

9-2013

# THTR 315.01: Physical Performance Skills I

Jillian Campana

*University of Montana - Missoula*, [jillian.campana@umontana.edu](mailto:jillian.campana@umontana.edu)

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## Recommended Citation

Campana, Jillian, "THTR 315.01: Physical Performance Skills I" (2013). *Syllabi*. 402.  
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**College of Visual and Performing Arts School of Theatre and Dance**

**Physical Performance Skills I THTR 315 Fall 2013**

**Mondays and Wednesday 2:10-3:30 McGill 125**

**Dr. Jillian Campana**

**McGill 216 243 5846 jillian.campana@umontana.edu**

**Office Hours: Tuesdays 11-1 and Fridays 10-11**

**AIM:** The purpose of this course is to introduce the actor to the multiple ways in which story and character can be effectively communicated through the body. The basics of physical theatre will be studied including body, gesture, stance and gait. A focus on these areas will lead the student toward an increased awareness of the body and its possibilities and limitations. To this end we will be focusing on strengthening the core, cultivating physical concentration and poise, and gaining control, balance, and agility.

**OUTCOMES:** In this workshop setting actors' will:

- Begin to understand and appreciate how the body can be used in the Theatre.
- Cultivate an understanding of the relationship between inner and outer expression.
- Demonstrate an ability to be a productive member of an ensemble.
- Strengthen his or her physical abilities and work to overcome limitations.
- Understand how parts of a system relate to and depend upon each other.
- Experiment and explore using physical techniques with character development.

**CONTENT:** This course will focus on the basics necessary to physical theatre performance including: concentration, centering, balance, agility, strength, endurance, and collaboration. Students will explore the controlled gestures of Laban and Biomechanics, basic anatomy of the moving body, physical dramaturgy, yoga, Image Theatre, the Alexander Technique and the Suzuki Method. Each student will create and perform in 3 group generated pieces and 1 solo performance.

**EXPECTATIONS:** Each actor is required to:

- Attend every class on time;
- Commit to all exercises and assignments with interest and effort;
- Respect their body, their classmates, the environment and the process;
- Consistently work toward creating an open and safe atmosphere for everyone working;
- Take risks and support one's peers as they do the same.

**EVALUATION:** The final grade will be a reflection of the actor's effort, progress and development of skills covered. Regular evaluation will come in the form of:

- Participation and attendance;
- Self-analysis through journaling;
- Clarity and strength of choices made throughout the 4 major assignments;
- A mid-term performance assessment; and,
- A final performance assessment.

**POLICY:**

- Absolutely no eating or chewing gum. Bring an environmentally friendly container of water to each class- hydration is necessary. Other beverages are not acceptable.
- Actors must wear appropriate movement attire to class. No skirts, jeans or restrictive/revealing clothing. On days we are working outside sneakers or hiking shoes will be appropriate.
- Academic Misconduct and the Student Conduct Code: All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at [http://life.umt.edu/vpsa/student\\_conduct.php](http://life.umt.edu/vpsa/student_conduct.php).
- All Theatre & Dance students must have an in-depth knowledge of the practices and procedures outlined in the School of Theatre & Dance Student Handbook. The Handbook is available online at <http://www.umt.edu/theatredance/about/handbook>.
- There is inherent risk involved in many Theatre & Dance classes as they are very physical in nature. Please proceed through class, shop time, or rehearsal with caution. Always be mindful of your personal safety and the safety of others. Students participating in class/shop/rehearsal/performance do so at their own risk.
- Due to safety considerations, at no point during a student's time spent in class or serving on a production (in any capacity) should non-enrolled persons be guests of that student without my consent. Presence of such unauthorized persons in a class, shop, or any backstage/off-stage area will negatively affect a student's grade.
- The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with DSS, please contact DSS in Lommasson 154.