



UNIVERSITI TEKNOLOGI MARA

CTT233: BASIC BIO MECHANIC ANATOMY

Course Name (English)	BASIC BIO MECHANIC ANATOMY APPROVED
Course Code	CTT233
MQF Credit	2
Course Description	This course aims to expose students to identify the basic figural movements through physical action processes, characterizations and stage compositions. Physical theatre focuses on expressions of movements, skeletal and muscular systems, and body strengths to enable students to perform creatively.
Transferable Skills	Demonstrate ability to manage personal performance to meet expectations and demonstrate drive, determination, and accountability.
Teaching Methodologies	Lectures, Blended Learning, Studio, Demonstrations, Practical Classes
CLO	CLO1 Express an energetic stage movement with the basic knowledge of the skeletal and muscular system. CLO2 Construct and organize body movement creatively. CLO3 Present a captivating performance.
Pre-Requisite Courses	No course recommendations
Topics	
1. Introduction to body function 1.1) Relaxation 1.2) Posture and Alignment	
2. Posture and Alignment 2.1) Body	
3. Spine study 3.1) Sequential Relaxation 3.2) Breathing 3.3) Swing and Up	
4. Psychology and Emotionally Preparation focusing 4.1) Physical Center 4.2) Mental center 4.3) Emotional center Motivation 4.4) Unifying Force	
5. Body movement Discipline 5.1) Standing Exercises 5.2) Floor Exercises 5.3) Ending the warm up 5.4) The Chakras	
6. Movement exploration 6.1) Isolation of the parts 6.2) Self-Contact and sensations 6.3) Journey through the body 6.4) Movement Initiation	

7. Movement exploration 7.1) Mirror Study 7.2) Blossoming and Withering 7.3) Facial Masks
8. Observation and Imitation Body Movement 8.1) Imitation and Movement
9. Movement improvisation through music 9.1) Music Interpretation
10. Movement elements Space Explorations 10.1) Space 10.2) Energy 10.3) Time 10.4) Gesture
11. Energy 11.1) Energy quality 11.2) Transformation of time
12. Time 12.1) Principle of time
13. Movement and acting 13.1) Studio works
14. Physicalization in character 14.1) Physicality

Assessment Breakdown	%
Continuous Assessment	60.00%
Final Assessment	40.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Analysis of body movement	20%	CLO2 , CLO3
	Practical	Laban Movement Analysis (LMA)	20%	CLO2 , CLO3
	Presentation	Individual dance Movement	20%	CLO1 , CLO2

Reading List	Recommended Text
	<ul style="list-style-type: none"> • Karen Sue Clippinger 2006, <i>Dance anatomy and kinesiology</i>, 2ND Edition Ed., Human Kinetics; 1 edition [ISBN: 978-088011531] • Jo Ann Staugaard-Jones 2011, <i>The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga</i>, North Atlantic Books; 1 edition United Kingdom [ISBN: 978-158394351] • Peter McGinnis Hardcover, <i>Biomechanics of Sport and Exercise With Web Resource and MaxTRAQ 2D Software Access-3rd Edition Mar</i> 3 edition Ed., Human Kinetics [ISBN: 978-073607966] • Jacqui Greene Haas 2010, <i>Dance Anatomy (Sports Anatomy)</i>, Human Kinetics; 1 edition [ISBN: 978-073608193]
Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources