



# AUSTIN COLLEGE

**THEA 244 Movement for Theatre**

**Spring 2016**

**Course Meetings: MWF 11:00 a.m.-12:20p.m.**

**Location: Ida Green Theatre**

“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”

—Nikola Tesla

“Do not move unless there is a reason to move, and the desire for variety is not enough of a reason.”

— Bertolt Brecht

## **INSTRUCTOR INFORMATION**

**Instructor:** Elizabeth Parks

**Phone:** 903-813-2567

**E-mail:** [eparks@austincollege.edu](mailto:eparks@austincollege.edu)

**Office Hours:** T/R 2:00 p.m.-3:30p.m.

**Office:** Ida Green, A114

**Contacting the Instructor:** You are welcome to come by during office hours, call, or email me. Please allow up to 48 hours for a response. Also, please use only your Austin College, email for spam filtration reasons

**COURSE DESCRIPTION:** This course will explore the psychophysical process of movement and its many manifestations as physical expression in performance. That is, we will explore how and why people move. We will examine the fundamentals of movement as well as specific training methodologies that provide something unique and important for the performer. Emphasis will be placed on proprioception, movement analysis, the development of imagination and the body-mind connection. Students will learn healthy physical mobility, elements of clear physical communication, and ways of improving physical dexterity and expressiveness.

## **Questions**

- What is movement?
- Why does movement occur?
- How does one organize ones psychophysical instrument in daily life?
- How do you organize your psychophysical instrument in extra-daily life on stage?
- Why is movement training necessary for the actor?

## **Expected Learning Outcomes:**

Upon successful completion of the course, the student will be able to:

- Practice an increasing awareness of the feeling process of the body.
- Explore the inter-connectedness of body-mind, breath, and movement as it pertains to daily and extra-daily life.

- Recognize habitual organization of the body-mind in space-time, composition, and context.
- Manipulate/Reorganize the body-mind in space-time through composition and context.
- Employ movement vocabulary from Viewpoints, The Suzuki Method, The Michael Chekhov Technique, and Rudolf Laban’s Effort Actions to evaluate movement.

**REQUIRED READING:** handouts or electronic documents as assigned

**COURTESY RULES:** Courtesy is crucial to a positive learning experience. (The greatest tool any theatre artist has is their professionalism! This is what keeps them employed, so let us begin practicing it today.)

What does professionalism include?

**Being on time-** this means being ready to work and in the circle at designated class time

**Being prepared-** this includes having read the material assigned, done the work assigned, and being dressed appropriately (see below for requirements on attire).

**Being “present”-** this means being an *active* participant in the room; being mindful and respectful of everyone in the room.

**Respecting the space-** Water is permitted, food and gum are not.

**ACADEMIC HONESTY:** Students are responsible for learning the content of this course as outlined by the instructor. The attainment of course content must be reached in an honest and forthright manner. Students who compromise the integrity of the academic process are subject to disciplinary action on the part of the college.

Violations Include but are not limited to:

Cheating, in any form, whether in formal examinations or elsewhere.

Plagiarism, using the work of others as one’s own without assigning proper credit to the source. Make sure to cite sources in work when three or more words of the original author are used.

Misrepresentation of any work done in the classroom or in preparation for a class.

Alteration of any documents pertaining to academic records.

Disruptive behavior in a course of study or abusiveness toward faculty or fellow students.

Completing any assignments during class that had been previously assigned.

**GRADING SCALE:**

A + 100-97	A 96-93	A- 92-90	F 59 and below
B+ 89-87	B 86-83	B- 82-80	
C+ 79-77	C 76-73	C- 72-70	
D+ 69-67	D 66-63	D- 62-60	

**Attendance:** Timelines and participation are crucial to excellence in the performing arts and in life in general. Regular attendance is **mandatory**.

- 1) Each student is allowed **three** absences in total for the semester. Please use these absences judiciously and save them for emergencies.
- 2) For each absence beyond the allotted three absences, the student's overall course grade will be reduced by 1/3 letter grade with each subsequent absence. After five absences, I reserve the right to dismiss you from the class.
- 3) Two tardies or early exits will equal one absence.
- 4) All sports and college sanctioned absences **MUST** be turned in by the Friday of the first full week of class.

**Coming and going during class:** Coming and going during class is **not permitted**. Once class begins, we are training together and we are responsible for each other's development and safety in the class. Constant coming and going disrupts the dynamic of the entire class and renders the work we are doing ineffective. The training room is a sacred and safe space and should be respected as such. Leaving class once we have begun counts as an absence. You must use the restroom, eat, text, etc. **before** class starts or **after** class ends. Leaving class once we have begun counts as an absence.

**Late work:** No late work will be accepted.

**Attire:** Much of the work we do in this class is physical work. You are, therefore, expected to dress appropriately in comfortable loose-fitting clothing that allows you to move easily. The following restrictions are for your safety: no jeans, no short-shorts, no skirts, no hats, and no jewelry. You may consider wearing leggings, tights, or bicycle shorts under your shorts.

**Touching:** Because of the nature of the work we do there may be times I adjust your posture, form, stance etc. I want you to feel comfortable in this class. If this type of physical contact makes you uncomfortable please let me know.

**Institutional Disability Statement:** Austin College seeks to provide reasonable accommodations for all individuals with disabilities and will comply with all applicable federal, state, and local laws, regulations, and guidelines. It is the responsibility of the student to register with and provide verification of academic accommodation needs to the Director of the Academic Skills Center as soon as possible. The student also must contact the faculty member in a timely manner (typically by the end of the first week of class) to arrange for academic accommodations. For further information regarding disability services or to register for assistance, please contact the office at 903-813-2454 or visit the Academic Skills Center.

**Electronic Devices:** Cell phones are not allowed, under any circumstance. While laptops and tablets are not forbidden they are, for the most part, not necessary in class. This class is about connecting, on a visceral level, to the human experience. This type of personal engagement and investiture is completely interrupted by the use of cell phones or the misuse of laptops etc. If there is a need to take notes, laptops and/or iPads are permitted. If I suspect that you are using your computer for anything other than course-relevant material your device will be taken away and returned to you at the end of class. I reserve the right to prohibit the use of personal electronic devices if I feel that they are inhibiting the learning of you and/or your peers.

**Moodle** – Please see Austin College's Moodle site for course information, assignment information, reading due dates, digital articles/readings, and email correspondence.

**Assessment of Expected Learning Outcomes:**

**NO LATE ASSIGNMENTS WILL BE ACCEPTED.**

**Attendance/Participation:** Students will earn between 0-3 points per day for their participation. To earn the full two points, students must:

- a) Abide by the courtesy/professionalism rules above
- b) Dress properly for class- Please come dressed ready to move. No blue jeans. Comfortable loose clothing and soft soled shoes are required.
- c) Actively engage with course content
- d) Complete all in-class explorations

**Statement of expectations and goals:** Students will turn in a typed statement that outlines specifically why they are taking this course and what concrete things they want to be able to do and/or be better at by the end of the semester.

**Midterm presentation “Owning my education”:** Students will give a 15-20 minute presentation that addresses one concept that is particularly impactful to them. Students will then lead an exercise that explores this concept and concludes with a discussion of the concept.

**Movement evaluation papers:** Students will watch various videos and attend performances over the course of the semester and write a critique evaluating the performance through the lens of a particular movement training methodology.

**Physical theatre projects:** Students will create a performance that foregrounds movement.

**Reflection Paper:** Students will turn in a final reflection paper that addresses what they have learned and their progress over the course of the semester.

**Final Project:** Students will create a piece of physical theatre using concepts and practices learned over the course of the semester.

**Grading:**

Attendance/Participation:	120 points
Statement of Expectations and Goals	50 points
Midterm “Owning my Education”	50 points
Movement Evaluation Papers	80 points
Physical theatre projects:	100 points
Final Reflection Paper:	50 points
Final Project:	<u>50 points</u>
	500 points

**Grades:** are based on the student’s progress and demonstrated accomplishment of movement concepts and skills. Application of the skills learned in class to everyday movement is essential for improvement.

Movement for Theatre  
GRADE SHEET

Name:

Attendance/Participation: 100 points

Absences: \_\_\_\_\_ Late arrivals: \_\_\_\_\_ Total \_\_\_\_\_/120

Statement of Expectations and Goals: 50pts Total \_\_\_\_\_/50

Midterm "Owning my Education": 50pts Total \_\_\_\_\_/50

Physical Theatre Projects: 100pts Total \_\_\_\_\_/100

Movement Evaluation Papers: 100 pts Total \_\_\_\_\_/80

Reflection Paper: 50 pts Total \_\_\_\_\_/50

Final Project: 50 pts Total \_\_\_\_\_/50

Subtotal \_\_\_\_\_/500

FINAL GRADE \_\_\_\_\_

## Suggested Texts for Enhanced Learning

*The Art of Stillness: The Theatre Practice of Tadashi Suzuki* by Paul Allain

*The Secret Art of the Performer: A Dictionary of Theatre Anthropology* by Eugenio Barba and Nicola Savarese

*The Viewpoints Book: A Practical Guide to Viewpoints and Composition* by Anne Bogart and Tina Landau

*To the Actor: On the Technique of Acting* by Michael Chekhov

*The Mastery of Movement* by Rudolf Laban and Lisa Ulmann

*The Use and Training of the Human Voice: A Bio-dynamic Approach to Vocal Life* by Arthur Lessac

*On Training and Performance: Traces of an Odin Teatret Actress* by Roberta Carreri

*Presence: How to use positive energy for success* by Patsy Rodenburg

*Psychophysical Acting: an intercultural approach after Stanislavski* by Phillip Zarrilli

## **Movement for Theatre**

I \_\_\_\_\_ have read and understand the contents of the syllabus for this course. I therefore understand all that is expected of me and I accept the contents therein including all assignments, classroom procedures, grading policies and procedures.

Student's Signature \_\_\_\_\_

Date \_\_\_\_\_