

# THEA 0011 - STAGE MOVEMENT

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## Catalog Description

Formerly known as DRMA 11

Hours: 72 (36 lecture, 36 activity)

Description: Analysis and practice of movement styles used in the theatre; basic movement, control, relaxation, and interpretation. Character development through physical exploration and scene study. (CSU, UC)

## Course Student Learning Outcomes

- CSLO #1: Analyze and implement the basic elements of expression and communication, such as facial expressions, body language, hand gestures, and breathing, through the use of the body.
- CSLO #2: Apply relaxation techniques and exercises such as, but not limited to, stretching, Alexander technique, Meyerhold, adapted yoga, visualization, and personal body awareness to better focus and concentrate when creating and performing a character for the stage.
- CSLO #3: Create a "physical" character, including the analysis of the character, the given physical requirements of the character, the style, and the period.

## Effective Term

Spring 2021

## Course Type

Credit - Degree-applicable

## Contact Hours

72

## Outside of Class Hours

90

## Total Student Learning Hours

162

## Course Objectives

1. Analyze and implement the basic elements of expression and communication, such as facial expressions, body language, hand gestures, and breathing, through the use of the body;
2. Create a "physical" character, including the analysis of the character, the given physical requirements of the character, the style, and the period;
3. Use the body and the face as tools to create mood and emotion for a character on stage using, but not limited to, sense memory, visualization, internalization, imagination, and conventions;
4. Apply relaxation techniques and exercises such as, but not limited to, stretching, Alexander technique, Meyerhold, adapted yoga, visualization, and personal body awareness to better focus and concentrate when creating and performing a character for the stage; and
5. Identify and recreate movement and rhythm patterns including, but not limited to, basic dance steps, physical comedy techniques such as prat falls, basic stunts, and stage combat.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Problem Solving Examinations
  - Example: Student will select five relaxation exercises and create a daily routine using them while identifying challenges and ways to overcome those challenges. Student will be assessed by a self-evaluation kept in a journal through the semester.
- Projects
  - Example: Explore and demonstrate physical traits of characters at various ages. Students will perform three examples and be assessed via a scoring rubric.
- Skill Demonstrations
  - Example: Complete a performance that demonstrates understanding of the basic terms and maneuvers of self-created dance steps. Students are evaluated based upon their understanding and use of balance and rhythm within the movements.

## Repeatable

No

## Methods of Instruction

- Activity
- Lecture/Discussion
- Distance Learning

Activity:

1. After instructor demonstrates how to throw a punch and a slap for the stage that is believable and safe, students will practice one by one with instructor and divide in pairs to practice and finally demonstrate in a character driven situation.

Lecture:

1. Instructor will demonstrate the correct way to fall on stage. Students will be asked to discuss perceptions of what makes a stage fall believable versus non-believable as well as safety measures.

## Typical Out of Class Assignments Reading Assignments

1. Read article in textbook on the technical aspects of Stage Movement and be prepared for a classroom discussion. 2. Read and prepare a summary from a technical or professional journal article provided by the instructor.

## Writing, Problem Solving or Performance

1. See two plays and write a formal critique for each focused on character movements and style. 2. Write a paragraph on the creation of a character that expresses their personalities through the use of the body.

## Other (Term projects, research papers, portfolios, etc.)

1. Select five relaxation exercises that work best for you and create a daily routine using them. 2. Watch and create five movement steps immediately upon presentation. 3. Understand the concept of spotting and be able to use it on three types of identified turns. 4. Understand and be able to use the correct pronunciation of basic terms and execute the corresponding maneuvers, also understand the importance of balance and rhythm. 5. Practice and be able to demonstrate the correct way to fall on stage. 6. Practice and be able to demonstrate how to throw a punch and a slap for the stage. 7. Understand the concept of changing weight to learn dance steps. 8. Study the physicalities present in animals and people of varying ages, and be able to recreate them. 9. Learn to quickly achieve total body relaxation and mental focus through condensed control exercises.

## Required Materials

- Stage Movement
  - Author: Tracy Lybbert
  - Publisher: Independently Published
  - Publication Date: 2019
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:
- The Alexander Technique Manual
  - Author: Richard Brennan
  - Publisher: Eddison Books
  - Publication Date: 2018
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:
- Essential Stage Movement: Psycho-Physical Training for Actors
  - Author: Edward Rozinsky
  - Publisher: Physical Theater Publishers
  - Publication Date: 2010
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:
- Movement for Actors
  - Author: Nicole Potter
  - Publisher: Allworth Press
  - Publication Date: 2002
  - Text Edition: 2nd
  - Classic Textbook?: No
  - OER Link:
  - OER:

- Stage Movement: Student Work Book
  - Author: Tracy Brooke
  - Publisher: Create Space Independent Publishing Platform
  - Publication Date: 2013
  - Text Edition: Vol. 19
  - Classic Textbook?: No
  - OER Link:
  - OER:

## Other materials and-or supplies required of students that contribute to the cost of the course.