

Movement II

THEA 3351.001/301: Movement I (TRs, 2pm - 4:20pm)

Located in DATH 129

Office Hours MW's 2pm - 3pm (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: *Movement II - 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: Character development through movement-based exploration of the physical body. Developing tools for the performer for approaching the creative process from different techniques developed throughout the entire western canon of performance. Unlocking expressive gestures through elements of Viewpoints, Laban, Neutral Mask, and Commedia dell 'Arte practices. In addition, preparing the performer for becoming a strong collaborator, with an understanding of stage violence and consent forward creation. Prerequisite(s): THEA 2351. Recommended for theatre arts majors whose emphasis is acting or directing.

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, musculoskeletal 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 Movement II 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.

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 Preparation (50pts x 4) 200 points.
- 2nd Pass Preparation and Rehearsal (50pts x 4) 200 points.
- Final Pass 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 on Canvas.

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

- **14 – 16 JAN** - Class Information and Expectations. Intro to the work of movement, from primitive dance through the Greeks, Commedia dell 'Arte, and into the modern storyteller of Viewpoints and Laban Movement. Learning ensemble warm-up, physical conditioning and becoming one as an ensemble. Homework, memorize The Actors Vow written by Elia Kazan.
- **21 – 23 JAN** - Warming up, physical conditioning and the Actors Vow memorized. Working the grid through Viewpoints, physical gesture, shape, and Laban Movement. Explore the grid and begin to work as an ensemble. Homework, research Greek Theatre and find 2 interesting points to share with the class on Feb 1st.

- **28 - 30 JAN** - Warming up, physical conditioning and the Actors Vow. Discuss Greek Theatre, the use of the mask and its impact on storytelling. Begin rehearsals on physicalizing the assigned Greek Theatre scene with your group for 1st pass grade. Homework, memorization and rehearsing Greek Theatre scenes with a group in preparation for 2nd pass.
- **4 – 6 FEB** - Warming up, physical conditioning and the Actors Vow. Perform 2nd pass Greek Theatre scene through a scheduled rehearsal session. Homework, rehearse Greek Theatre scene with group in preparation for Final pass.
- **11 – 13 FEB** - Warming up, physical conditioning and the Actors Vow. Working the grid through Viewpoints, physical gesture, shape, and Laban Movement. Explore the grid and begin to work as an ensemble. Perform final pass of Greek Theatre scene. Homework, research Commedia dell 'Arte and find 2 interesting points to share with the class on Feb 18th.
- **18 - 20 FEB** - Warming up, physical conditioning and the Actors Vow. Discuss Commedia dell 'Arte and the use of the mask. Perform 1st pass of Commedia dell 'Arte scene. Homework, memorize and rehearse Commedia dell'arte scene with group in preparation for 2nd pass.
- **25 - 27 FEB** - Warming up, physical conditioning and the Actors Vow. Perform 2nd pass of Commedia dell 'Arte scene through a scheduled rehearsal session. Homework, rehearse Commedia dell 'Arte scene with group in preparation for Final pass.
- **4 - 6 MARCH** - Warming up, physical conditioning and the Actors Vow. Perform final pass of Commedia dell 'Arte scene.
- **10 - 14 MARCH** - Spring Break!
- **18 - 20 MARCH** - Warming up, physical conditioning and the Actors Vow. Discuss and learn stage combat safety and fighting maneuvers (hand-to-hand combat skills) Begin rehearsal on creating an original fight scene for a 1st pass grade. Homework, memorization and rehearsing original fight scenes with your group in preparation for 2nd pass.
- **25 - 27 MARCH** - Warming up, physical conditioning and the Actors Vow. Perform 2nd pass of original fight scene through a scheduled rehearsal session. Homework, rehearsing original fight scene with group in preparation for Final pass.

- **1 - 3 APRIL** - Warming up, physical conditioning and the Actors Vow. Perform final pass of original fight scene. Homework, research Artaud and find 2 interesting points to share with the class on April 11th.
- **8 - 10 APRIL** - Discuss and learn about Artaud and his Theatre of Cruelty. Begin rehearsals on a devised Artaud inspired work based on feeling for a 1st pass grade. Homework, memorization and rehearsal devised Artaud inspired work in preparation for 2nd pass.
- **15 - 17 APRIL** - Warming up, physical conditioning and the Actors Vow. Perform 2nd pass of devised Artaud inspired work through a scheduled rehearsal session. Homework, rehearsal, devised Artaud inspired work with your group in preparation for Final pass.
- **22 - 24 APRIL** - Warming up, physical conditioning and the Actors Vow. Rehearse in preparation for final pass of devised Artaud inspired work.
- **29 APRIL - MAY 1** – Rehearse on your own in preparation for the semester exam and Exam May 1st.

***This mantra embodies our core needs as performers, fostering harmony with our instruments, understanding of our abilities, and realization of our full potential. We will conclude each class by reciting this mantra together, symbolizing a departure from the day's work and a celebration of the artistry we have encountered. Our self-belief should remain steadfast amidst transient challenges. Cultivating self-worth and confidence not only enhances our actions but also fortifies our conviction in our inherent value.**

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."**