

Movement I

THEA 2351.002/302: Movement I (TRs, 9am - 10:50am)
Office Hours Tuesdays & Thursdays 1pm - 2pm (by appointment only)

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******The instructor reserves the right to change any information contained in this document, when necessary, with adequate notice given to the student.******

Movement Exploration: To develop an awareness of the body as a creative instrument of expression and communication. To develop a practical understanding and application of fundamental principles of movement in individual, partner and group dynamics.

Prerequisites: None

Students majoring or minoring in Theatre who have received a grade of “C” in this course, even if they are transferring it in, will be required to audition for consideration for enrollment in THEA 3050.

Hours: 3;1

Course Description:

Expansion of physical skills with reference to body alignment, strength, flexibility, endurance, coordination, and balance. Development of a practical understanding and application of fundamental principles of movement in individual, partner, and group exercises as they apply to the craft of acting. Rigorous, pre-professional curriculum--command of foundational skills required.

Course Objectives:

STUDENTS WILL:

- Examine individual restrictive physical tensions, habits, and patterns, with particular focus on the limitations they place on the actor.
- Investigate the connection between emotional response and the body.
- Explore the connection between the development of character using the body.
- Be introduced to the historical significance of a number of iconic figures in the study of movement for the actor.
- Experience the discipline required in keeping the body flexible, free, and strong, as needed for audition, rehearsal, and performance.

Course Structure (specific to COVID-19 safety measures established by UNT): This course will be taught in-person but will follow all UNT health guidelines as set down by the University. Masks are required. UNT encourages everyone to wear a face covering when indoors, regardless of vaccination status, to protect yourself and others from COVID infection, as recommended by current CDC guidelines. Face covering guidelines could change based on community health conditions. Students are expected to attend classes regularly and to abide by the attendance policy established for each class. If you are experiencing any symptoms of COVID-19 (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Hotline at 844-366-5892 or COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure.

Physical Preparation: To extend physical skills with reference to strength, flexibility, endurance, coordination and balance. To develop a practical understanding of the systems of the body in support of movement choices with specific attention to respiratory, circulatory, musculo-skeletal systems as well as the skill of perception to include kinesthetic and proprioceptive awareness.

Required Text:

- (Text provided on Canvas) A Practical Guide to Viewpoints and Composition by Anne Bogart and Tina Landau

Attendance Policy - Theatre is a collaborative art. Since so much of the process of learning about acting involves interacting with your peers, attendance is MANDATORY. As such, absences will greatly affect your ability to pass this course. Per the UNT Student Attendance and Authorized Absences Policy, an absence may be excused for the following reasons:

- a religious holy day, including travel for that purpose;
- active military service, including travel for that purpose;
- participation in an official university function;
- illness or other extenuating circumstances;
- pregnancy and parenting under Title IX; and
- when the University is officially closed by the President.

Please let me know as quickly as possible if you would like to request one of the exceptions above. Exercises, discussions and performances cannot be made up, as most of them are nearly impossible to recreate for a single student. However, I can keep it from counting against your

completion percentage. Please know that any absence, whether excused or not, will mean missing important information and having to catch up. It is your responsibility to communicate with your classmates about assignments or instructions you may have missed. WRITTEN PROOF IS REQUIRED FOR ALL EXCUSED ABSENCES/TARDIES.

You will be allowed 2 Unexcused Absences. You will be dropped from the course after 3 Unexcused Absences. IF THE DROP PERIOD HAS PASSED, YOU WILL RECEIVE AN “F” GRADE FOR THE COURSE. Inability to participate due to not following clothing guidelines will also be counted as an Unexcused Absence. Arriving Late and Leaving Early are unacceptable interruptions. 2 Tardies (defined as arriving after the scheduled class time) or Leaving Early (before dismissed by the instructor) will equal 1 Unexcused Absence. Any work missed during such Tardies or Unexcused Absences cannot be made up.

Attendance Syllabus Statement:

Students are expected to attend class meetings regularly and to abide by the attendance policy established for the course. It is important that you communicate with the professor and the instructional team prior to being absent, so you, the professor, and the instructional team can discuss and mitigate the impact of the absence on your attainment of course learning goals. Please inform the professor and instructional team if you are unable to attend class meetings because you are ill, in mindfulness of the health and safety of everyone in our community.

If you are experiencing any [symptoms of COVID-19](#) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Team at COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure.

Office of Disability Access Accommodations: UNT makes reasonable academic accommodations for students with disabilities. Students seeking accommodations must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website at disability.unt.edu.

UNT Course Safety Procedures: Students enrolled in Acting Fundamentals are required to use proper safety procedures and guidelines as outlined in UNT Policy [06.038](#) Safety in Instructional

Activities. While working in laboratory sessions, students are expected and required to identify and use proper safety guidelines in all activities requiring lifting, climbing, walking on slippery surfaces, using equipment and tools, handling chemical solutions and hot and cold products. Students should be aware that the UNT is not liable for injuries incurred while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in the event of accidental injury. Students who do not have insurance coverage should consider Standard Syllabus Statements Related Policy 06.049 Course Syllabi Requirements obtaining Student Health Insurance. Brochures for student insurance are available in the UNT Student Health and Wellness Center. Students who are injured during class activities may seek medical attention at the Student Health and Wellness Center at rates that are reduced compared to other medical facilities. If students have an insurance plan other than Student Health Insurance at UNT, they should be sure that the plan covers treatment at this facility. If students choose not to go to the UNT Student Health and Wellness Center, they may be transported to an emergency room at a local hospital. Students are responsible for expenses incurred there.

Safety in this Course: Movement is equally physical, vocal, and mental. You will be learning to have greater control through the use of the body, voice, and mind. Therefore, you must be aware of and protect each of those things in and out of class. You will learn physical and vocal warm-ups. After learning them, you are expected to be warmed up before class begins. A little pushing will assist in growth. However, if something hurts or is uncomfortable, let me know during the exercise, so I can make an adjustment.

If you are struggling emotionally, understand that this can also be part of the acting and growth process, and please know that you can visit this website for information on services offered by the university:

<https://studentaffairs.unt.edu/counseling-and-testing-services/resources-andself-help/making-an-initial-appointment>

Physical Contact: Movement will require physical contact at some point. Any physical contact that occurs must be at the consent of the acting partner(s), discussed with me, and overseen by me. This includes handshakes, pats on the back, shoving, kissing, etc. Any sort of contact not approved by me is inappropriate and should be reported. If you feel uncomfortable with anything in class, please let me know, and we can adjust accordingly. There is always a way to make things work in ways that keeps everyone comfortable. This is for everyone's safety and comfort.

Sexual Assault Prevention: UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or sexual assault, there are campus resources

available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648.

Sensitive Subject Matter: In this course sensitive subject matters may be discussed in this class. Everyone is expected to treat these moments with the sensitivity and respect they deserve. Racist, misogynistic, homophobic, or any other form of hateful language/action is disruptive and will not be tolerated. Anyone who finds it difficult to act respectfully toward their classmates and the subject matter will be asked to leave the class and will forfeit the participation points for the day.

Emergency Notification & Procedures: UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Student Academic Integrity: The University of North Texas promotes the integrity of learning and embraces the core values of trust and honesty. Academic integrity is based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of allegations of student academic dishonesty, the University's actions are intended to be corrective, educationally sound, fundamentally fair, and based on reliable evidence. Please visit https://policy.unt.edu/sites/default/files/06.003.AcadIntegrity.Final_.pdf to view the university's full Student Integrity policy 06.003.

General Class Information & Guidelines - You are required to wear clothing that allows you to:

- Fully stretch and move your whole body.
- Comfortably lay on the floor.
- Breathe without restriction.
- Walk naturally and comfortably. Boots, flip-flops, etc. affect how you walk. Tennis shoes with a pliable sole are recommended.
- Get dirty. Rolling around on the floor will happen, and floors are not always as clean as they might be.
- Keep warm. Bring a layer, if needed, as the temperature in the room can fluctuate.
- Stay safe. Jewelry, piercings, and certain hairstyles can create unsafe situations for both you and your classmates.
- Come prepared to work/perform even if you are not scheduled.
 - Being prepared includes being memorized so well that you don't even have to think about it. Our work as performers mostly happens on our own and what we

show in class is a reflection of our work ethics. Proper feedback can't happen unless you have done your work.

- Explore every technique fully and without reservation. You'll never know which will work if you don't give it a chance.
- Leave everything else at the door. Work from other classes, relationship issues, family disputes, etc. will always be there. Allow yourself the freedom to only focus on acting during this class.
- We are an ensemble, and you are expected to support your classmates positively in everything. You tell each other what you're doing well; leave constructive feedback to me as the professional.

Grading: Movement is a chance for you to learn and work on the craft of storytelling through the use of the body. As such, the work is as important as the final product, if not more so. Movement performances are also somewhat subjective. To stress the importance of the process and ensure fairness, your classwork will be graded based on your entire process, rather than a single performance of a scene or story, according to the following criteria:

1. Class Participation & Effort
2. Completion of Assignments
3. Professionalism
4. Preparedness
5. Improvement
6. Collaboration with other actors

Assignments will be graded based as follows:

- Participation (10pts x 30) 300 points
- 1st Pass Devised Composition Preparation (50pts x 4) 200 points
- 2nd Pass Devised Composition Preparation and Rehearsal (50pts x 4) 200 points
- Devised Composition Performances (50pts x 4) 200 points
- Final Exam Devised Performance (25pts) 75 points

TOTAL 1000 POINTS

- 900-1000 points = A
- 800-899 points = B
- 700-799 points = C
- 600-699 points = D
- 0-599 points = F

You can track your grade progress at my.unt.edu.

Important Dates: NOT SUBJECT TO CHANGE (as scheduled by UNT):

6 SEPT - Labor Day (NO CLASSES, does not affect our class)

12 NOV - Last day to drop a course with a grade of W

25-26 NOV - Thanksgiving Break (NO CLASSES)

2 DEC - Pre-Finals Days and Last Regular Class Meeting

7 DEC - Reading Day (NO CLASSES, does not affect our class)

9 DEC - FINAL EXAM - Performance THEA 2351.002/302: Movement I

Weekly Schedule of Class Assignments - Assignments are due by the date listed and SUBJECT TO CHANGE.

- 24, 26 AUG - Class Information and Expectations. Intro to the work of movement, from primitive dance through Meyerhold, Grotowski, and into the modern storyteller of Viewpoints. Learning ensemble warm-up and becoming one as an ensemble. Homework, memorize The Actors Vow written by Elia Kazan and Read Chapters 1 & 2 from The Viewpoints Book.
- 31 AUG, 2 SEPT - Warming up and the Actors Vow memorized. The beginnings of Viewpoints, discussion of Time, Space, Architecture, Spatial Relationship and Composition (Voice will be covered later). Explore the grid and begin to work as an ensemble. Homework, read Chapter 3 Viewpoints and Composition in Contemporary Theater.
- 7, 9 SEPT - Warm-up through ensemble work and The Actors Vow. Discuss reading and the transformation of acting on the contemporary stage. Discuss how Viewpoints translate to the modern performer. Begin creation of the first devised composition, **Best Day of your Life**. Group work in 1st pass grade for devising composition. Homework, group rehearsal on composition, work must include elements of time, space and spatial relationships, one music selection and one sound effect. Length requirement is 3-5 minutes.
- 14, 16 SEPT - Warm-up through ensemble work and The Actors Vow. Grid exercise and learning to create tableaux by applying shape and gesture. Working rehearsal 2nd pass of Best Day of Life devised composition. Homework, read Chapter 5 Introducing the Individual Viewpoints - Tempo, Kinesthetic Response & Repetition, and group rehearsal on composition in preparation for final pass of Best Day of Life devised composition.
- 21, 23 SEPT - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise, and exploring the use of tempo, duration, kinesthetic response and repetition. Perform final pass of Best Day of Life devised composition. Homework, read Chapter 5 Introducing the Individual Viewpoints - Spatial Relationships.

- 28, 30 SEPT - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise and exploring the use of spatial awareness and becoming one as an ensemble. Begin creation of the devised composition, **Love**. Group work in 1st pass grade for devising composition. Homework, read Chapter 5 Introducing the Individual Viewpoints - Shape & Gesture, and group rehearsal on composition, work must include elements of time, space and spatial relationships, at least 2 music selections and at least 2 sound effects and at least 2 tableaux. Length requirement is 5 - 7 minutes.
- 5, 7 OCT - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise and learning to hone in on use of shape and gesture. Working rehearsal 2nd pass of Love devised composition. Homework, read Chapter 5 Introducing the Individual Viewpoints - architecture, and group rehearsal on composition in preparation for final pass of Love devised composition.
- 12, 14 OCT - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise, and explore architecture. Perform final pass of Love devised composition. Begin creation of the devised composition, **Worst Day Ever**. Group work in 1st pass grade for devising composition. Homework, read Chapter 6 - Putting the Individual Viewpoints Together, and group rehearsal on composition, work must include elements of time, space and spatial relationships, at least 3 music selections and at least 3 sound effects, 3 gestures, 2 repetitions and at least 2 tableaux. Length requirement is 5 - 7 minutes.
- 19, 21 OCT - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise and learning to hone in on use of open viewpoints and how to break off the grid. Working rehearsal 2nd pass of Worst Day Ever devised composition. Homework, read Chapter 7 - Group Improvisations, and group rehearsal on composition in preparation for final pass of Worst Day Ever devised composition.
- 26, 28 OCT - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise, and explore group improvisations. Perform final pass of Worst Day Ever devised composition. Begin creation of the devised composition, **Change**. Group work in 1st pass grade for devising composition. Homework, read Chapter 8 - Working With Music, and group rehearsal on composition, work must include elements of time, space and spatial relationships, at least 4 music selections and at least 3 sound effects, 4 gestures, 2 repetitions and at least 2 tableaux. Composition can break the grid. Length requirement is 5 - 7 minutes.
- 2, 4 NOV - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise focused on how to work with music. Working rehearsal 2nd pass of

Change devised composition. Homework, read Chapter 9 - Starting To Speak, and group rehearsal on composition in preparation for final pass of Change devised composition.

- 9, 11 NOV - Warm-up through ensemble work and The Actors Vow. Discuss reading and grid exercise, and explore a connecting voice through viewpoints. Perform final pass of Change devised composition. Homework, think back on the collection of class devised compositions you have created. What worked and what did not work? Write down your answers and bring them to class for discussion.

- 16, 18 NOV - Warm-up through ensemble work and The Actors Vow. Discuss the complete body of devised work thus far. Begin work on Final Exam devised composition. Group work in 1st pass grade for devising composition. Homework, group rehearsal on composition, work must include elements of storytelling (beginning, middle & end), character objective for each character, at least 4 music selections and at least 3 sound effects, 4 gestures, 2 repetitions and at least 2 tableaus. Composition can break the grid. Length requirement is 8 - 10 minutes. Each group will put together their script for this project, decide on a title and a purpose for telling this story. Bring copies of your script to class for a reading with demonstrations of movement work throughout.

- 23 NOV - Warm-up through ensemble work and The Actors Vow. Groups will perform devised composition with scripts in hand. As a class we will discuss and provide feedback. Homework, make tweaks to script and group rehearsal of final devised composition, all text needs to be memorized.

- 30 NOV, 2 DEC - Warm-up through ensemble work and The Actors Vow. Working rehearsal 2nd pass of final devised composition. Homework, group rehearsal based on class notes in preparation for finals.

- 7, 9 DEC - Rehearsal day and Semester Exam Performance. On the 7th, you have the class period to plan and rehearse final devised composition. Final performance will be on the 9th.

THE ACTOR'S VOW:

**"I will take my rightful place on stage
and I will be myself.**

**I am not a cosmic orphan. I have no reason to be timid.
I will respond as I feel; awkwardly, vulgarly, but respond.**

**I will have my throat open,
I will have my heart open,**

I will be vulnerable.

**I may have anything or everything
the world has to offer, but the thing**

**I need most, and want most,
is to be myself.**

**I will admit rejection, admit pain,
admit frustration, admit even pettiness,
admit shame, admit outrage,
admit anything and everything
that happens to me.**

**The best and most human parts of
me are those I have inhabited
and hidden from the world.**

I will work on it.

I will raise my voice.

I will be heard."