Course syllabus

Handstående, specialisering 1, 7,5 högskolepoäng
Handstand, specialisation 1, 7,5 credits

Course Code: D2015G
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
Valid from: Autumn semester 2015

Entry Requirements
General entry requirement for studies at the first cycle with the exception of Svenska 1,2,3 and Engelska 6 and
Specific entry requirement
- 7,5 credits in circus 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 develop knowledge and tools to be able to work primarily with circus technique but also 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 an understanding for both the fundamentals/building blocks within handstand as well as for the technique and development of his/her abilities
- carry out a risk analysis and discuss aspects of safe training within handstand
- develop technical and artistical knowledge and abilities within the circus discipline 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**
- 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).

**Grading criteria**

Pass

The student has met the expected learning outcomes

Fail

The student has not met the expected learning outcome

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


Visual recordings may be added