

**BODY OF KNOWLEDGE**  
**Arts & Sciences 1138, Freshman Seminar**  
**Semester, 1 Credit Hour**  
**Monday, 3:00-3:55, Sullivant 247**

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**Sullivant 316**  
Office Hours: Monday 4 - 5

**Course Description**

Are you athletic but still feel awkward? Want to develop better empathy and observation skills? Feel like your body is simply there to carry your head around? Want to feel more attractive and confident? This course will survey body awareness, grace in action, and holistic approaches to health and wellness. Note, no prior experience with any movement practice is required. Specially-abled individuals welcome too.

Beginning with body mapping, we will interrogate mental, physical, and cultural blockages that might prevent ease and coordination. Topics include kinesthetic sense, proprioception, full listening, breath, and peripheral vision. Students will be introduced to the underlying principles of some somatic practices including Alexander Technique, Bartenieff Fundamentals, and yoga. Activities include games for improvisation skills, empowerment for public speaking, and notions regarding “thinking on ones feet.”

Throughout the semester students will be asked to consider practical applications and every day scenarios where being fully “in” one’s body can affect choices, perceptions, and outcomes. This survey course has application to students pursuing interest in the arts, medicine, nursing, education, cultural and language studies, and business, to name a few.

The class sessions consist of movement activities and experiential learning. Assignments consist of 6 20-min activities designed to foster daily practice of attention, health, and awareness. Some activities are physical exercises; some are reading and reflection in a journal. The course will explore how to develop kinesthetic intelligence with the assumption that mental cognition and creativity is sharpened with embodied participation.

By the end of the course the students should demonstrate:

- Increased body awareness and activation of the senses
- Improved general coordination
- Ability to notice tension patterns in self
- Ability to use body knowledge in everyday situations for improved sense of well-being

**Texts/Materials**

- Course Packet will be available at OSU Bookstores; weekly short articles to be read before Monday class.
- Required journal (sketch pad style – must be unlined blank pages)

## Course Policies

- Attendance is critical for a passing grade. Excused absences allowed only if due to documented illness or family emergency.
- Class participation: Come prepared to move a little, lie on the ground, do some yoga, go for a walk, etc. Wear comfortable clothes that can stretch or move with you, and shoes good for walking. Participation is expected in all activities (there is no “sitting out” and observing); everyone is expected to participate in discussions offering observations, questions, reactions, or drawing relationships between activities, readings, other bodies of knowledge, personal accounts, etc. Participation is expected to be courteous, inquisitive, open, generous, and discerning.
- Students will keep a journal, with weekly writing (and other) prompts provided in class. Journals due each week, showing the instructor in class that entries have been made.
- Every 5 weeks, online summaries of journal entries due, and comment on 2 entries.
- As a 1 credit course, approximately 3 hours of work effort per week is expected. 1 hour is in class, 2 hours are for practice, journal writing, and reading. Six 20-minute assignments will be given each week for those 2 hours of work; activities include exercise, meditation, reading, drawing, walking, talking, to name a few.

## Grading

This course will use Satisfactory/Unsatisfactory (S/U) grade, with 80% as passing grade.

- Attendance and quality of in-class participation: 60% (4 points a week)
- Evidence of accomplishing weekly journal entry: 15% (1 point a week)
- Online summaries, each one 5% x 3: 15%
- Online comments on 2 classmate entries, at week 5 and week 10, each 2.5%x 4= 10%

## Academic Misconduct

It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term “academic misconduct” includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct ([http://studentlife.osu.edu/pdfs/csc\\_12-31-07.pdf](http://studentlife.osu.edu/pdfs/csc_12-31-07.pdf)).

## Students with Disabilities

Students with disabilities that have been certified by the Office for Disability Services will be appropriately accommodated and should inform the instructor as soon as possible of their needs. The Office for Disability Services is located in 150 Pomerene Hall, 1760 Neil Avenue; telephone 292-3307, TDD 292-0901; <http://www.ods.ohio-state.edu/>.

**BODY OF KNOWLEDGE**  
**Arts & Sciences 1138 - Weekly Schedule**

**Week 1 – Self Image – Where and Who are you?**

DUE: Purchase journal and reading packet

ASSIGNMENT: Six 20-minute activities on self image; includes readings and journal

**Week 2 – Body Mapping – Experiencing the major joints and alignment**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on body mapping; includes readings and journal

**Week 3 – Body Awareness – Kinesthetic Sense**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on kinesthetic sense; includes readings and journal

**Week 4 – Body Awareness - Proprioception**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on proprioception; includes readings and journal

**Week 5 – Body Awareness – Aural and Vision Senses**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on aural/visual; includes readings and journal

**Week 6 – Breath**

DUE: Journal entry; online summary of Weeks 1-5; online response to two other students

ASSIGNMENT: Six 20-minute activities on breath; includes readings and journal

**Week 7 – Somatics - Overview**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on body and mind; includes readings and journal

**Week 8 – Somatics - Yoga**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on yoga; includes readings and journal

**Week 9 – Somatics– Alexander Technique**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on Alexander method; includes readings and journal

**Week 10 – Somatics– Bartenieff Fundamentals**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on basic patterns; includes readings and journal

**Week 11 - Touch - Contact Improvisation**

DUE: Journal entry; online summary of Weeks 6-10; online response to two other students

ASSIGNMENT: Six 20-minute activities on touch; includes readings and journal

**Week 12 - Improvisation and Thinking on Your Feet**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on improvisations; includes readings and journal

**Week 13 - Improvisation and Thinking on Your Feet**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on problem solving; includes readings and journal

**Week 14 - Public Speaking and Other Applications**

DUE: Journal entry - reflection on other activities assigned

ASSIGNMENT: Six 20-minute activities on personal investigations; includes journal

**Week 15 (Finals Week):**

Final meeting for experiential reflection and assessment

DUE: Journal entry; online summary of Weeks 11-15

**Partial Bibliography:**

Cohen, Bonnie Bainbridge, Sensing, Feeling, and Action, Contact Editions. Northampton, MA: 1993

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Farhi, Donna. The Breathing Book, Henry Holt and Co., NY: 1996

Fitt, Sally Sevey. Dance Kinesiology. NY: Schirmer Books, 1988

Iyengar, B.K.S. Light on Yoga. New York: Schocken Books, 1979

Lasater, Judith, Relax & Renew, Rodmell Press, Berkeley, 1995

Mehta, M., et. al, Yoga: The Iyengar Way., Alfred A. Knopf, NY: 1996

Rama, Swami, et.al., Science of Breath, A Practical Guide; Himalaya International Institute, 1979

Olsen, Andrea. Body Stories, A Guide to Experiential Anatomy, Station Hill Press, Barrytown, NY: 1991

Scaravelli, Vanda. Awakening the Spine, The Stress-free New Yoga That Works with the Body to Restore Health, Vitality and Energy; Harper San Francisco, 1991

Sontag, Jerry, Ed. Curiosity Recaptured; Exploring the Ways We Think and Move, San Francisco: Mornum Time Press, 1996