

FACULTY OF HEALTH SCHOOL OF KINESIOLOGY AND HEALTH SCIENCES

Course: PKIN 0500 Basic Movement

Term: Summer 1 2017

Course Instructor

Jan Rakovsky
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Time and Location

Section A Tues/Thurs 12:30 - 2:30 Studio 4

Expanded Course Description

Basic Movement explores a range of movement experiences based on Eastern and Western movement techniques derived from dance, martial and healing arts. A focus on sensation allows the participant to become more aware of how his/her body moves in order to move safely and with dynamic ease. Basic movement has its roots in the Nia Technique™, a well-being fitness and lifestyle practice that uses expressive movement to achieve physical, mental, emotional, and spiritual health and well-being.

Course Learning Objectives

Purpose:

The purpose of this course is to support the students in their understanding of biomechanics through practical exposure to many movement techniques. A major focus is the alignment of the body, enhancing optimal posture and movement for health.

(1) Specific learning objectives of the course:

The specific objectives of the course are that students will be able to:

- Understand systemic movement to music
- Experience the sensation of movement (the body in relationship with itself)
- Experience the body in relationship with space
- Learn and become more creative with new movement patterns
- Move the body safely and with dynamic ease
- Become familiar with body/mind communication and movement
- Experience a wide variety of movement forms

- Transfer the skills learned in this course to daily living to enhance health
- Transfer the skills learned in this course to sports and activities

Course Text / Readings

Nia Technique student handouts

Additional readings:

Rosas, Debbie and Rosas, Carlos. *The Nia Technique: The High-Powered, Energizing Workout That Gives You a New Body and a New Life*. New York: Broadway Books, 2004

www.nianow.com

Evaluation

The final grade for the course will be based on the following items weighted as indicated:

Written:

		<u>Due:</u>
Journal	15%	May 18
Journal	15%	June 6

Practical:

FreeDance - *freeform movement to an undisclosed selection of music*

30% June 1

Teaching What You Sense - *teaching previously unprepared movement to a small group*

30% June 6

Participation and Attendance 10%

- *Students can miss up to 2 classes.*

“Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.”

Grading, Assignment Submission, Lateness Penalties and Missed Tests

Grading: The grading scheme for the course conforms to the grading system used in the undergraduate practicum programs in the School of Kinesiology and Health Sciences at York (e.g., A, B, C) Assignments and tests will bear a letter grade designation. (For a full description of York grading system see the York University Undergraduate Calendar - http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf)

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the School of Kinesiology and Health Sciences section of the Undergraduate Calendar:
http://www.registrar.yorku.ca/calendars/2011-2012/faculty_programs/HH/kinesiology.htm

Assignment Submission: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. Assignments are to be handed in on the specified date, in class.

Lateness Penalty: Assignments received later than the due date will be penalized one-half letter grade per day that the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's letter).

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

ADDITIONAL INFORMATION

Class Requirements

1. Participation: This course requires from students a willingness to participate in a wide range of activities based on many movement forms. Attendance and punctuality is extremely important.
2. Dress code: Please come to the studio dressed to participate, in active wear such as leggings, shorts, or sweatpants; t-shirt, or leotard. Participants are expected to be barefoot.
3. Journal entries are based on the participant's own experience in the class - therefore are original, honest and best transcribed immediately after class.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation