

## Southeast Missouri State University

**Department:** Department of Theatre and Dance      **Course No.:** DA 282

**Title of Course:** Movement Improvisation      **Revised**

### I. Catalogue Description and Credit Hours of Course:

This course will explore the fundamentals of movement improvisation as instantaneous group composition and performance technique. (3)

### II. Prerequisite(s):

None.

### III. Purposes or Objectives of the Course:

- A. To engage in pure exploration for its own sake;
- B. To gain confidence in one's own movement and diversify and expand one's movement possibilities and range;
- C. To discover internal realms of impulse, initiative, and motivation;
- D. To explore a detailed range of levels in energy, space and time;
- E. To develop students' awareness and responsiveness to themselves, other students and the environment;
- F. To develop a vocabulary for intelligent observation and accurate critique of movement experiences.

### IV. Expectations of Students:

- A. To attend class regularly;
- B. To actively participate in all class activities;
- C. To develop and maintain evidence of improvement;
- D. To remain open to taking risks in the process of creating;
- E. To express a positive attitude towards class content;
- F. To respect the instructor, fellow students and any guests.

### V. Course Content or Outline:

A. Preliminary improvisations to create group trust and individual confidence	6 hours
B. Movement exploration with the element of Space	9 hours
C. Movement exploration with the element of Time	9 hours
D. Movement exploration with the element of Energy	9 hours
E. Exploration with individual movement invention	9 hours
F. Group improvisation utilizing all learned concepts	<u>6 hours</u>
TOTAL	48 hours

## VI. Required Textbook

*Taken by Surprise: A Dance Improvisation Reader* (2003) by Ann Cooper Albright and David Gere (editors).

## VII. Other Required Materials or Equipment:

Dress Code: Proper dance attire is required including but not limited to; leotards, jazz pants, leggings, tights, and sports tops. No loose or baggy clothing! Bare feet or socks only, no shoes. Hair should be pulled back away from the face. **No jewelry or gum in class.**

## VIII. Basis for Student Evaluation:

A. Active and Engaged Participation in class	200 points
B. Daily Classroom Improvisational Activities	400 points
C. Group Improvisations on learned concepts	400 points
D. Journal of Improvisational Discoveries	<u>200 points</u>
TOTAL	1000 points

## IX. Other:

Attitude: An open, curious and receptive attitude is required for this class. It is fundamentally important that we all respect the process involved in giving rise to movement. In this way, it is very important never to make fun of, look down upon or discourage others in their process of discovery. Similarly, cultivating an attitude of respect for one's own process will enable one to forgive one's mistakes or weakness and get beyond them, to actually improve one's abilities and become a better dancer.