movement Potential: Its Ideokinetic Facilitation, New York: Dodd, Mead & Company, 1974.

Todd, Mabel Ellsworth, The Thinking Body, New York: Dance Horizons, 1973.

Course Prerequisites: E14.1035, E29.1811, E90.0035, E89.1503.

Note: Special permission may be given to take E90.0035 and E89.1503 concurrently with this course. Under no circumstances will anyone be allowed to take this course without having had E89.1811.

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