

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for THEA XXX

### MOVEMENT FOR THE ACTOR

Effective: Fall 2020

#### I. CATALOG DESCRIPTION:

THEA XXX — MOVEMENT FOR THE ACTOR — 1.50 units

Movement for the Actor is an acting class designed to to use ovement & gesture for character development. This course focuses on the actor's body and mind connection, and how they might use that connection to further enhance their performance skills.

0.50 Units Lecture 1.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

- Drama/Theater Arts

	<b>MIN</b>
<b>Lecture Hours:</b>	9.00
<b>Expected Outside of Class Hours:</b>	18.00
<b>Lab Hours:</b>	54.00
<b>Total Hours:</b>	81.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- Increase the full range of physicality of your body as a part of artistic expression.
- Execute activities and sequences that demonstrate through action an understanding of Laban, Alexander Technique, Suzuki, and the Viewpoints methods of movement.
- Develop an awareness and understanding of the anatomical design of the human body and how the presentation of the body can be utilized in character development.
- Design a personalized physical warm up and maintenance schedule for the body as an instrument in performing as an actor.
- Investigate with other actors (in character development, scene analysis, and movement) a cooperative awareness of movement as an essential part of storytelling in theater.

#### V. CONTENT:

- Human Anatomy
- Warm Ups and Personal Body Awareness
  - Alexander Technique
- Variations on Movement Technique, which may include but are not limited to:
  - Laban Movement Analysis
  - Viewpoints
  - Suzuki Method
  - SITI : The connection of Suzuki and Viewpoints
  - Michael Checkov and the Psychological Gesture
  - Lecoq or Corporeal Mime

#### VI. METHODS OF INSTRUCTION:

- Classroom Activity -**
- Guest Lecturers -**
- Observation and Demonstration -**
- Student Presentations -**
- Lab -**

#### VII. TYPICAL ASSIGNMENTS:

#### VIII. EVALUATION:

**Methods/Frequency**

- A. Papers  
2-3 per semester
- B. Class Participation  
daily
- C. Class Work  
daily
- D. Lab Activities  
daily
- E. Class Performance  
3-4 per semester

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS: