



DORDT COLLEGE

Digital Collections @ Dordt

---

Fall 2000

2000

---

Fall 2000

## HPER 034: Voice and Body Warm-Ups

Simon du Toit

Follow this and additional works at: <https://digitalcollections.dordt.edu/fall2000>

 Part of the [Health and Physical Education Commons](#)

---

I Course Title - HPER 034 Voice and Body Warmup

II Course Description

A program of regularly repeated exercises designed to improve the performer's physical flexibility and vocal strength and range.

III Course Objectives

A To improve physical and vocal flexibility and responsivity.

B To form habits and learn techniques which promote lasting physical and vocal health.

C To acquire specific skills and techniques needed for particular productions or classes.

IV Course Content Priorities

A Warmups overall will contain an even balance of vocal and physical techniques and exercises, although particular aspects may be stressed on particular days.

B Frequent repetition of basic warmup exercises during each seven week session will be stressed.

C Student leadership of warmups will be welcomed and encouraged.

V Method of Instruction

Exercises will be explained, demonstrated, practiced, and evaluated.

VI Major Assignments None

VII Evaluation

Evaluation will be Pass/Fail, based on attendance and participation.

VIII Textbook None