

课程详述

COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	课程名称 Course Title	体态律动 Dalcroze Eurhythmics				
2.	授课院系 Originating Department	公共基础课部 Base Course Department				
3.	课程编号 Course Code	DHSS001				
4.	课程学分 Credit Value	1				
5.	课程类别 Course Type	通识选修课程 General Education (GE) Elective Courses				
6.	授课学期 Semester	春季 Spring / 秋季 Fall				
7.	授课语言 Teaching Language	中文 Chinese				
8.	授课教师、所属学系、联系方式 (如属团队授课, 请列明其他授课教师) Instructor(s), Affiliation & Contact (For team teaching, please list all instructors)	盛元瑾 艺术中心 电话 13130047606 Sheng Yuanjin				
9.	实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact	无 NA				
10.	选课人数限额(可不填) Maximum Enrolment (Optional)	20				
11.	授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other (Please specify)	总学时 Total
	学时数 Credit Hours	8	8	8	8 (排练与表演)	32

12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements	
13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite	
14. 其它要求修读本课程的学系 Cross-listing Dept.	面向所有学系 Provided to all academic departments

教学大纲及教学日历 SYLLABUS

15. 教学目标 Course Objectives

《体态律动》这一课程基于著名的瑞士音乐家、教育家爱弥尔·雅克·达尔克罗兹的体态律动教学体系，在听音乐的同时，以身体来体验音乐，并将这种体验化为感受和认知。我们要求学生把身体作为乐器，将听到的音乐再现出来。其最重要的作用是唤醒学生潜在的音乐意识，最大程度的调动身体各部分的机能，训练自身对音乐的感知能力。从而在社会学，心理学，运动学以及音乐学层面发展学生的能力。其中包括集体意识，社会认同感，认识与自我认识，好奇心，主动性，实践能力，创造力，运动能，协调性，以及音乐的鉴赏力，审美观等等。

Therefore, the students can develop their abilities from the perspective of sociology, psychology, kinematics and musicology, including collective consciousness, social identity, recognition and self-recognition, curiosity, initiative, practical ability, creativity, athletic ability, coordination, music appreciation and aesthetics.

As a course, Dalcroze Eurhythmics is derived from the body rhythm teaching methodology proposed by Emile Jaques-Dalcroze, a well-known Swiss musician and educator. According to this methodology, the music should be experienced with the body at the time of listening to music and such experience is then converted into feelings and cognitions. The pace of human beings' explorations into the relation between sounds and actions can be traced back to ancient times, just as what we have deemed, music and dancing is inseparable. No matter how you move your body, shake your arms or gently open your palms, such spontaneous body movement reactions can be closely linked to auditory senses.

16. 预达学习成果 Learning Outcomes

1. 全面提高学生的人文艺术素养以及审美情趣。

1. The students can enhance their artistic accomplishment and aesthetic taste.

Comprehensively improve students' humanistic quality, artistic accomplishment and aesthetic taste.

2. 通过对音响的运用和情感的体验，培养学生对音乐的感受力以及敏感力。

2. The students can, through sound application and emotional experience, develop their musical sensibility.

Cultivate students' aesthesis and sensitivity to music through the application of acoustic and the emotional experience.

3. 发展运动能力，肌张力，协调性，对肢体的控制能力将被细化与分层，从大肢体部分到精密

肢体部分，从大幅度动作到精细的动作。加强自我认识。

3. The students can develop their exercise capacity, muscle tension, coordination, refine and layer the control of the body from large body parts to precision body parts, from large-scale movements to fine movements, and intensify self-recognition.

4. 认识相互间的影响与关系，个体与团队的关系，与同伴间的关系，与器材的关系和与空间的关系。

4. The students can understand the mutual influence and relationship, the relationship between individual and team, and the relationships with companion, instruments and with the space.

5. 培养艺术审美能力。

5. The students can develop art aesthetic ability.

6. 训练和提高学生的舞台编排能力。

6. The students can train and improve their stage scheduling skills, Train and improve students' capabilities of creation on the stage.

7. 体验和感知各种不同风格的音乐类型。

7. Experience and perceive different types of music.

Experience and perception of various music genres of different styles.

17. 课程内容及教学日历（如授课语言以英文为主，则课程内容介绍可以用英文；如团队教学或模块教学，教学日历须注明主讲人）

Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)



第一章，体态律动理论基础，基础肢体发展训练，（4 学时）

Chapter I: theoretical basis of body rhythm and basic body development training, (4 credit hours)

第二章，体态律动的意义，发展手段，作品鉴赏，分析，反馈与讨论。（4 学时）

Chapter II: meaning of body rhythm, means of development, appreciation of works, analysis, feedback and discussion (4 credit hours)

第三章，肢体拓展训练，运用动作表达音乐，认识时间，空间，力量与相互关系在体态律动中的作用与表达方法（4 学时）

Chapter III: body development training, music expression with body, understanding of the role and expression method of time, space, strength and mutual relationship in body rhythm (4 credit hours)

第四章，声音感知拓展训练，运用有意义声音，无意义声音，有节奏，非节奏的声音，不同音量的声音，带有音调的声音，带韵脚的声音等完整创造音乐的过程（4 学时）

Chapter IV: sound perception training and complete process of creating music using meaningful sound, meaningless sound, rhythm and non-rhythmic sound, sound of different volume, sound with tone and sound with rhythm (4 credit hours)

第五章，打击乐基础训练，认识打击乐器，学习奏法，认识节奏，典型节奏组合以及开始创编节奏组合（4 学时）

Chapter V: basic training of percussion music, general knowledge of percussion instruments, performance method, introduction to rhythm, typical rhythm combination and creation of rhythm combinations (4 credit hours)

第六章，不同作品发展手段的结合与运用（4 学时）

Chapter VI: combination and application of development means of different works (4 credit hours)

第七章，作品排练与分析和反馈（4 学时）

Chapter VII: work rehearsal, analysis and feedback (4 credit hour)

第八章，体态律动舞台表演编排（4 学时）

Chapter VIII: stage performance arrangement of body rhythm (4 credit hours)

The first week, theoretical basis of posture rhythm, basic physical development training, development training on perception of sound（8 credit hours）

The second week, fundamental training of percussion music（8 credit hours）

The third week, physical development training（8 credit hours）

The fourth week, arrangement of theatrical performance of posture rhythm（8 credit hours）

18. 教材及其它参考资料 Textbook and Supplementary Readings

1. Steffen-Wittek, Marianne, 音乐-律动-舞蹈 in: Jank, Werner (Hrsg.): 音乐教育实践手册 (第一级和第二级), 柏林 2005, Cornelsen Scriptor 出版社
1.Steffen-Wittek, Marianne, Musik - Bewegung - Tanz, in: Jank, Werner (Hrsg.): Musikdidaktik. Praxishandbuch für die Sekundarstufe I und II, Berlin 2005, Cornelsen Scriptor
2. Steffen-Wittek, Marianne, 在 Helms 的体态律动, S./Schneider, R./Weber, R. (Hrsg.): 音乐教育实践, 卡塞尔 2001, Gustav Bosse 出版社
2.Steffen-Wittek, Marianne Rhythmik, in: Helms, S./Schneider, R./Weber, R. (Hrsg.): Praxis der Musikpädagogik, Kassel 2001, Gustav Bosse Verlag
3. Tauscher, Hildegard, 体态律动原本性音乐教育实践, 柏林 1969, Merseburger 出版社
3.Tauscher, Hildegard, Praxis der rhythmisch-musikalischen Erziehung, Berlin 1969, Merseburger
4. Tervooren, Helga, 蒙特梭利教学法与体态律动原本性音乐教学在改良教学模式中的关系, 艾森 1999, Die Blaue Eule 出版社
4.Tervooren, Helga, Montessori-Pädagogik und Rhythmisch-Musikalische Erziehung im Kontext reformpädagogischer Modelle, Essen 1999, Die Blaue Eule
5. 德国音乐教育联盟, 体态律动: 第 9 册, 面向成人的体态律动原本性音乐教育. Regensburg 1996, ConBrio 出版社
5.VdM (Hrsg.), Rhythmik, Bd. IX: Handreichungen zum Erwachsenenunterricht an Musikschulen, Regensburg 1996, ConBrio
6. Vliex, Sabine/Klöppel, Renate, 通过体态律动的辅助-认识, 理解, 炒作中引人注目的变化. Freiburg im Breisgau 1992, Herder 出版社
6.Vliex, Sabine/Klöppel, Renate, Helfen durch Rhythmik. Verhaltensauffällige Kinder erkennen, verstehen, richtig behandeln, Freiburg im Breisgau 1992, Herder
7. Vogel-Steinmann, Brigitte, 什么时体态律动? 分析与确认体态律动原本性音乐教育, Regensburg 1979, ConBrio 出版社
7.Vogel-Steinmann, Brigitte Was ist Rhythmik? Analyse und Bestimmung der rhythmisch-musikalischen Erziehung, Regensburg 1979, ConBrio

教学评估 ASSESSMENT

19. 评估形式 Type of Assessment	评估所需时间 Duration	占考试总成绩百分比 % of final score	违纪处罚 Penalty	备注 Notes
出勤 Attendance		20		
课堂表现 Class Performance		40		

小测验 Quiz				
课程项目 Projects				
平时作业 Assignments				
期中考试 Mid-Term Test				
期末考试 Final Exam		40		
期末报告 Final Presentation				
其它（可根据需要 改写以上评估方式） Others (The above may be modified as necessary)				

20. 记分方式 GRADING SYSTEM

A. 十三级等级制 Letter Grading
 B. 二级记分制（通过/不通过） Pass/Fail Grading

课程审批 REVIEW AND APPROVAL

21. 本课程设置已经过以下责任人/委员会审议通过
 This Course has been approved by the following person or committee of authority

