

# Abstract

This study compared four subjects' body image scores, as measured by a semantic differentiation scale, before and after a series of Awareness Through Movement lessons. Four subjects were chosen to participate in this study based on their initial score on a semantic differentiation scale. The four subjects met with the researcher twice a week for 45 minutes each time to receive either tutoring or Awareness Through Movement lessons. Subject one received Awareness Through Movement lessons during the whole six week session. Subject two received Awareness Through Movement lessons for the first three weeks and one-on-one tutoring during the last three weeks. Subject three received one-on-one tutoring the first three weeks and Awareness Through Movement lessons during the last three weeks. Subject four received one-on-one tutoring during the whole six week session. The subjects completed a semantic differentiation scale before the study began, after three weeks, and at the end of the study.

The results indicated that a person who received Awareness Through Movement lessons scored higher on a semantic differentiation scale designed to measure body image, than a person who received one-on-one tutoring. The results also indicated that although the score on the semantic differentiation scale decreased slightly three weeks after the

person stopped the Awareness Through Movement lessons, the score did not revert back to the initial level.