



## Course syllabus

### Handstående, specialisering 2, 7,5 högskolepoäng *Handstand, specialisation 2, 7,5 credits*

**Course Code:**  
**Department:** Department of Circus  
**Grading Scale:** Fail, Pass  
**Education:**  
Freestanding course

**Main Field of Study:** Circus  
**Level of Progression:** GXX  
**Established by:** The Board of Course Syllabi  
**Date of Decision:** DD/MM/20YY  
**Date of Revision:** DD/MM/20YY

**Education Cycle:** First cycle non beginners

**Valid from:** Autumn semester 2015

**Subject Group:** CI1

**Course Classification:**

Theater	100%
Click and select	%
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#### Entry Requirements

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General entry requirement for studies at the first cycle with the exception of Svenska 1,2,3 and Engelska 6 and

Specific entry requirement

- Handstand, Specialisation 1 7,5 credits or the equivalent

#### Selection

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If there are more eligible applicants than available places there will be a selection. Selection is based on the submitted documentation from eligible applicants. In the assessment we especially consider the experiences/activities that focus on, and have a relationship to, the contents of the course

#### Language of Instruction

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The main language of instruction is English

#### Aim

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The aim of the course is for the student to further develop knowledge and tools to be able to work both with circus technique and with the artistic aspects within handstand.

#### Course Content

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The course contains continuous training in handstand. The student works with principles in safe training, in risk analysis, in physical and mental preparation and in the building of exercises. The technical development of the student is the focus through assignments, discussions and

feedback. In the start of the course the teacher and the student work out an individual plan together, planning how the student should work towards the goals of the course.

Teaching methods

Practical, physical training under supervision and own work.

### **Intended Learning Outcomes**

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After completing the course the student is able to

- physically show a deepened understanding for the technique and development of his/her abilities within handstand
- carry out a risk analysis and discuss aspects of safe training within handstand
- show technical and artistic knowledge and abilities to create his/her own phrases with the fundamentals/building blocks within handstand
- show an understanding for the importance of preparation, setting goals as well as planning his/her training in order to reach the set goals, in dialog with the teacher and the examiner

### **Course Requirements**

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### **Examination**

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The course examination is done through a physical presentation as well as a discussion at the end of the course

In case a student fails the ordinary examination, the student has four more examination opportunities in order to pass the examination.

In special cases, for example, illness or injury, some parts can be examined through a special assignment. Each case is assessed individually in consultation with the head teacher/s and therapists (if applicable).

### **Grading criteria**

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Pass

The student has met the expected learning outcomes

Fail

The student has not met the expected learning outcome

## **Study Resources**

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Fedec (2013) *Manual for Acrobatics: Handstand, hand to hand, Banquine*

Can be downloaded from: <http://www.fedec.eu/wp-content/uploads/2013/11/m6en.pdf>

Visual recordings may be added