

## Healthy Practice

### Module Information

2022.01, Approved

#### Summary Information

Module Code	4513IABACT
Formal Module Title	Healthy Practice
Owning School	Liverpool Screen School
Career	Undergraduate
Credits	10
Academic level	FHEQ Level 4
Grading Schema	40

#### Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

#### Partner Teaching Institution

Institution Name
Institute of the Arts Barcelona

#### Learning Methods

Learning Method Type	Hours
Lecture	10
Practical	50
Seminar	5

#### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	September	28 Weeks

## Aims and Outcomes

Aims	The aims of the module are to: Provide a fundamental understanding of how to develop and maintain physical fitness, stamina and prevent injury. Provide a theoretical and experience-based understanding of the importance of warming-up the body and voice. Develop a knowledge and experience of healthy practice for the Voice. Introduce the practice of mindfulness and strategies to promote good mental health. Present an overview of current debates and developments within the performing arts sector. Support the students' learning through weekly year group meetings.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Identify methods for sustaining and developing a healthy, safe and expressive voice.
MLO2	2	Identify methods for sustaining and developing a healthy, safe and expressive body.
MLO3	3	Distinguish practical approaches to promote good mental health for the student and performer.

## Module Content

Outline Syllabus	<p>Healthy Practice: Body, Mind &amp; Voice</p> <p>The syllabus will contain the following components:</p> <p><b>Body Conditioning and Somatic Practice:</b> Physical fitness regimes will be delivered to improve students' physical condition (strength, stamina, speed, and suppleness in the body, motor skills, cardiovascular fitness and healthy and safe practice). A working knowledge of anatomy and physiology will be introduced to help students develop an understanding of their body, and the fundamentals of healthy and safe practice. A range of somatic practices (from for example - Pilates, Yoga, Alexander Techniques) will be taught to develop a sense of the psycho-physical unity in the mind-body relationship.</p> <p><b>Vocal Health:</b> Students will develop strategies and regimes to learn how to produce their voices effectively for performance. Students will develop an understanding and awareness of the vocal process, and the differing physical apparatus involved in the creation of the actors' voice. A key element of this module will be introducing students to safe practice, to ensure a sustainable voice. They will explore vocal preparation and warm up techniques, and learn basic aspects of vocal health, anatomy, and vocal injury prevention.</p> <p><b>Mindfulness:</b> Students will be introduced to the practice of mindfulness and strategies to develop and maintain good mental health.</p>
Module Overview	
Additional Information	This module equips students with foundational skills and knowledge promote and maintain healthy practice. Assessment is via a Presentation.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Presentation	100	0	MLO1, MLO2, MLO3

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
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**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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