



IDENTIFYING DATA

Free body expression and dance

Subject	Free body expression and dance			
Code	P02G050V01402			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	2nd	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Fernández Villarino, María de los Ángeles			
Lecturers	Fernández Villarino, María de los Ángeles Freire Maceiras, Rebeca Maria			
E-mail	marianfv@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B1	Conceptualization and identification of the object of study of the Sciences of the Physical Activity and the Sport.
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B9	Knowledge and comprehension of the foundations of the physical exercise, motive game, dance, movement and activities in the nature.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B15	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and of the sport, with attention to the individual and contextual characteristics of the persons.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.

Expected results from this subject

Expected results from this subject	Training and Learning Results
- Know the basic foundations of the corporal expression and of the dance.	B1 B2 B9
- Understand the corporal expression and the dance like interpersonal media.	B15
- Differentiate the components of the corporal expression and the dance and his educational content.	B9 B15
- Be able to schedule and program activities of Corporal Expression and Dance	B9 B15
- Look for information and resources to act in front of the difficulties of practical motriz of the students	B9 B12 B14 B15
- Be able to schedule to evaluate	B25

- Favour the work in team	B13 B24 B25
- Boost in the students attitudes of respect to the diversity and to the interculturalidad	B15 B24
- Generate restlessness and motivation to the profundización in the study of the dance and the corporal expression	B2 B12 B13 B25

Contents

Topic

BLOCK I. Foundations of the corporal expression and of the dance	1. The corporal expression and the dance in the educative context. 1.1. The corporal expression and the dance in the different curriculums educational. 1.2. Aims and blocks of contents. 1.3. Global character and interdisciplinary. 1.4. The corporal expression and the dance like half of integration.
BLOCK II. Corporal language and communication.	2. Basic considerations around the body and to the communication. 2.1. The body. 2.2. The language of the body.
BLOCK III. Appearances *metodologico-didactic of the corporal expression and of the dance.	3. Didactic approach of the corporal expression and of the dance. 3.1. Orientations and didactic of the corporal expression. 3.2. Orientations and didactic of the dance.
BLOCK IV. The dimensions and the components of the creative movement.	4.1. The preliminary. 4.2. The corporal dimension. 4.3. The taking of consciousness of the expressive body. 4.4. The space dimension. 4.5. The temporary dimension. 4.6. The dynamic dimension. 4.7. The dimension extensive. 4.8. The relational dimension.
BLOCK V. Components of the corporal expression and of the dance	5. Presentation and knowledge of the group 5.1. The group class in front of the activities of corporal expression and dance. 5.2. Presentation and knowledge of the group. 6. Rhythm 6.1. Internal rhythms and external rhythms. 6.2. Components of the rhythm from the musical point of view. 6.3. Adaptation of the movement to different musical rhythms. 6.4. Expressive assessment of the movement and of the rhythm. 7. Space. 7.1. Expressive assessment of the space. 7.2. Analysis of the components of the space. 7.3. Types of spaces. 7.4. Figures and volumes. 8. Body and movement. 8.1. Corporal consciousness. 8.2. Anatomical body. 8.3. Communicative body. 8.4. Expressive body. 9. The Objects in Corporal Expression and Dance 9.1. Functions of the materials. 10. Quality of the Movement. 10.1. Energy of the movement. 10.2. Dinamoritos. 10.3. Technicians of relaxation.
BLOCK SAW. Technicians and styles of the corporal expression and of the dance.	11. Contemporary dance. 11.1. Parts of a session of dance. 11.2. Code of movement of the contemporary dance. 12. Process of choreographic composition.

Planning			
	Class hours	Hours outside the classroom	Total hours
Lecturing	22.5	33.75	56.25
Laboratory practical	24	30	54
Problem solving	6	12	18
Autonomous problem solving	0	11.75	11.75
Mentored work	0	8	8
Problem and/or exercise solving	0.5	0.5	1
Essay	1	0	1

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Lecturing	Exposition by part of the teachers
Laboratory practical	Technical group participatory. Live of the practical contents of the subject guided by the professors.
Problem solving	Work directed by the professors. Technical group participatory. They will pose small tasks and problems that will resolve virtually by means of the platform of Moovi. Besides will make a final choreography and will work on scientific articles related with the matter and that will provide the professors
Autonomous problem solving	Work of artistic assessment on a video and/or show in direct.
Mentored work	Technicalgroup participatory. All the necessary works for the supor of the matter will be in his course, well of face-to-face way when they resolve in this way; well of virtual way. With this methodology also will resolve the evaluation of the so much theoretical students with the realisation of a conceptual map like practical

Personalized assistance	
Methodologies	Description
Problem solving	Through the platform Tem@ will pose different problems and exercises that will resolve of telematic way and that they will be attended through a forum of open debate of parallel way to the approach well of the problem, well of the exercises.
Mentored work	Along the matter, the students will realise a conceptual map that will have like support two types of actions: on the one hand specific sessions in which the professors will give feedback on the process of construction of the same, and that they will be of face-to-face character. On the other hand, 1 tutoría specific to the month in which in groups reduced will treat the conceptual map. If it cannot be in person, virtual tutorials will be held through the remote campus platform
Autonomous problem solving	The students will realize documentation wokr to the conceptual map and stop the libretto of the choreographic performance. In all moment the support will realize, well road face-to-face(tutorials), well virtual road (Moovi). If it cannot be in person, virtual tutorials will be held through the remote campus platform
Tests	Description
Problem and/or exercise solving	Through the platform Tem@ will pose different problems and exercises that will resolve of telematic way and that they will be attended through a forum of open debate of parallel way to the approach well of the problem, well of the exercises.
Essay	To the hour to elaborate the choreography the students will have during the practical sessions, of the two professors of the matter to be able to ask, value and argue the work realised. Likewise, during the tutorías of this period, the thematic related with the practical choreographies will have preference.

Assessment			
	Description	Qualification	Training and Learning Results
Lecturing	Manufacture of a conceptual map of the contained of the subject that will elaborate along the course and that will defend by means of oral exhibition when finalizing the contents	40	B1 B2 B9 B12 B14
Problem solving	In this *apartado will value the participation of the students in different problems and exercises that expose along the course. Particularly it will value the participation in the day of the dance	20	B13 B15 B25

Essay	In this *apartado will value the process of building *coreográfica and the result of the same. It Will ponder in this *apartado the process with a 80% and the result with a 20%. The process will control with the manufacture, by part of the teaching staff, of one daily *individualizado of each group, of the sessions developed stop the manufacture of the choreography. In the case that the students did not take part in 80% of the sessions of *docencia, will not be able to opt by the manufacture of the choreography and will owe to realize a critical reflection of a show of Artistic Expression or of Dance following the script provided by the professors	40	B13 B15 B24 B25
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Other comments on the Evaluation

In the case of the resolution of problems, These will be posed and development during the session of group A. To surpass the subject will be accurate to surpass 50% of each of the the sections of the evaluation structure. The final grade will be the result of the sum of the grade obtained in each of the section. When the students need of more of an edition to surpass the subject, the proofs surpassed will keep in the second edition and only will have to concur with those that were not surpassed.

In the case of back editions, the students will owe to concur with all thesections of the evaluation. Namely, partial grades from previous years will not be saved.

Sources of information

Basic Bibliography

Complementary Bibliography

Sefchovich, G., **Expresión corporal y creatividad**, 2005,

Learreta Ramos, B.; Ruano Arriaga, K. y Sierra Zamorano, M.A., **Didáctica de la expresión corporal: talleres monográficos**, 2006,

Martínez López, E., **Ritmo y expresión corporal mediante coreografías**, 2006,

Motos Teruel, T., **Prácticas de la expresión corporal**, 2007,

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Ortiz Camacho, M.M., **Expresión corporal: una propuesta didáctica para el profesorado de educación física**, 2002,

García Ruso, H., **La danza en la escuela**, 1997,

Motos Teruel, T., **Iniciación a la expresión corporal: una propuesta didáctica para el profesorado de educación física**, 1983,

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Santiago Martínez, P., **Expresión corporal y comunicación: teoría y práctica de un programa**, 2004,

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Viti, E., **la danza per i Bambini: metodologia della danza educativa**, 2006,

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Revista Tandem, **Monografía: La expresión Corporal en el escenario virtual**, 2014-4768, 79, Graó, 2023

Revista Tandem, **La expresión corporal y el desarrollo de competencias transversales en la formación del profesorado de Educación Física**, 2014-4768, 47, Graó, 2015

Recommendations