DIG Conditioning

Angebot für

Bisheriges Studienmodell > Tanz > Bachelor Contemporary Dance > 1. Semester

Nummer und Typ	BCD-H1150.20H.001 / Moduldurchführung
Modul	Conditioning BA1
Veranstalter	Departement Darstellende Künste und Film
Leitung	Udo Kersten
Anzahl Teilnehmende	mindestens 2
ECTS	0 Credits
Lehrform	Gruppenunterricht
Zielgruppen	Pflicht für BA I BCD Austauschstudierende/Hospitierende: nein
Lernziele / Kompetenzen	The goal for the first year students is to begin to discover yoga as a helpful tool for stretching, strengthening, focusing and relaxing. The students will learn correct alignment in order to practice yoga in a healthy manner. The mix between strength and flexibility is intended to be a perfect complimentary discipline to aid with ballet and contemporary dance.
Inhalte	A standard yoga repertoire will be practiced (Sun Salutations, Breathing Exercises, Stretches for over-used muscles from rehearsals/class, strength poses for upper body for contemporary work and relaxation techniques). In the first year, the tempo of the class will be slower, giving more emphasis on stabilizing the joints, correct use of feet and shoulders, and dissecting the various poses.
Leistungsnachweis / Testatanforderung	There will be no exam, attendance will be required. A passing grade will be given for those who attend and focus on the work. It will be expected that the students retain the material from lesson to lesson in order to be able to progress with the work
Dauer	8 x 90 Minuten
Bewertungsform	bestanden / nicht bestanden