

## Movement for the Actor

### INSTRUCTOR INFORMATION

**Instructor:** Elizabeth Parks

**Instructor Contact Information:**

**E-mail:**

**Office:** TBA

**Phone:** TBA

**Office Hours:** TBA

**Contacting the Instructor:** You are welcome to come by during office hours or email me. Please allow up to 48 hours for a response to any emails.

**REQUIRED READING:** handouts as assigned

**COURSE DESCRIPTION:** This course will introduce the facets of psychophysical movement necessary for an engaging performance onstage. Through physical explorations and text work, the student will learn healthy physical mobility, elements of clear physical communication, and warm-ups for improving physical dexterity and expressiveness. Emphasis will be placed on proprioception, movement analysis, and the development of imagination and the body-mind connection.

**Expected Learning Outcomes:** Upon successful completion of this course, the student should be able to:

Develop an increasing awareness of the feeling process of the body.

Explore the inter-connectedness of body, emotion and perception in acting and in life.

Strengthen and center the body through exploration.

Learn principles of posture, breathing, relaxation, energizing, space, weight, and time

Explore the above principles within selected texts.

**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	

**Assessment of Expected Learning Outcomes:**

**NO LATE ASSIGNMENTS WILL BE ACCEPTED.**

**Attitude/Participation:** Students will earn between 0-2 points per day for their participation. To earn the full two points, students must:

- a) Be on time
- b) Be prepared
- c) Dress properly for class- Please come dressed ready to move. No blue jeans. Comfortable loose clothing and soft soled shoes are required.
- d) Actively engage with course content
- e) Complete all in-class explorations

**Log:** Students will select a partner or “buddy” to work with throughout the semester. Each student is required to work with their buddy **two hours each week outside of class**. Each student is responsible for keeping a **typed** log of their buddy work. The typed log will be due at several points throughout the semester; see dates noted on calendar below. The final log is due the last day of class. All log entries should note the date, time spent working, material explored, and one discovery and one challenge experienced during the session. **Total hours should be recorded at the end of the log.**

*-Sample log entry: 9/10/14- 1:00-2:00p.m. - Explored moving from my center- Discovery: I never realized how unengaged my center was when I move. Challenge: I am still having trouble feeling my center as a powerhouse and the I am having trouble connecting my center to my will.*

**Quizzes:** Quizzes will be given throughout the semester over content from the required reading. Quiz dates are noted on the calendar below. These dates may, however, be subject to change.

**Physical scores:** Students will work in groups of two or three to create a physical score with a piece of text. One score will be for a realistic play and one for a non-realistic play.

**Reflection Paper:** Students will turn in a final two page, double spaced, typed paper in which they address: how they have progressed over the semester, concepts and techniques that were particularly useful and/or confusing, how they define movement for the actor, how they can apply concepts and/or skills learned to future stage and life situations.

**Final Project:** This is the student's final exam for the course. Students will create a short piece of physical theatre using concepts and practices learned over the course of the semester.

**Grading:**

Attitude/Participation:	50 points
Log:	50 points
Quizzes:	50 points
Physical Score 1:	50 points
Physical Score 2:	50 points
Final Reflection Paper:	50 points
Final Project:	<u>50 points</u>
	350 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 the Actor  
GRADE SHEET

Name: \_\_\_\_\_

Attendance

Absences: \_\_\_\_\_ Late arrivals: \_\_\_\_\_

Participation: 50 pts Total \_\_\_\_\_/50

Log: 50pts Total \_\_\_\_\_/50

Physical Score 1: 50pts Total \_\_\_\_\_/50

Physical Score 2: 50pts Total \_\_\_\_\_/50

Quizzes: 50 pts

Quiz 1 \_\_\_\_\_

Quiz 2 \_\_\_\_\_

Quiz 3 \_\_\_\_\_

Quiz 4 \_\_\_\_\_

Quiz 5 \_\_\_\_\_

Total \_\_\_\_\_/50

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

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

(Sub) total \_\_\_\_\_/350

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

Class Schedule (subject to change)

Wk .	Log Hours Required	Date	Lesson	Homework
1	2	1/21	Course introduction Laying the foundation: energy, spine, center(s), limbs, breath	
2	2	1/26	Viewpoints	
		1/28		
3	2	2/2	Viewpoints	
		2/4		Quiz #1
4	2	2/9	Michael Chekhov Technique Qualities of movement/Lessac Body NRG	Log Due
		2/11		
5	2	2/16	How to work Begin Physical Score 1	Quiz #2
		2/18		
6	2	2/23	Work on Physical Score	
		2/25	Present Scores	Quiz #3 Physical Score Presentations
7	2	3/2	Present Scores	
		3/4	Suzuki Training: Statues, basic exercises, walks	
8	2	3/9	Noh training	
		3/11	Laban movement training	Log Due
9	2		Spring break	
10	2	3/23	Laban movement training	
		3/25		
11	2	3/30	Work on Physical Score 2	Quiz #4
		4/1		

12	2	4/6	Dilation/Radiation, Decidedness	
		4/8	No class	
13	2	4/13	Opposition, Balance/Counterbalance	
		4/15	Present Physical Score 2	Physical Score Presentations
14	1	4/20	Incoherent Coherence/Equivalence Basic stage combat	
		4/22	Suzuki training: Stomping, sitting and standing statues	Quiz #5
15	1	4/27	Eyes, hands, and feet	
		4/29	Stillness	
16		5/4	Work on Final Project	
		5/6		Final Log Due
		Final exam time	Final Project performance and discussion	Reflection Paper Due

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## 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

## **Movement for the Actor**

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 \_\_\_\_\_