Class Hours: 3.0  Credit Hours: 3.0
Laboratory Hours: 0.0  Date Revised: Spring 00

Catalog Course Description:

Basic skills, concepts, and techniques of movement and self-use for the stage. Basic exercises from varied movement disciplines are taught.

Entry Level Standards:

College level reading is required. The student must have the ability to perform the physical exercises required for the course.

Prerequisite:

THEA 2200 or consent of instructor

Textbook(s) and Other Reference Materials Basic to the Course:

Bodywise by Heller and Henkin

I. Week/Unit/Topic Basis:

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II. Course Objectives*:

A. Develop a basic knowledge of the use of the human body in performance. I.5

B. Understand and appreciate the related values of the different movement disciplines which, in turn, provide a basis for a lifetime commitment to physical fitness. I.5

C. Demonstrate knowledge and an understanding of the basic movement disciplines. I.5

D. Demonstrate the principles of these movement disciplines within the context of performance. I.5

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to lectures, read/study handouts and text regarding the movement of the human body in space and, in particular, in regards to performance. Communication Outcome, Information Literacy Outcome, Cultural Diversity and Social Adaptation Outcome

2. Observe and replicate specific exercises from the various movement disciplines. Personal Development Outcome, Active Learning Strategies

3. Perform various acting exercises (both individually and in groups) incorporating movement disciplines. Communication Outcome, Problem Solving and Decision Making Outcome, Cultural Diversity and Social Adaptation Outcome, Transitional Strategy

*Strategies and outcomes listed after instructional processes reference Pellissippi State's goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*:

Upon successful completion of this course, the student should be able to:

1. Understand the human body's potential to communicate emotion and thought through its movement in space. A

2. Identify the different movement disciplines and their underlying philosophies. B

3. Understand and demonstrate principles of Laban (space, time, direction, etc.) B,C,D

4. Perform basic exercises from the discipline of Yoga (Salute to the Sun, Cobra, Corpse Pose, etc.) B,C
5. Perform basic exercises from the discipline of Feldenkrais (Pelvic Clock, Spinal Rock, Head Carriage adjustment, etc.) B,C

6. Perform basic exercises from the discipline of Aikido and T'ai Chi (Snake Creeps Down, Single Whip, Ki Extension etc.) B,C

7. Understand the basic principles of stage combat A,C,D

8. Perform basic techniques of unarmed combat (punches, kicks, chokes, pushes, hair pulls, etc.) C,D

9. Combine above techniques of unarmed combat to safely and realistically perform a theatrical "fist fight." C,D

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 60% of grade
   - Quizzes (4)--10% each
   - Final Test-- 20%
   The quizzes will cover the specific movement disciplines.
   The final test will cover material from the text and lectures.

B. Laboratory Expectations: 40% of grade
   - Performance of a theatrical "fist fight."--15%
   - Class Participation in all exercises-- 25%

C. Field Work:
   None

D. Other Evaluation Methods:
   None

E. Grading Scale:
   - A = 94-100
   - B+ = 90-93
   - B = 84-89
   - C+ = 80-83
   - C = 74-79
   - D = 70-73
   - F = 69 or below

VI. Policies:

A. Attendance Policy:
   Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course.
   Tardy attendance counts as 1/2 absence. Leaving class early counts as a full absence. Working
on materials in class not concerned with the daily lesson will justify the student being counted as absent.

B. Other Policies:

**MATERIALS:** The student will also need workout clothes, water bottle, and exercise mat or heavy towel on which to work. Hydration is especially important for this class and this item will be required of everyone. Notebook and writing tools.

**PARTICIPATION:** You will be expected to participate in all exercises. Should you be unable to do any of the exercises for reasons of temporary injury or illness, please inform the instructor. If, in the unlikely event, you should injure yourself during an exercise, stop immediately and inform the instructor. Remember, it's your body and the only one you have! Much of the work done in this class will involve physical exercise, therefore, if you have any pre-existing injuries or health conditions, let the instructor know before class begins. There will, by necessity, be some physical contact with both the instructor and your classmates. This contact will be in the form of various movement disciplines and exercises. The contact will be used only in regards to preparing you for performance.

**CLOTHING:** Please wear comfortable clothing. Your choice of clothing should ultimately allow great freedom of movement.