

SYLLABUS  
PART I  
EDISON COMMUNITY COLLEGE  
THE 141S INTRODUCTION TO THE ALEXANDER TECHNIQUE  
1 CREDIT HOUR

**COURSE DESCRIPTION**

Introduction to the Alexander Technique, which develops the actor's kinesthetic awareness. Hands-on technique that promotes the connection between mind, voice and body, teaching the student to recognize and release habitual patterns of tension that interfere with balance and freedom of movement and expression.

**COURSE GOALS**

The student will:

Bloom's Level		
1,2	1. Recognize and describe the history and basic principles of the Alexander Technique	
1,2	2. Recognize personal habits of movement and thought	
3	3. Practice inhibition and direction	
3	4. Practice the breathing mechanisms and explore their dramatic potential	
1,2,4	5. Discuss readings and note experiences of this work orally in class and in writing	

**CORE VALUES**

The Core Values are a set of principles that guide in creating educational programs and environments at Edison. They include communication, ethics, critical thinking, human diversity, inquiry/respect for learning, and interpersonal skills/ teamwork. The goals, objectives, and activities in this course will introduce/reinforce these Core Values whenever appropriate.

**TOPIC OUTLINE**

1. History and purpose of the Alexander Technique
2. The Principles of the Technique
3. The Procedures of the Technique
4. Practical Applications