

PELLISSIPPI STATE TECHNICAL COMMUNITY COLLEGE  
MASTER SYLLABUS

**MOVEMENT FOR THE STAGE**  
**THEA 2280 (formerly THE 2280)**

**Class Hours: 3.0**

**Credit Hours: 3.0**

**Laboratory Hours: 0.0**

**Revised: Fall 05**

**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 Course Materials:**

None

**I. Week/Unit/Topic Basis:**

<b>Week</b>	<b>Topic</b>
1	Course Overview
2	Basic Principles of Movement
3	Laban
4	Laban; Quiz #1
5	Feldenkrais
6	Feldenkrais; Quiz #2
7	Yoga
8	Yoga; Quiz #3
9	Principles of Aikido & Tai Chi
10	Principles of Stage Combat
11	Principles of Stage Combat (cont.); Quiz #4
12	Unarmed Combat-The slap, the push, the hairgrab

- 13 Unarmed Combat-the choke, the punches
- 14 Unarmed Combat-the kicks
- 15 Unarmed Combat Scene and Final Test (over basic movement principles)

## **II. Course Objectives\*:**

- A. Develop a basic knowledge of the use of the human body in performance. II.6
- 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. II.6
- C. Demonstrate knowledge and an understanding of the basic movement disciplines. II 1,6
- D. Demonstrate the principles of these movement disciplines within the context of performance. II.6

\*Roman numerals after course objectives reference TBR's general education goals.

## **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. *Humanities/Fine Arts Outcome, Active Learning Strategies*
- 2. Observe and replicate specific exercises from the various movement disciplines. *Humanities/Fine Arts Outcome, Active Learning Strategies*
- 3. Perform various acting exercises (both individually and in groups) incorporating movement disciplines. *Humanities/Fine Arts Outcome, Active Learning Strategies*

\*Strategies and outcomes listed after instructional processes reference TBR'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:

Excused absences will be at discretion of the instructor. Students are responsible for work missed due to absence. 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. This applies to both excused and unexcused absences.

### B. Academic Dishonesty:

Students are expected to abide by the sanctions listed in the current college catalog under the

Academic and Classroom Misconduct guidelines.

C. Accommodations for disabilities:

If you need accommodations because of a disability, if you have emergency medical information to share, or if you need special arrangements in case the building must be evacuated, please inform the instructor immediately. Please see the instructor privately after class or in his/her office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127 or 131 or by phone: 694-6751(Voice/TTY) or 539-7153.

D. 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.