

Spring 2-1-2016

# THTR 315.01 - Physical Performance Skills I

Jillian Campana

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College of Visual and Performing Arts / School of Theatre & Dance

**Physical Performance Skills I THTR 315 Spring 2016**

**Tuesdays and Thursdays 12:40-2:00, McGill 125**

**Dr. Jillian Campana**

**McGill 216 243 5846 [jillian.campana@umontana.edu](mailto:jillian.campana@umontana.edu)**

*Office Hours: Tuesdays 9-11 and Fridays 11-12*

TA: Alyssa Berdahl [Alyssa.berdahl.umontana.edu](mailto:Alyssa.berdahl.umontana.edu)

**AIM:** The purpose of this course is to introduce the actor to the multiple ways in which story and character can be effectively communicated using the body as the primary tool. To do this, students will focus on developing an increased awareness of their bodies and movements and of the movements of others.

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

- Begin to understand and appreciate how the body needs to be used in performance.
- Cultivate an understanding of the relationship between inner and outer expression.
- Demonstrate an ability to be a productive member of an ensemble.
- Strengthen their physical abilities and work to overcome physical and mental limitations.
- Understand how parts of their body and psychology relate to and depend upon each other.
- Experiment and explore character and story using physical techniques.

**CONTENT:** This course will focus on the basics of physical theatre performance including: concentration, strengthening the core, developing poise and presence, centering, balance, agility, strength, endurance, anatomy, physical dramaturgy, and collaboration. Students will explore major influential practitioners including: Rudolph Laban, Michael Chekhov, Vsevolod (SE-vol-lud) Meyerhold, and Richard Schechner.

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

- Attend every class on time – this means being in the space ready to work at 12:40;
- Commit to all exercises and assignments with interest and effort;
- Wear appropriate movement attire to each class (students will be asked to sit out if they are wearing non movement clothing)
- 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 their 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 and journaling;
- Clarity and strength of choices made throughout the 5 major assignments (Ensemble Exercises, Laban Scene Performance, Mid-term performance, and Group Presentation on Assigned Practitioner, Devised Final Performance)

**TEXT:**

*Movement for Actors* by Nicole Potter. Allworth Press, 2002. Available in the bookstore or online.

Articles on Moodle:

- Bridel, David. "In the Beginning was the Body" In *American Theatre*, January 1 2011. TCG
  - <http://eds.b.ebscohost.com.weblib.lib.umt.edu:8080/ehost/pdfviewer/pdfviewer?sid=09612367-8ebe-4978-b9d8-e643445b6ed7%40sessionmgr120&vid=7&hid=114>

**PRACTICES FOR GROUP PRESENTATIONS:**

- Feldenkrais Method
- Margolis Method
- The Williamson Physical Technique
- Dell'Arte International

**POLICY:**

- No eating or chewing gum. No food or beverages other than water in the space. Bring an environmentally friendly container of water to each class- hydration is necessary and there is little time to use the fountain outside.
- Actors must wear appropriate movement attire to class. No skirts, jeans or restrictive/revealing clothing. Black or neutral leggings and a fitted and comfortable shirt are best.
- 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.

#### **TENTATIVE SCHEDULE:**

Week 1	Jan 26/28	understanding your abilities and inclinations /what is PT?
Week 2	Feb 2/4	Strength, agility, balance, ensemble work, commitment, storytelling, character, creativity by participating in a series of individual exercises and LMA
Week 3	Feb 9/11	Laban Movement Analysis
Week 4	Feb 16/18	LMA and first group presentation
Week 5	Feb 23/25	Psychological Gesture
Week 6	Mar 1/3	Biomechanics
Week 7	Mar 8/10	scenes with PG's and BioMechanics
Week 8	Mar 15/17	Frantic Assembly/mid term assignment and performance
Week 9	Mar 23/24	Rasaboxing
Week 10	Mar29/31	Rasaboxing and group presentation

#### **Spring break**

Week 11	April 12/14	group presentation and Suzuki
Week 12	April 19/21	Suzuki (Alyssa teaches 21)
Week 13	April 26/28	Alyssa teaches
Week 14	May 3/5	Devising using physical theatre techniques explored in class