

# Assignment Questions

3000 Words

**Choose from one of the following questions or propose a topic of interest to you:**

1. Dr Rolf proposed that: “The human body is not static; it’s plastic and that plastic quality enables a person’s body to be realigned into a more optimally functioning and feeling human being.”.

Discuss this idea in terms of recent findings in fascial physiology and neuroplasticity. You may want to include an overview of how the understanding of these two fields of study has evolved over time.

2. Local muscle tone is strongly influenced through treatment of the myofasciae. Furthermore, whole body changes in tone are developed through the structural integration process.

Discuss these two related aspects of tone - local and global - within both individual sessions and across the structural integration process. You will need to consider the implications for the body’s gravity response. There is also scope for contrasting the terms posture and structure.

3. The effects of SI are frequently described in terms of feelings of well-being that extend beyond the physical. Reports of emotional ease and mental clarity after SI are two examples.

Discuss how SI would create these changes. There are many ways to engage with this. You can enter into the discussion through biology and neuro-science. You might also consider character formation as a bodily process, worldview as a somatic experience and writings on the body-as-self.

4. Dr Rolf talked about establishing balance between the core and the sleeve. Students of Pilates use the term core to describe a number of abdominal and lumbo-pelvic structures. Dancer Hubert Godard has called the core “a coordination”. Others describe the visceral cavities as the core.

By comparing and contrasting at least three schools of thought on the “core”, develop answers to the questions “What is the core?” and “Why is it so important in SI?”.

### **Guidelines:**

The assignment is divided into two parts, a written component, due in the second last module, and an oral/poster presentation of about 10-12 minutes, to be made at the final module.

The assignment must demonstrate that you have researched your material through extensive reading. You must include references to research articles - at least 10 - as well as theoretical works - at least 8. A case study may be used although this must not represent more than 50% of the paper. The inclusion of personal experiences is encouraged. These should be contextualised

within larger theoretical considerations. The paper should be formal with citations, correct grammar and spelling. Papers submitted with typographical errors will be deemed to be incomplete and returned for revision.

Citation: In-Text \* (see guidelines)

Length: 3000 words

Presentation: Hard copy. Double-spaced. Double-sided is acceptable.

Font: Simple serif (Times, Cambria, Palatino, etc) or sans-serif (Helvetica, Gill sans, etc) fonts only.

The oral presentation will summarize your findings and conclusions. It must include some visual materials, either in the form of a poster presentation or Powerpoint.

#### \* **Basic In-Text Citation Rules**

In MLA style, referring to the works of others in your text is done by using parenthetical citation. Immediately following a quotation from a source or a paraphrase of a source's ideas, you place the author's name followed by a space and the relevant page number(s).

Human beings have been described as "symbol-using animals" (Burke 3).

When a source has no known author, use a shortened title of the work instead of an author name. Place the title in quotation marks if it's a short work, or italicize or underline it if it's a longer work.

Your in-text citation will correspond with an entry in your Works Cited page, which, for the Burke citation above, will look something like this:

Burke, Kenneth. *Language as Symbolic Action: Essays on Life, Literature, and Method*.

Berkeley: U of California P, 1966.