

## **21<sup>st</sup> International Project Week 2019** **20<sup>th</sup> – 24<sup>th</sup> May 2019**

**Lecturer:** Marina de la Maza Escobedo and David Sitges

**University/Company:** Basket Beat: esport, art, educació i acció social

**Country:** Spain

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### **Basket Beat: Art, movement, education and social transformation**

#### **Content:**

- Community arts bases.
- Elements from the Basket Beat method: training group, stop moment, participant observation, socioeducational support, growth musical experience and transfer between dynamics, exercises and abilities for life.
- The role of education: heteronomy, the corporation, communication.
- Self-awareness or metacognition as the pillar of emotional intelligence.
- Influence of emotions in perception.

#### **Methods:**

We pretend to generate a training group to reach the contents proposed, being an active subject of the Basket Beat process. Through the musical creation and group dynamics with balls of basketball, we can identify and learn techniques and resources for our own socioeducational development.

#### **Competences and skills to be acquired:**

- Abilities for life, especially those that refer to learning to learn and learning to live together.
- Capacity to solve problems, analyze critically and make decisions for different contexts (academical, professional, personal, etc.)
- Ability to work in a team and develop creative proposals.
- Lead groups, initiatives, projects and professional teams.
- Incorporate art and culture as methodologies for the actions of the professionals participants.

#### **Prerequisites:**

Basket Beat's methodology is aimed to everyone. It can enrich and contribute to the participants' personal process, independently of their interests or academical formation.

#### **Language of instruction:**

English

#### **Recommended for:**

Sozialwissenschaften