I. **Catalog Descriptions and Credit Hours of Course**
   An intermediate movement course where actors explore the movement techniques commonly used in the theatre by incorporating them into performance and character creation. (3 credit hours)

II. **Prerequisite(s):**
    TH 218; TH 223, or consent of instructor.

III. **Purposes or Objectives of the Course:**
   - To explore the intermediate techniques in the Laban and Alexander movement language
   - To analyze and enhance the movement of the body and how to incorporate the techniques with the voice.
   - To explore intermediate 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 intermediate terminology of Laban and Alexander techniques.
   - Students will demonstrate intermediate 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, Review of Feldenkrais
   - **Week 2** Feldenkrais
     - Skeletal Structure focusing on the Sacrum
     - Path of Breath
Week 3  Feldenkrais floor exercises focusing on sacrum and breath
Week 4  Feldenkrais floor exercises focusing on sacrum and breath
        Journal due
Week 5  Review of Alexander and Laban techniques
        Scene #1 chosen; partners chosen
Week 6  Alexander and Laban floor exercises
        Journal due
Week 7  Actors explore Laban characterization with Scene
Week 8  Actors explore Alexander characterization with Scene
Week 9  Scene #1 work in class
        Journal due
Week 10 Presentations of Scene #1
       Post Mortem on Scene #1
Week 11 Scene #2 chosen; partners chosen
        Alexander and Laban floor exercises
        Journal Due
Week 12 Actors explore Laban characterization with Scene
Week 13 Actors explore Alexander characterization with Scene
Week 14 Scene #2 work in class
        Journal due
Week 15 Presentations of Scene #2
       Post Mortem on Scene #2

Final  Test on Laban and Alexander vocabulary and movement

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%
Laban and Alexander Test      15%
Performance using Laban and Alexander #1 30%
Performance using Laban and Alexander #2 30%