

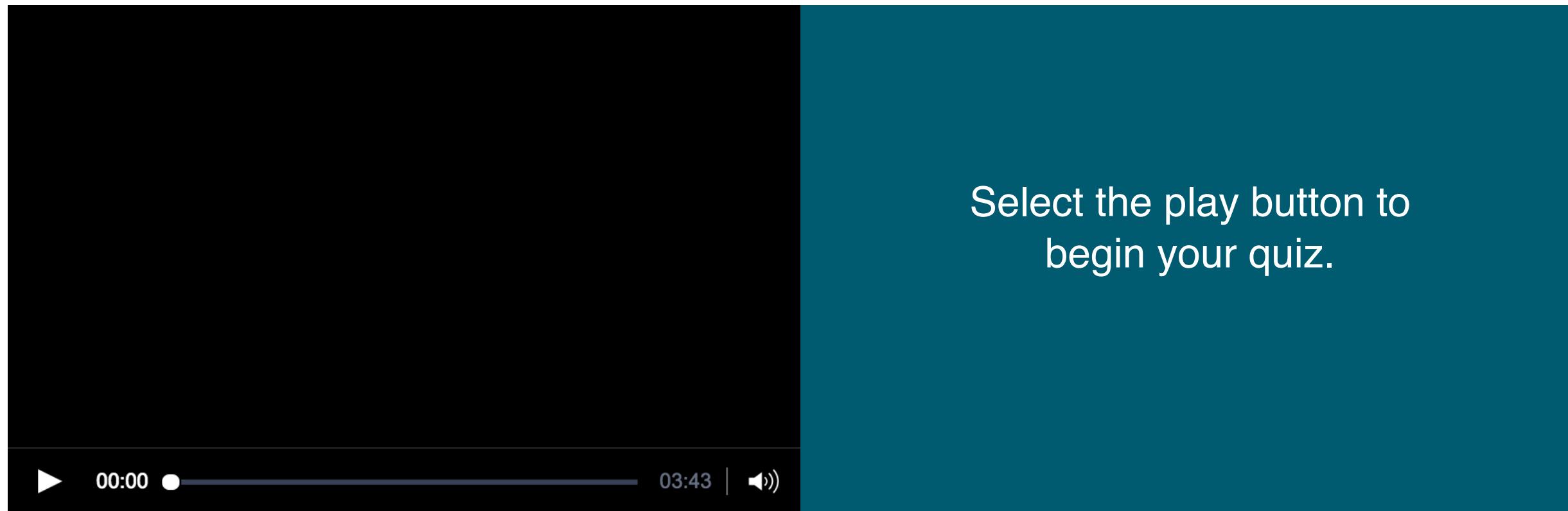
**Title:** Learning The Keys To Physical Delivery Skills

**15 Points**

**Due:** Oct 18, 2016 - Oct 30, 2016

**Learning Objective:** To develop knowledge and skills related to the student's understanding of rehearsal techniques, and his/her abilities in the ensemble performance as well as the knowledge of music literature and conducting skills.

**Description:** As you watch the video, quiz questions will appear. You must answer all questions to submit the quiz.



Select the play button to begin your quiz.

► 00:00 | 03:43 | 🔊

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Question 1 of 5 ▾

Worth 1 point

A video player window showing a woman with long dark hair, wearing a black t-shirt, speaking. The video is at 00:12 of 03:43. The progress bar has a red segment from 00:00 to 00:12, followed by a blue segment to 03:43. There are play and volume control icons at the bottom.

What is the best way to feel more physically comfortable when delivering a speech?

Question 1 [0:12]

- Take a course about self esteem
- Learn mediation skills
- Learn specific skills on what to do with your body
- Take a course about ignoring the audience

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Question 1 of 5 ▾

Worth 1 point

A video player window showing a woman with long dark hair speaking. The video progress bar indicates 00:12 of a total duration of 03:43. There is a volume icon next to the progress bar.

What is the best way to feel more physically comfortable when delivering a speech?

Question 1 [0:12]

- Take a course about self esteem
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**Resume**

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Question 2 of 5 ▾

Worth 3 points

A video player window showing a woman with blonde hair, wearing a black and beige top, speaking. The video progress bar indicates it is at 01:21 of a total duration of 03:43. There is a volume icon next to the progress bar.

Why is it important to have good posture?

Question 2 [1:21]

- More impressive looking
- You avoid stomach cramping
- Easier to see the back of the room
- Keeps the body open for other

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Question 2 of 5 ▾

Why is it important to have good posture?

Question 2 [1:21]

More impressive looking

You avoid stomach cramping

Easier to see the back of the room

Keeps the body open for other

1. ✓ Complete

2. ✓ Complete

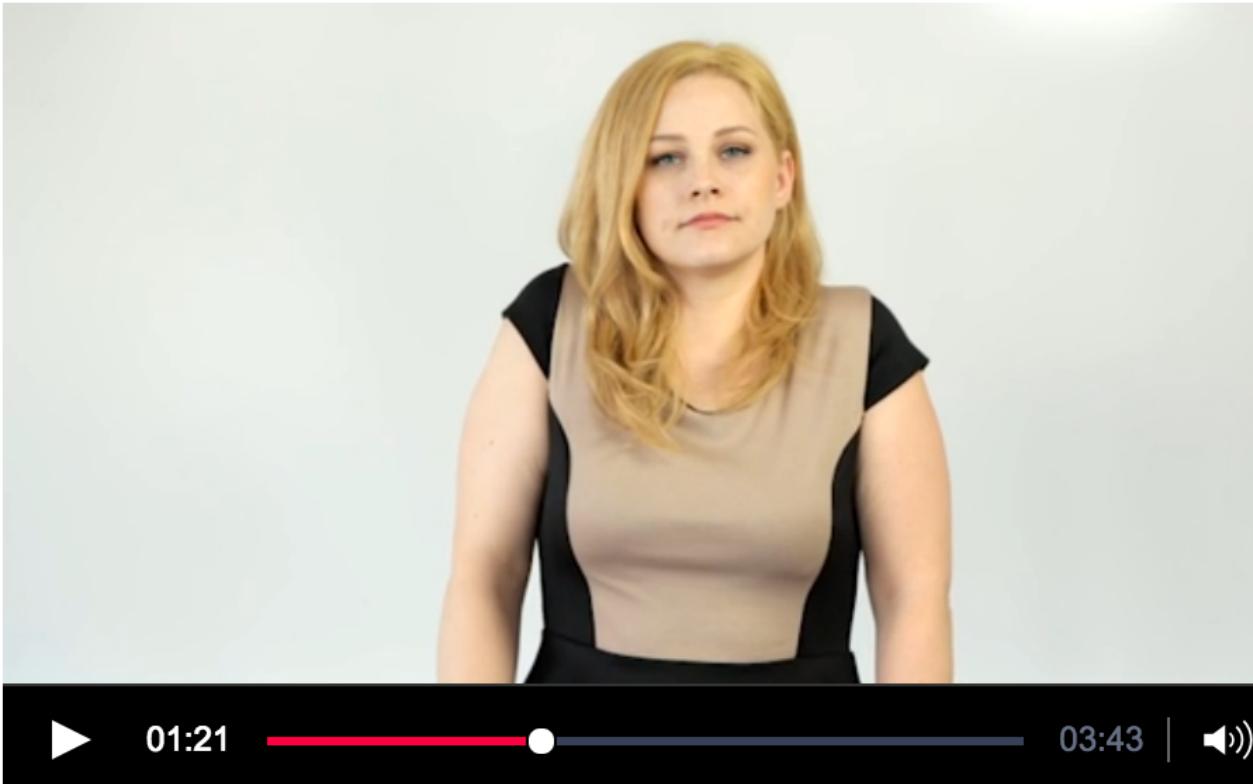
3. ✓ Complete

4. ✓ Complete

5. Incomplete

6. Incomplete

Resume



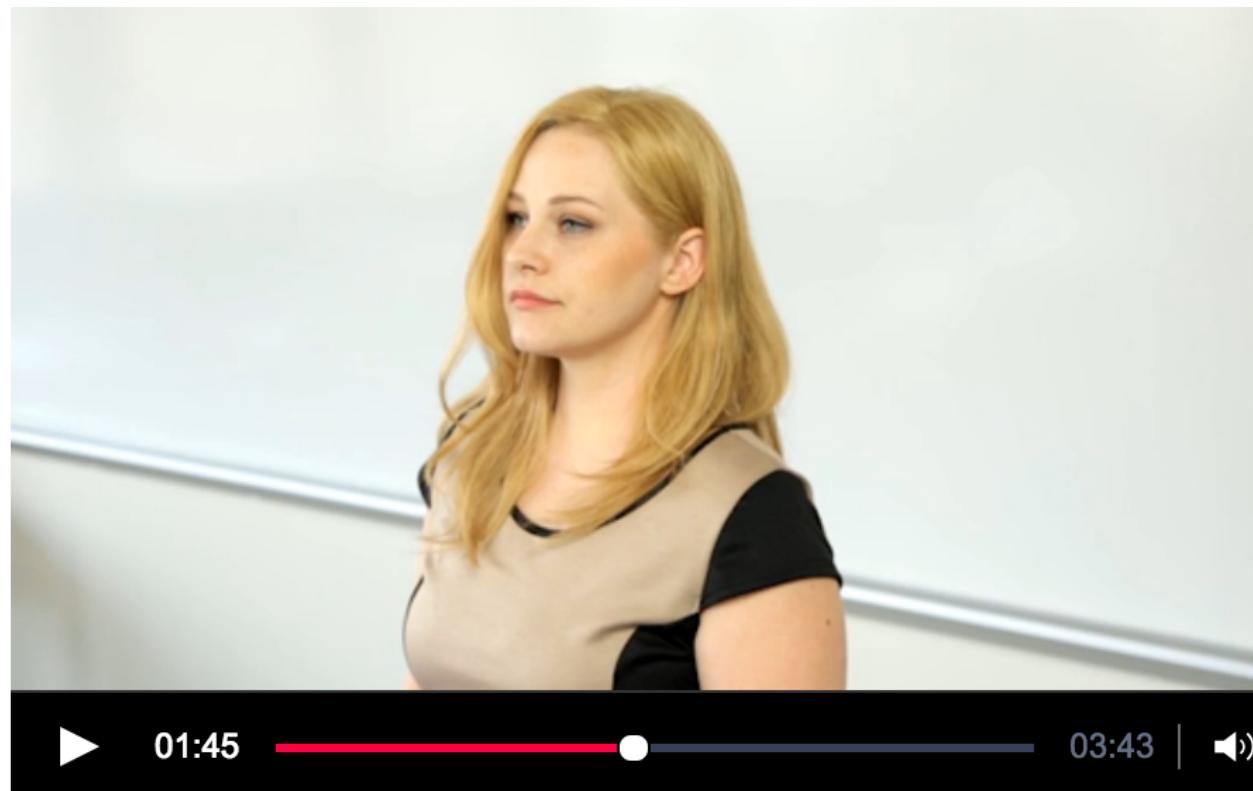
▶ 01:21 03:43 | 🔊

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Question 3 of 5 ▾



How does standing with your feet show you have a better delivery?

Question 3 [1:45]

- Eliminate distracting movement
- You avoid falling over
- You can see the back of the room
- You can breathe better

1. ✓ Complete

2. ✓ Complete

3. ✓ Complete

4. ✓ Complete

5. Incomplete

6. Incomplete

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Question 3 of 5 ▾

Worth 3 points

A video player window showing a woman with blonde hair, wearing a beige and black top, speaking. The video progress bar at the bottom indicates the video is at 01:45 of a total duration of 03:43. There is a volume icon next to the progress bar.

How does standing with your feet shoulder width apart help you have a better delivery?

Question 3 [1:45]

- Eliminate distracting movement
- You avoid falling over
- You can see the back of the room better
- You can breathe better

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Question 4 of 5 ▾

Worth 1 point

▶ 02:48 ————— 03:43 | 🔊

Why are gestures an important delivery skill to learn?

Question 4 [2:48]

- Helps the audience from seeing how nervous you might be
- Help communicate the message
- Teaches you that fewer gestures make a better speech
- Teaches you that more gestures make a better speech

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Question 4 of 5 ▾

Worth 1 point

A video player showing a person from the waist up, wearing a light blue short-sleeved shirt and dark blue jeans. They have their hands clasped in front of them. The video player includes a play button, a progress bar showing 02:48 to 03:43, and a volume icon.

Why are gestures an important delivery skill to learn?

Question 4 [2:48]

- Helps the audience from seeing how nervous you might be
- Help communicate the message
- Teaches you that fewer gestures make a better speech
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Question 5 of 5 ▾

Worth 3 points



What is the outcome of learning correct posture, body movement, and gestures?

Question 5 [3:38]

- Make you look like you have prepared for your speech
- Make you look powerful
- Helps you avoid stomach cramping
- Make you look and feel more comfortable



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The diagram is titled "PHYSICAL DELIVERY SKILLS". It branches into three main categories: "POSTURE", "BODY MOVEMENT", and "GESTURES".

- POSTURE:** Described as "THE POSITION of a SPEAKER's BODY". It shows two people: one with "HEAD UP" and "SHOULDERS BACK", and another slumped over. Labels include "HEAD UP" and "SHOULDERS BACK".
- BODY MOVEMENT:** Described as "MANIFESTS as UNCONSCIOUS SWAYING or SHIFTING WEIGHT". It shows a person with "KNEES BENT" and "FEET SPREAD", and another person swaying. Labels include "KNEES BENT" and "FEET SPREAD".
- GESTURES:** Described as "HAND MOVEMENTS that COMMUNICATE your MESSAGE". It shows a person gesturing with their hands at different heights ("AWAY from BODY" and "RELAXED at SIDES") and another person gesturing above their waist. Labels include "GESTURE ABOVE WAIST".

At the bottom, there is a video player interface showing a play button, the time 03:38, a progress bar, the time 03:43, a volume icon, and a full-screen icon.

Submit Quiz



Error



Please answer all the questions before submitting your quiz.

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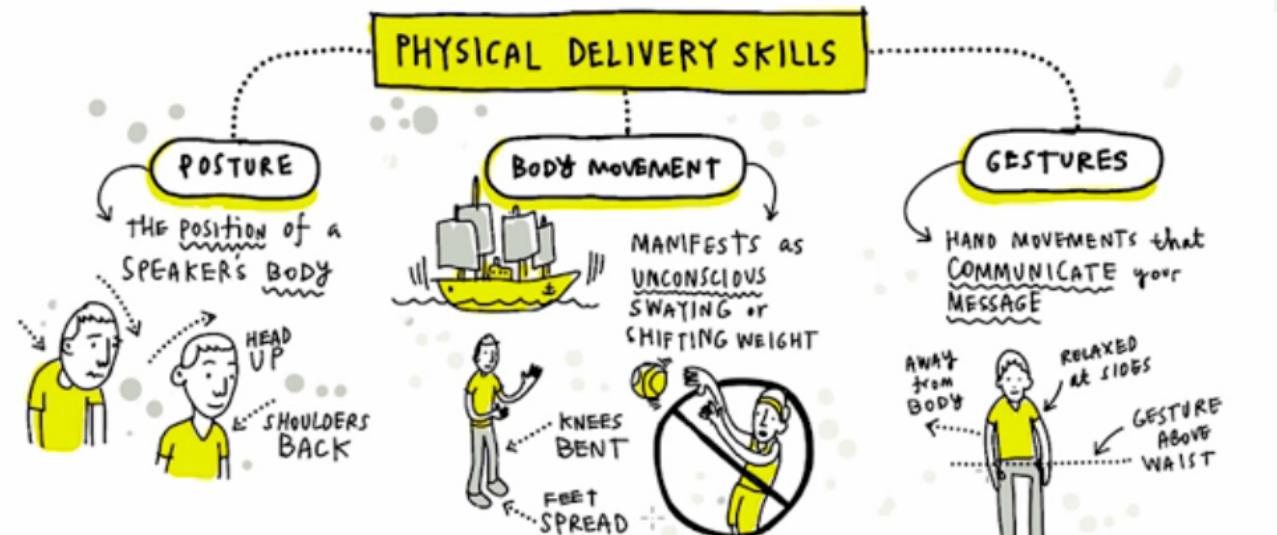
Question 5 of 5 ▾

Worth 3 points

What is the outcome of learning correct posture, body movement, and gestures?

Question 5 [3:38]

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▶ 03:38 ━━━━━━ 03:43 | 🔊 | ↻

Submit Quiz

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### Submit Quiz

Are you sure you're ready to submit? You won't be able to change your answers.

[Review](#) [Submit Quiz](#)

The diagram illustrates physical delivery skills through three main components. 1. **SPEAKER'S BODY**: Shows a person with 'HEAD UP' and 'SHOULDERS BACK'. 2. **MANIFESTS AS UNCONSCIOUS SWATING or SHIFTING WEIGHT**: Shows a person with 'KNEES BENT' and 'FEET SPREAD', with a crossed-out figure. 3. **HAND MOVEMENTS that COMMUNICATE your MESSAGE**: Shows a person with 'RELAXED AT SIDES' and 'GESTURE ABOVE WAIST'.

▶ 03:38 — 03:43 | 🔊 | ⏪ ⏩

Helps you avoid stomach cramping  
 Make you look and feel more comfortable

[Submit Quiz](#)



Casey

Success



Success! You've submitted your quiz.

75%

## Your quiz score!

5 Questions / 3 Correct / 2 Incorrect - Score 75%

A video player window showing a woman with blonde hair speaking. The progress bar is at 01:45 of 03:43. The video controls include a play button, volume, and full-screen icons.

▶ Question 1 [0:12] ✓▶ Question 2 [1:21] ✓▼ Question 3 [1:45] ✗

How does standing with your feet shoulder width apart help you have a better delivery?

✓ Eliminate distracting movement

You avoid falling over

You can see the back of the room better

You can breathe better

▶ Question 4 [2:48] ✓▶ Question 5 [3:38] ✓[Back to Assignments](#)



## Your quiz score!

5 Questions / 3 Correct / 2 Incorrect - Score 75%

▶ 01:45 ————— 03:43 | 🔊 | ⌂

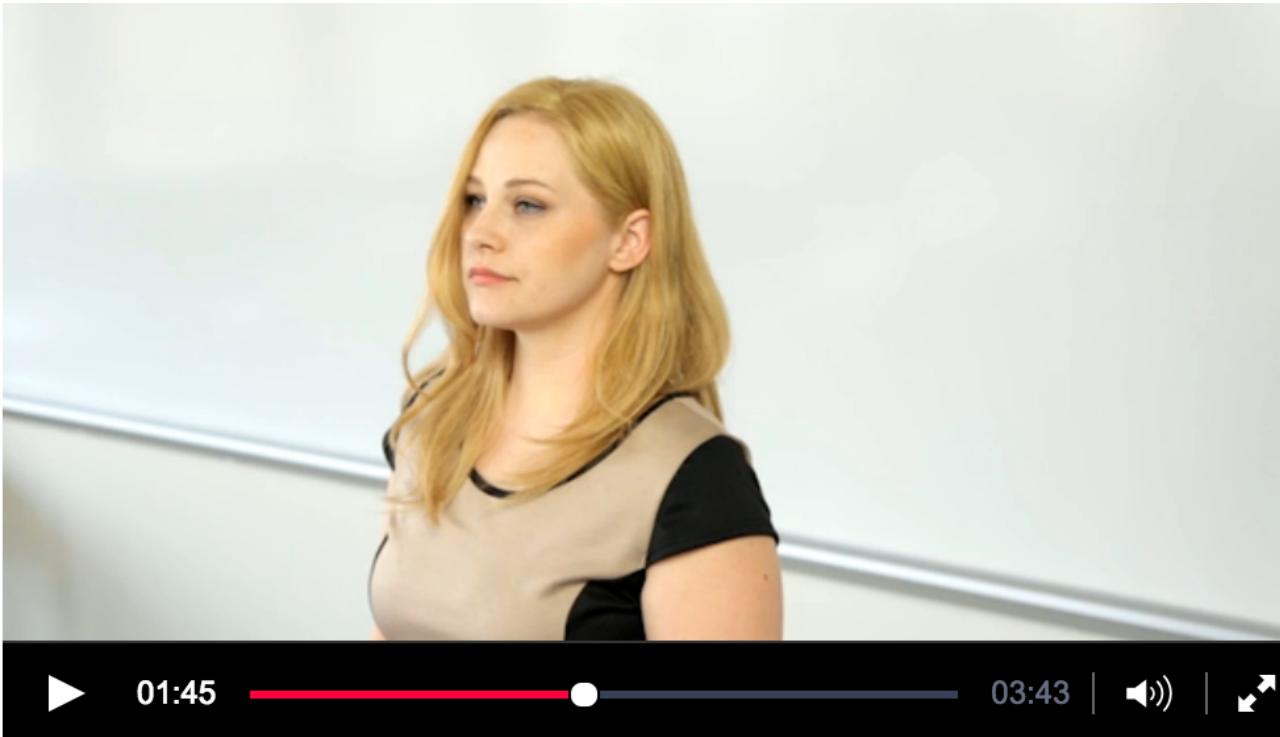
▶ Question 1 [0:12]	✓
▶ Question 2 [1:21]	✓
▼ Question 3 [1:45]	✗
How does standing with your feet shoulder width apart help you have a better delivery?	
<input checked="" type="checkbox"/> Eliminate distracting movement <span style="color: red;">You avoid falling over</span> You can see the back of the room better You can breathe better	
▶ Question 4 [2:48]	✓
▶ Question 5 [3:38]	✓

[Back to Assignments](#)



# Your quiz score!

5 Questions / 3 Correct / 2 Incorrect - Score 75%



▶ 01:45 ————— 03:43 | 🔊 | ↗

▶ Question 1 [0:12]	✓
▶ Question 2 [1:21]	✓
▶ Question 3 [1:45]	✗
▶ Question 4 [2:48]	✓
▶ Question 5 [3:38]	✓

[Back to Assignments](#)



# Your quiz score!

5 Questions / 3 Correct / 2 Incorrect - Score 75%



## ▼ Question 1 [0:12] ✓

What is the best way to feel more physically comfortable when delivering a speech?

- Take a course about self esteem
- Learn mediation skills
- Learn specific skills on what to do with your body
- Take a course about ignoring the audience

## ▶ Question 2 [1:21] ✓

## ▶ Question 3 [1:45] ✗

## ▶ Question 4 [2:48] ✓

## ▶ Question 5 [3:38] ✓

[Back to Assignments](#)

# Drop Down

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1.	Incomplete
2.	Incomplete
3.	Incomplete
4.	Incomplete
5.	Incomplete
6.	Incomplete

Incomplete (Disabled)

1.	✓ Complete
2.	✓ Complete
3.	✓ Complete
4.	✓ Complete
5.	Incomplete
6.	Incomplete

Complete + Incomplete  
Disabled

1.	✓ Complete
2.	Incomplete
3.	✓ Complete
4.	✓ Complete
5.	✓ Complete
6.	✓ Complete

Incomplete Go Forward

1.	✓ Complete
2.	Incomplete
3.	✓ Complete
4.	✓ Complete
5.	✓ Complete
6.	✓ Complete

Highlight State