

	CYCLE: 1 <sup>^</sup>	YEAR I
COURSE CODE: CODD07	COMPULSORY	CREDITS: 2
<b>LC</b>	ATTENDANCE; IN PERSON	LANGUAGE: ITALIAN/ENGLISH
UNIT NAME <b>Physical and Postural Awareness</b>		
TEACHERS Daina Pignatti		
PREREQUISITES Admission to the course.		
COURSE CONTENTS 1. The course takes place over a year and activates exercises and programs related to techniques of the study of Movement, to the three-dimensional and myofascial vision of the main patterns engines applied to specific instrumental and vocal works. 2. This happens in a path of proprioception and development of personal connection physical education. 3. It is aimed at acquiring awareness of the gesture/sound of the student instrumentalist/ singer and pursue the knowledge and maintenance of adequate motor patterns e connected to your music making. 4. Specific motor exercises, to maintain and/or compensate for the workload instrumental and vocal, are the term of the course work.		
RESOURCES AND INSTRUMENTS REQUIRED/ADVISED. books and materials as advised by the tutor.		
COURSE OBJECTIVES At the end of the course, the student will have acquired a detailed theoretical and practical knowledge og physical and postural awareness.		
ASSESSMENT CRITERIA Weekly assessment of preparation and participation during lessons with a final exam at the end of each year. Exam: Oral exam on the acquired skills.		