

STOCKHOLM UNIVERSITY OF THE ARTS | STOCKHOLMS KONSTNÄRLIGA HÖGSKOLA

Syllabus

Handstand, Specialisation I ***Handstående, specialisering I***

7.5 Credits

Code: CI133G

Finalized: 2024-05-22, UGN Utskottet för kursplaner på grundnivå

Valid from: Spring semester 2025 (2025-01-20)

Level within study regulation: First cycle

Subject group: CI1 Circus

Main field of study with advanced study: CIR Circus - GXX First cycle, in-depth level of the course
cannot be classified

Disciplinary TA Theatre 100%
domain:

Education

1 Freestanding

Determined by

UGN Committee for course syllabi at the first cycle

Eligibility requirements

General entry requirements for studies at the first cycle with the exception of Swedish 1, 2, 3 and English 6.

Specific entry requirements:

A grade of Pass on eligibility test in handstand.

Selection

If there are more eligible applicants than course places, a selection is made. Selection is based on the merits of the applicants. The assessment will take particular account of experience/activities focused on and related to the course content.

Language of instruction

EN English as main language

Course Content

During the course, the student develops knowledge and tools to be able to work primarily technically but also artistically in the circus discipline of handstand. The course consists of continuous training in handstand. The training introduces principles of safe training, risk analysis in training, physical and mental preparation, the structure of exercises. In tasks, discussions and feedback, the focus is on the student's technical development. At the beginning of the course, the teacher prepares an individual plan together with the student, where they go through how the student will work towards the course objectives.

Forms of teaching

Practical physical training under supervision and own work.

Learning objectives

After completing the course the student is able to:

1. physically demonstrate an understanding of the basic figures/building blocks of handstands and of technique and skill development,
2. demonstrate the ability to technically and artistically develop knowledge and skills in the circus discipline of handstand
3. perform risk analysis and discuss how to train safely in handstands,
4. demonstrate an understanding of the importance of preparation, goal setting and planning in their training to achieve set goals.

Examination

(1001) Practical presentation, 6.5 credits, regarding learning outcomes 1-2, grades Fail (U) or Pass (G)

(1002) Discussion, 1 credit, regarding learning outcomes 3-4, grades Fail (U) or Pass (G)

If there are special reasons, the examiner may, after consultation with the course teacher, allow the student a re-examination opportunity where the student is examined through another but pedagogically equivalent form of examination. Each case is assessed individually.

If a student has a decision from Stockholm University of the Arts about special pedagogical support due to functional variance, the examiner can decide on alternative forms of examination in consultation with the student.

Course requirements

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Course Evaluation

The Course is evaluated in accordance with Guidelines for course evaluations (*Riktlinjer för kursvärderingar*).

Replaces previous course

The Course replaces *D2015G, Handstand, Specialisation 1, 7.5 credits*.

Overlaps other course

The Course overlaps, and cannot be included in a degree together with *D2015G, Handstand, Specialisation 1, 7.5 credits*.

Miscellaneous

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Course literature

for Course, First-cycle

Handstand, Specialisation I 7.5 credits, CI133G

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FEDEC pedagogical manuals - Support & Alignment : In Search of Balance. Can be downloaded from: <https://www.fedec.eu/en/article/190-support-alignment-in-search-of-balance-2017-intents-project>

FEDEC pedagogical manuals - Acrobatics: Handstand, Hand To Hand, Banquine. Can be downloaded from: <https://www.fedec.eu/en/article/207-acrobatics-handstand-hand-to-hand-banquine-intents-project>

FEDEC pedagogical manuals - Theory, Guidance and Good Practice for Training. Can be downloaded from: <https://www.fedec.eu/en/article/202-theory-guidance-and-good-practice-for-training-new-edition-2010-intents-project>

Shorter articles or video material may be added.