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
   - **Week 3** Anatomy Test
   - **Week 3** Introduction to Feldenkrais
   - Feldenkrais floor exercises focusing on stretching and breath
Week 4  Feldenkrais floor exercises focusing on stretching and breath
  Journal due
Week 5  Introduction to Alexander vocabulary
  Alexander floor exercises
Week 6  Alexander floor exercises
  Journal due
Week 7  Alexander floor exercises and the breath
Week 8  Alexander technique and classical text
Week 9  Alexander technique and classical text
Week 10 Review of Alexander
  Journal due
  Alexander Test
Week 11 Introduction of Laban vocabulary
  Laban floor exercises
Week 12 Laban floor exercises
  Journal due
Week 13 Laban floor exercises and the breath
Week 14 Laban technique and character creation
Week 15 Laban technique and character creation
Week 16 Review of Alexander technique
  Journal due
  Alexander Test
  Final 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%