RICE UNIVERSITY

LIFETIME PHYSICAL ACTIVITY PROGRAM
COURSE OUTLINE

Course: CAPOEIRA
Instructor: Damon Bowens
Semester: Spring 2011
Department: Recreation Center
Phone: 713-515-9604
E-mail: peakfit@gmail.com
Online at: www.brazilianarts.org

REQUIRED MATERIAL: Capoeira: A Brazilian Art Form by Bira Almeida, Pen/ Pencil. And a composite book

I. COURSE OBJECTIVES

- The student will define Capoeira, understand how it is played and familiarize himself/herself with the rules and traditions of this fascinating aspect of Brazilian culture.
- The student will build a stronger and healthier body through Capoeira, improving his/her coordination, stamina, strength and flexibility.
- The students will learn about the history, important figures, movements, and music of Capoeira.

II. TOPICS TO BE COVERED

- HISTORY
  o Traditions
  o Roots on Afro-Brazilian culture
  o Significant persons and historical events

- BASIC MOVEMENTS
  o Ginga: the basic upright movement of the capoeirista, everything derives from the ginga. The dance, the fight, the self-defense and the strategy of the game rely on this element.
  o Esquivas: the evasion movements. A capoeirista will not try to block the attacks; he/she will instead use the esquivas to evade and move into the “contra-attack”, which in combination with the ginga will allow the capoeirista to keep the flow of the game.
  o Negativa and Role: these are the basic ground movements. Used in combination with the ginga and the esquivas, these unexpected movements confuse the opponent in a fighting situation or game.
The capoeirista looks vulnerable on the floor, but his/her intention is to set up a trap. There are a lot of throws and take downs that may come from these positions to strike an upright attacker.

- **AU**: better known as cartwheel, this movement will give the base for some acrobat movements also will help the students to develop their balance upside down and better awareness of their body movements.

- **MUSIC**
  - Music is the soul of Capoeira. The music connects all of the physical elements and creates the energy for the game of Capoeira to be played. All the students will have opportunity to learn how to play the “berimbau” and the other instruments used in Capoeira. The student will also learn how to sing anywhere from 5 to 10 songs in Portuguese, giving them a chance to learn part of a different language and cultural expressions.
    - **Instruments:**
      - The “berimbau” is the instrument that commands the music and dictates the rhythm of the game. All the other instruments, the singing and the clapping will follow the berimbau.
      - The “atabaque” (drum)
      - The “pandeiro” (tambourine)

- **RODA**
  - Everything that we do in class is to get to this point. The roda is the time to put all the elements of Capoeira together. The “Roda” is a circle where the capoeirista express him/herself through the movements taught in class. Whether it is feeding the cycle with energy through the music or interacting with others in the martial art/dance aspect.

**III. PARTICIPATION POLICY**

- The student is expected to participate in all classes and have a positive attitude toward the art of Capoeira, towards his/her classmates, towards the exercises in class and of course toward himself/herself and his/her performance. Enthusiasm and desire to learn will affect the development of the student’s skills in class. Being on time and staying to the end of the class is also part of participation. **Please make sure to bring a pen and paper to every class.**
IV. ATTENDANCE POLICY

- The attendance policy for LPAP courses that meet once a week will be as Follow:
  Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one “free” absence (or late +10 min). Should a student miss an additional class, she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the within two weeks of the absence. If a student fails to make up a missed second class, his/her final grade will drop by one grade letter.

  Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course. Students that are ill are still required to come to and observe class and take note or practice instruments.

- Absences can be made-up by participating at regular Capoeira classes outside Rice University. These classes are held at the Brazilian Arts Foundation located on 1133 E. 11th Street, Houston, TX 77009, Mondays from 7:30 to 9pm, Wednesdays from 8 to 9:30pm. There will be a fee of $10 for each class.

V. EVALUATION PRECEDURES

- Class participation and attitude –
  Make sure you read and understand everything on the participation policy; students will be evaluated according to that policy.

- Diary and Presentation –
  Students will be required to take a class log or diary of their activities and their thoughts about the information. There will be a presentation on your thought about how capoeira relates to your life and what philosophies that can be created.
- **Exam(s)** –
  The exam consists of questions about Capoeira. So is important that students pay attention to everything we talk about at the class and make notes of everything the instructor writes on the board.

VI. **CLASS ATTIRE**

- Capoeira pants and t-shirts can be purchased from the instructor or just wear any comfortable pants to workout. **Please no jeans and no shorts.**
- Shoes are optional, but Capoeira is most often played barefoot or with flat soled shoes.

**IMPORTANT NOTICE- ADA POLICY STATEMENT**

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

**VARIABLE CREDIT DISCLAIMER**

All Rice undergraduate students must satisfactorily complete two different non-credit LPAP classes in order to earn their baccalaureate degree. Once a student has met his/her graduation requirement, LPAP classes can be taken for one credit hour. If you HAVE NOT fulfilled your graduation requirement, you **MUST** select the non-credit option for your LPAP class.

**HONOR CODE VIOLATIONS**

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported
to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

**EXPECTATIONS**

Students are expected to practice the movement learned a maximum of 2 extra days of 30mins per session.

If you are taking this course for credit you will be required to write a paper about the art of Capoeira. The paper should be the result of your research, in your own words, no pictures and single spaces.

Copying fraises of a book or website for example will be a violation of the Honor code.

**THANK YOU FOR CHOOSING CAPOEIRA AS YOUR LPAP COURSE.**