Course syllabus

Handstående, specialisering 3, 7,5 högskolepoäng
*Handstand, Specialisation 3, 7,5 credits*

**Entry Requirements**

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

Specific entry requirement

- Handstand, Specialisation 2 7,5hp or the equivalent

**Selection**

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**

The main language of instruction is English.

**Aim**

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**

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

After completing the course the student is able to

- physically show a deepened understanding for the technique and development of his/her artistic abilities within handstand
- carry out a risk analysis and discuss aspects of safe training within handstand
- elaborate with the figures/building blocks in handstand and experiment with links to be able to create longer phrases and own act and to discuss the choices in relationship to his/her own artistic expression.
- reflect on 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

Examination
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).

Replaces a previous course
The course replaces .

Overlaps another course
The course overlaps and cannot be included in a degree together with Click and select.

Comments
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Grading criteria

Pass
The student has met the expected learning outcomes

Fail
The student has not met the expected learning outcome

Study Resources
Video recordings might be added.