Class Hours: 3.0  Credit Hours: 3.0
Laboratory Hours: 0.0  Revised: Fall 2015

Catalog Course Description:

Basic skills, concepts, and techniques of movement and self-use for the stage. Basic exercises from the varied movement disciplines are taught. (Iyengar Yoga, Feldenkrais, and Laban).

Entry Level Standards:

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

Prerequisites:

None

Textbook(s) and Other Course Materials:

None

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Body Awareness</td>
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<tr>
<td>2</td>
<td>Iyengar Yoga</td>
</tr>
<tr>
<td>3</td>
<td>Iyengar Yoga</td>
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<tr>
<td>4</td>
<td>Iyengar Yoga</td>
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<tr>
<td>5</td>
<td>Feldenkrais</td>
</tr>
<tr>
<td>6</td>
<td>Iyengar Yoga</td>
</tr>
<tr>
<td>7</td>
<td>Laban principles</td>
</tr>
<tr>
<td>8</td>
<td>Laban principles</td>
</tr>
<tr>
<td>9</td>
<td>Iyengar Yoga</td>
</tr>
<tr>
<td>10</td>
<td>Iyengar Yoga</td>
</tr>
<tr>
<td>11</td>
<td>Physical Scene Work</td>
</tr>
</tbody>
</table>
II. Course Goals*:

The course will

A. Understand how the mechanisms of the human body operates. V1,3

B. Evaluate one’s own strengths and weaknesses in basic movement. I1, 15, II6

C. Understand how to protect one’s body during extended periods of use. I5, II6

D. Understand how to apply movement principles to the development of characters onstage. II6

*Roman numerals after course objectives reference TBRs general education goals.

III. Expected Student Learning Outcomes*:

Students will be able to:

1. Prepare themselves for performance using exercises learned in class. B, D,E

2. Utilize techniques that will enhance physical performance. B, D

* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

IV. Evaluation:

A. Testing Procedures: 60% of grade

   Graded performance Exercise  10%
   Class Examinations/Quizzes   50%

B. Laboratory Expectations: 15% of grade

   Perform a movement based piece

C. Field Work: 25% of grade

   Class Journal

D. Other Evaluation Methods: 0% of grade

   N/A

E. Grading Scale:

   A   = 94-100
   B+  = 90-93
   B   = 84-89
   C+  = 80-83
V. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one’s own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

C. Accommodations for disabilities:

Students that need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to disabilityservices@pstcc.edu, or by visiting Alexander 130. More information is available at http://www.pstcc.edu/sswd/.