

- **課程名稱：現代爵士舞 ~ 初階**
- 課程簡介：
  - 本課程揉合爵士舞節奏活潑的舞步及現代舞著重身體流動及感覺表達的特色，透過現代爵士舞的基礎訓練；提升身體的協調及靈活性，享受舞動身心去抒發與表達自己的快樂
- 課程內容：
  - 暖身伸展：由韻律暖身與伸展開始+運用正確伸展法，減少肌肉與肌腱拉傷
  - 肌力鍛鍊：配合基礎肌力訓練、融合流暢舞蹈動作組合，增加關節靈活與柔韌度
  - 藉導師編排的現代爵士舞小品，引導學員感受肢體律動，體驗舞動帶給生活的能量與快樂。

備注：

\* 本課程歡迎任何對現代爵士舞有興趣人士，無需舞蹈經驗

日期: 2024年3月11日至5月6日(4月1日公眾假期除外) 共8堂(逢星期一)

時間: 下午1時2時

地點: LG1027

導師: 杜美寶小姐

- CSTD 澳洲聯邦舞蹈教師協會-現代爵士舞教師證書
- 美國 New York Peridance Capezio 舞蹈學院-Dance Studies Program 證書
- AASFP 亞洲運動及體適能專業學院 -伸展教練證書

授課語言: 廣東話 (如有需要可輔以英語)

名額: 12人

收費: 會員\$800; 非會員\$830 (請在第一課付款)

網上報名, 先到先得, 教職員協會會員/附屬會員優先:

[https://ust.az1.qualtrics.com/jfe/form/SV\\_0SyY1IRmSSnhC8m](https://ust.az1.qualtrics.com/jfe/form/SV_0SyY1IRmSSnhC8m)

報名截止日期: 2024 年 3 月 7 日

查詢: 蘇小姐 (電郵 [shyucs@ust.hk](mailto:shyucs@ust.hk))

**\*成功報名者, 將會收到電郵通知, 不成功者, 不會獲得通知**

歡迎非會員加入本會, 享用會員福利, 年費港幣 30 元.

登記網址: [http://staff.ust.hk/membership\\_form.html](http://staff.ust.hk/membership_form.html)

所有參加者都必須是科大教職員或教職員協會會員/附屬會員

### **Course Name: Modern Jazz ~ Elementary**

- Course Introduction:
  - The course using basic training of modern jazz, by integrating the lively rhythm of jazz dance with the modern dance which focuses on body flow and sensory expression; elevates the coordination and flexibility of the body, let's experience the joyfulness of expressing ourselves by dancing with body and mind.
- Course Content:
  - Warm-up and Stretching: start with rhythmic warm-up and stretching + using proper stretching methods to reduce muscle and tendon strain
  - Muscle strength training: by using the basic muscle strength training, combined with smooth dance movements to enhance overall body flexibility
  - Learn a modern jazz dance piece choreographed by instructor for students to feel the rhythm of the body and experience the energy and happiness that dance brings to life.

Remarks:

- \* No dance experience required, welcome to anyone who is interested in Modern Jazz dance

Date: 11 March to 6 May 2024, every Monday (except 1 April public holiday) 8 sessions

Time: 1:00pm to 2:00pm

Venue: LG1027

Instructor: Ms. Mable Too

- CSTD Australian Commonwealth Dance Teachers Association-Modern Jazz Dance Teacher Certificate
- New York Peridance Capezio Dance Academy-Dance Studies Program Certificate
- AASFP Asian Academy of Sports and Fitness Professionals - Stretching Instructor Certificate

Medium of instruction: Cantonese (supplemented by English if necessary)

Quota: 12 people

Registration: [https://ust.az1.qualtrics.com/jfe/form/SV\\_0SyY1IRmSSnhC8m](https://ust.az1.qualtrics.com/jfe/form/SV_0SyY1IRmSSnhC8m)

Fees: Member \$800; Non-member \$830 (Please pay in lesson 1)

Non-members are welcome to join Staff Association to enjoy member benefits. Annual fee is \$30.

SA membership application form can be downloaded at:

[http://staff.ust.hk/membership\\_form.html](http://staff.ust.hk/membership_form.html)

Deadline: 7 March, 2024

Enquiry: Ms. So (Email: [shyics@ust.hk](mailto:shyics@ust.hk))

\*An email will be sent to successful registrants. Unsuccessful registrants will not be notified

