**History and Philosophy Paper**

1. Write a five- to seven-page paper outlining the history and philosophy of Eurhythmics. Include the following:
	1. A short history of Emile Jaques Dalcroze
	2. The years in Hellerau, Germany
	3. A connection of Dalcroze to other advances in the arts at the beginning of the 20th Century
	4. A description of the four major components: eurhythmics, rhythmic solfège, improvisation, and *plastique animée*
	5. A description of time, space and energy, and how they are related to the eurhythmics approach
2. Use a minimum of five resources (on-line resources are acceptable) and cite them in either APA or Chicago formats.
3. Style, format and mechanics follow normal conventions for academic writing.