

COURSE SPECIFICATION
DOCUMENT

Academic School/Department:	CASS
Programme:	Performance and Theatre Arts
FHEQ Level:	3
Course Title:	Movement 1: Taking the Floor
Course Code:	THR 3102
Course Leader:	Dr. Michael Barclay
Student Engagement Hours:	120
Seminars/Practical Workshops:	30
Screenings:	3
Field Trips:	5
Performances/Rehearsals	7
Independent / Guided Learning:	75
Semester:	Fall
Credits:	12 UK CATS credits 6 ECTS credits 3 US credits

Course Description:

The first in a series of movement workshops in the BA Performance and Theatre Arts degree, this course introduces the basic principles of a physical approach to the drama workshop at a basic level. The course explores connections between the mind and the body, using a series of techniques and exercises designed to initiate students to the awareness and control of the body necessary in all types of performance and presentation situations.

Prerequisites: None

Aims and Objectives:

The principal aim of this course is to enable students to develop and improve physical awareness, confidence, strength, flexibility, posture, timing and spatial

awareness and to become expert on the subject of their own physicality and its potential. In order to achieve this, the secondary aim is for students to study and regularly practice the basics of techniques used by performers to improve individual skills as well as cohesiveness and rhythm between members of a cast or ensemble. An affective aim is for students to acquire the skills to *enjoy creative movement*, which will have a positive effect on other areas of health and wellbeing, and will enrich the successful student's experience of his or her degree as a whole.

Programme Outcomes:

3A(ii), 3B(ii), 3C(i), 3D(i)

A detailed list of the programme outcomes is found in the Programme Specification. This is maintained by Registry and located at:

<https://www.richmond.ac.uk/programme-and-course-specifications/>

Learning Outcomes:

By the end of this course, successful students should be able to:

- use a range of “starting” strategies to warm up and relax the body, while identifying personal creative processes to ensure task criteria are met.
- analyse and practice a selection of movement theory texts and practices, to inform choices available for solving problems or barriers to achievement.
- give and receive appropriate feedback on each other's practice during workshops, directed at developing the movement or sequence further into more ambitious and communicative practice.
- assemble a portfolio of their own notes and reflection on learning, writing, communicating effectively in given formats.
- engage actively with texts, analyzing a range of information using pre-defined criteria, in order to generate and expand an awareness of each of the techniques under examination.

Indicative Content:

- Hatha Yoga – the mind – body connection
- Laban – introduction to the Efforts.
- Alexander – Introduction & history
- Pilates – Introduction & history

Assessment:

This course conforms to the University Assessment Norms approved at Academic Board.

Teaching Methodology:

In the class of a maximum of twelve students, students will learn a series of short warm up sequences designed to improve balance and posture which will develop over the semester as their strength and agility increases. Through a series of group work exercises students will experiment with the basic approaches of each technique system and its philosophy. Learning will focus around small -group tasks, including observation exercises (including at least on field trip), guided individual and small group movement exercises and workshops, improvisation exercises, reading and discussion tasks, pair-work, peer-review tasks and whole group feedback tasks.

Bibliography:*Indicative Texts*

Callery, D., *Through The Body, A Practical Guide to Physical Theatre*. Routledge, London, 2010.

Marshall, L., *The Body Speaks, Performance and Physical Expression*. Methuen, 2008 (2001).

O'Brien, N. & A.Sutton, *Theatre In Practice: A Student's Handbook*. Routledge, 2012.

See syllabus for complete reading list

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

Change Log for this CSD:

Major or Minor Change?	Nature of Change	Date Approved & Approval Body (School or LTPC)	Change Actioned by Academic Registry
Major	Course Description revised on this to reflect what is in the catalogue.	LTPC 30/5/14	
Major	Rewrite of Programme outcomes	LTPC 30/5/14	
Minor	Updating of Indicative Texts	LTPC 30/5/14	