



課 綱 Course Outline  
音樂學系學士班

中文課程名稱 Course Name in Chinese	表演者的費登奎斯方法(二)				
英文課程名稱 Course Name in English	The Feldenkrais Method for Performers (II)				
科目代碼 Course Code	MUS_29610	班 別 Degree	學士班 Bachelor's		
修別 Type	學程 Program	學分數 Credit(s)	1.0	時 數 Hour(s)	1.0
先修課程 Prerequisite					
課程目標 Course Objectives					
表演者的費登奎斯方法 (二)					
1. 深化表演者對自身身體地圖的覺察能力					
2. 有機自我學習能力					
3. 費登奎斯方法與壓力管理					
4. 表演者的自我照護					
系教育目標 Dept.'s Education Objectives					
1	培養理論與實務兼備之音樂表演、教育人才 To cultivate professionals mastering in both theory and practice in musical performance and education.				
2	培養具人文藝術涵養與跨領域整合能力之音樂人才 To cultivate musical professionals possessing cultural/artistic dispositions and interdisciplinary abilities.				
3	培養具社會關懷與國際視野之音樂人才 To cultivate musical professionals possessing societal concerns and international visions.				
系專業能力 Basic Learning Outcomes				課程目標與系專業能力相關性 Correlation between Course Objectives and Dept.'s Education Objectives	
A	具備音樂研究之專業能力。 To possess professional capabilities in musical research.				
B	具備音樂演出之專業能力。 To possess professional capabilities in musical performance.				

C	具備音樂理論之專業能力。 To possess professional capabilities in music theory.	
D	具備音樂教學之專業能力。 To possess professional capabilities in music education.	
E	具備音樂專才應有之文化視野以及社會關懷的溝通與實踐能力。 To possess cultural visions and capabilities in communication and fulfillment for societal concerns as required for musical professionals.	

圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated

課程大綱  
Course Outline

1. 費登奎斯方法團體課程 “動中覺察”  
1. The Feldenkrais Method group class: “Awareness Through Movement”
2. 大師班：如何將費登奎斯方法概念應用於音樂演奏與練習  
2. Master Class: How to apply the Feldenkrais Method to music performance and practice
3. 問題與討論 Q&A

資源需求評估（師資專長之聘任、儀器設備的配合．．．等）  
Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.)

師資須為國際費登奎斯身心整合教育協會認證(Guild Certified Feldenkrais Practitioner?CM)的合格教師  
可接耳掛式無線麥克風，音質良好的音響設備；瑜伽球/韻律球一顆  
地墊/巧拼；安靜不受干擾的教室；鋼琴；樂器

課程要求和教學方式之建議  
Course Requirements and Suggested Teaching Methods

嘗試錯誤法，實驗與探索  
Trial-and-Error approach, experiment and exploration

其他  
Miscellaneous

由於每個人都是獨一無二的個體，適合別人的不一定適合自己。學生需要學習增加自身的覺察以及有機的學習能力，以發掘與生俱有的潛能。幫助學生成為自己的老師是最終極的目標。對他們的未來是無與倫比的重要。為了設置良好的自我照護和學習環境，學生需要在一個安全不怕犯錯的探索環境以找尋適合自己的方式，因此無法使用傳統的標準來評分  
Everyone is a unique individual. What is good for others may not be suitable for the one. Students will learn to improve their awareness and organic learning ability in order to discover their own potential. Helping students learning to be their own teacher is the ultimate goal. It will be extremely important for them in the future. For creating a good self-care and learning environment, students need to feel safe---feeling free to explore and feeling free to make mistakes. Those trial-and-error experiments would help them finding their own ways. Therefore, the traditional grading method may not be suitable.