



Pensar el cuerpo: de la expresión corporal a la conciencia "expresivocorporal", un camino creativo narrativo en la formación inicial del profesorado [

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text (article)

Analítica

The text offers a series of thoughts about the meaning of bodily expression as a part of physical education. This article talks about the ontological and epistemological bases as significant supports for a bodily expression that focuses on human expression. This is a way to discover corporal, self-awareness, and educational transformation. At the same time, the article introduces an alternative, reflective and critical proposal for the initial teaching training. It is based on the use of corporal stories (oral-written-visual stories, performances, etc.) and corporal awareness exercises from the Conscious System for the Movement Technique (CSMT). Both tools are plausible in a narrative-creative and self-expressive path. This is an important proposal for the subjective construction of expressive corporal awareness for future teachers

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