

Department: Department of Theatre and Dance **Course No:** TH 223

Title of Course: Movement for the Actor I **NEW**

I. Catalog Descriptions and Credit Hours of Course

An introductory movement course for actors to explore the movement techniques commonly used in the theatre. (3 credit hours)

II. Prerequisite(s):

TH 218; or consent of instructor.

III. Purposes or Objectives of the Course:

- To explore the beginning techniques in the Laban, Feldenkrais and Alexander movement language
- To analyze and enhance the movement of the body and how to incorporate the techniques with the voice.
- To expose students to exercises and theories for improving rehearsal and performance technique
- To further incorporate the use of self-evaluation as a primary means for improvement

IV. Student Learning Outcomes

- Students will explain basic terminology of Laban, Feldenkrais and Alexander techniques.
- Students will demonstrate level one movement of the body using Laban, Feldenkrais and Alexander techniques.
- Students will research, analyze, and create roles from classic or modern plays using movement techniques.

V. Expectations of Students:

- To attend all classes and participate fully in all discussions and exercises;
- To complete all outside assignments in a timely fashion and to the best of their ability;
- To maintain a productive and collegial environment;
- To remain open and respectful of new and conflicting ideas;
- To respectfully challenge existing thought and accepted ideas;
- To take risks with all creative and intellectual endeavors.

VI. Course Outline:

Week 1 Course Overview, Introduction to the Anatomy of the Body
Week 2 Skeletal Structure focusing on the Sacrum,
 Path of Breath
 Anatomy Test
Week 3 Introduction to Feldenkrais
 Feldenkrais floor exercises focusing on stretching and breath

<i>Week 4</i>	Feldenkrais floor exercises focusing on stretching and breath Journal due
<i>Week 5</i>	Introduction to Alexander vocabulary Alexander floor exercises
<i>Week 6</i>	Alexander floor exercises Journal due
<i>Week 7</i>	Alexander floor exercises and the breath
<i>Week 8</i>	Alexander technique and classical text
<i>Week 9</i>	Alexander technique and classical text
<i>Week 10</i>	Review of Alexander Journal due Alexander Test
<i>Week 11</i>	Introduction of Laban vocabulary Laban floor exercises
<i>Week 12</i>	Laban floor exercises Journal due
<i>Week 13</i>	Laban floor exercises and the breath
<i>Week 14</i>	Laban technique and character creation
<i>Week 15</i>	Laban technique and character creation
<i>Week 16</i>	Review of Alexander technique Journal due Alexander Test
<i>Final</i>	Performance using Laban and Alexander techniques

VII. Textbook(s) and/or Other Required Materials or Equipment:

Required: *Actor Training The Laban Way*, Barbara Adrian

VIII. Basis for Student Evaluation:

Growth and Progress Journal	10%
Participation	15%
Anatomy Test	15%
Laban Test	20%
Alexander test	20%
Performance using Laban and Alexander	20%