

University of Florida — School of Theatre and Dance

MOVEMENT TRAINING FOR THE ACTOR 2

TPP 3283

M/W/F, period 2-3, 8:30 – 10:25 pm

Location: G15

Academic Term: Spring 2024

Professor: Michelle Bellaver

Email: mbellaver@ufl.edu

OFFICE LOCATION: McCarty C 302

OFFICE HOURS: Tuesday and Thursdays 4 – 4:45pm

COURSE DESCRIPTION

Character development through movement analyses; explorations of the physical demands of performance; practical applications of movement vocabulary to aid the actor's search for believability.

COURSE OBJECTIVES

1. Develop a physical and intellectual vocabulary to describe, analyze, and perform movement and voice techniques.
2. Experience a method of movement preparation based on Lessac Body Wisdom and Jacques Lecoq Technique.
3. Develop a familiarity with Archetypal Character work and its use in the "territories" of Greek Chorus, Clowning, Commedia dell'arte and Farce.
4. Develop a familiarity with the variety of movement styles in Period Comedy (including corseting/fan language, bowing/curtsey, men's hat/cane, walking/gesture/carriage).
5. The students will develop a better sense of awareness, balance, control, and coordination.
6. Students will evaluate and refine their personal acting 'Tune-Up' and acting process.

*Students must have a flexible attitude toward this work as our purpose is to explore various techniques and to develop a personal process for stage preparation.

Course Content:

Physical Preparation and Personal Tune Up

Autonomic Nervous System/Vagal Brake (Polyvagal Theory)

Re-introduce Lessac Body Wisdom via Proprioceptive Use of Self

S.P.A.R.

Depatterning Principle

Intro to Archetypal Characters (Auto-Cour)

Greek Chorus (Auto-Cour)

Intro to Jacques Lecoq Technique

Neutral Mask (Auto-Cour)

Animals (Auto-Cour)

Commedia dell'arte (Auto-Cour)

Clowning and Buffoons (Auto-Cour)

Intro to 17th & 18th Century Period Movement

Period Comedy ("Outside -In" character development) (Auto-Cour and Scene)

Guest Artists/Workshops: (may include all or some Grotowski, Michael Chekhov, Laban, Viewpoints, Suzuki)

Written Assignments and Presentations

Reading Assignments

REQUIRED TEXTBOOKS

Instructor will provide access to various reading materials and chapters readings from the following books:

Essential Lessac by Arthur Lessac and Deborah Kinghorn

The Moving Body by Jacques Lecoq

Theatre of Movement and Gesture by Jacques Lecoq

Acting and Singing with Archetypes by Janet Rogers and Frankie Armstrong

JOURNAL

Please bring your journal to class with you. You will keep a journal wherein you will take notes during class on lectures, discussions, discoveries, feedback, performance explorations, and reflections.

COURSE DATES, ATTENDANCE POLICY and CLASS EXPECTATIONS

There will be no class on the following dates:

Monday, January 15th – Observed Holiday (Week Two)

Friday, February 9th – Opening Night “Everybody” (Week Five)

Monday – Friday, March 11th -15th – Spring Break (Week Ten)

Friday, March 22nd – Opening Night “Pliant Girls” (Week Eleven)

The last day of class is Monday, April 22nd. A course schedule will be provided separately.

The university recognizes the right of the instructor to make attendance mandatory and require documentation for absences (except for religious holidays), missed work, or inability to fully engage in class. After due warning, an instructor can prohibit further attendance and subsequently assign a failing grade for excessive absences over three absences.

This is an experiential class. You are expected to attend class daily and be on time. Tardiness is disruptive to a class of this nature. If you are going to miss class or be late, you will need to inform me via email BEFORE class starts.

Here is my policy:

Each class meeting is worth 2 points.

TARDIES:

You are allowed ONE tardy. You must email me before class.

If you enter the room after the roll-call has been completed, you will be considered tardy. If you enter the room any time after 20 minutes of the official start of the class, you will be marked absent for that class day.

All tardies will result in 1 point removed for the class meeting in which the tardy took place.

****A student who arrives to class “on time” but then has to leave to change will accept a tardy. (“I’m here but I’m going to the bathroom,” means you are NOT here. You will be marked tardy).**

3 tardies = one absence

ABSENCES:

You are allowed ONE unexcused absence. You must email me before class.

You are allowed ONE “excused” absence. You must email me before class.

Any student that acquires 3 absences (combined excused, unexcused and/or accumulation of tardies) will be required to meet with this course's instructor and/or area faculty coordinator to discuss the student's continued participation in the course. For Majors: Failure to attend this meeting will result in Artistic Probation.

Your ONE excused absence must be accompanied by appropriate written official documentation and include the following reasons:

- Illness—doctor's note must be on official letterhead with address and phone number, noting the date and time of visit and diagnosis verifying that an absence from class is warranted, doctor name and signature
- Serious immediate family emergencies
- Special curricular requirements (e.g., judging trips, field trips, professional conferences)
- Military obligation
- Severe weather conditions
- Participation in official university activities such as music performances, athletic competition or debate.
- Court-imposed legal obligations (e.g., jury duty or subpoena)

Religious observances do not require documentation. But, to help organize accommodations, students must inform the instructor by the end of the second week of classes of religious observances of their faith that will conflict with class attendance this semester.

MAKE UP WORK

Performance explorations and improvisations must be performed on time in class for the sake of your ensemble and/or partner. You will not be able to receive a “make up” grade except under extenuating circumstances at the judgment of the instructor. Because the course depends on the co-operation of the ensemble, it is imperative that work be presented ON TIME.

Written work must be turned in on time via Canvas. For each day you are late turning in your written assignments Canvas will deduct 10%.

DECORUM

Your work in class is a major part of your grade. This includes your classroom and out of class rehearsal decorum because it strongly impacts the quality of instruction for you and your partners. You are expected to show respect for yourself, your partners, the professor, and the art and craft of theatre. You are also expected to respect the spaces in which we work by preparing the space for work and clearing it after you finish working.

**** Food is not permitted in class.** Eat before or after class, not in class. Bottled water and a flip-top thermal travel mug with warm tea with honey (for vocal care) are allowed.

CELL PHONES AND OTHER ELECTRONIC DEVICES

These must be turned off before the beginning of each class. It is strongly recommended that they be turned off before entering the classroom.

REQUIRED DRESS

Dress appropriately and choose clothing that allows for free movement – Do NOT wear restrictively tight clothing. Do not wear excessively baggy clothing. No pajamas. **No Jeans.** No bare mid-drifts. Cover your chests & underwear. Bring rehearsal clothes/costume pieces when appropriate to the “themes” we are exploring in class. Appropriate footwear is mandatory, if worn. No flip-flops. Bring rehearsal shoes to class if necessary. Refrain from wearing excessive or bulky jewelry; you will be asked to take it off. Hair should be pulled back out of the face. No hats.

****If a student is not appropriately dressed for class they have the opportunity to observe class while accepting an absence for the day** (see Attendance Policy). Again, this is an experiential class be prepared and come to class ready to participate.

COURSE GRADES

Assignments**	Points**	Percentage of Course Grade **
Auto Cours* (7; 20 points each)	140	28%
Period Comedy scene	55	11%
Final Technique Presentation	100	20%
Paper on Workshops (2; 10 points each)	20	4%
Critical Analysis/Discovery Assignments (4)	80	16%
Participation	20	4%
Attendance	80	16%
TOTAL	495	100%

** Professor has the right to change or modify assignments, point value, and percentages throughout the semester based on schedule and needs for the learning environment; doing so may change the TOTAL value of points in the course. Professor will announce any needed changes in class.

* Students will prepare ‘Auto-Cours’ in class. These are group improvisations prepared by students based on themes established by the varied techniques explored throughout the semester. ‘Auto Cours’ are done in class, developed by the student group without the direct supervision of professor for one hour, followed by a presentation of work to professor.

GRADING

Grading will be evaluated and will be based on methods and requirements listed above, as well as quality of work, approach, enthusiasm, development, completion of all assigned work, and the student’s ability to express written and oral knowledge concerning the course topics. Final grades will be based on above criteria, evaluation and assessment of each student’s attitude toward the work, and the individual development of each student throughout the semester.

GRADING SCALE

Letter grade	
A	93 - 100
A-	90 - 92
B+	88 - 89
B	83 - 87
B-	80 - 82
C+	78 - 79
C	73 - 77
C-	70 - 72
D	60 - 69
E (failing)	59 or below

STUDENTS REQUIRING ACCOMMODATIONS

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center by visiting <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

COURSE EVALUATION

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://gatorevals.aa.ufl.edu/>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://gatorevals.aa.ufl.edu/>.

UNIVERSITY HONESTY POLICY

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Student Code of Conduct is available at:

<http://www.dso.ufl.edu/sccr/honorcodes/conductcode.php>

SOFTWARE USE

All faculty, staff, and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate. We, the members of the University of Florida community, pledge to uphold ourselves and our peers to the highest standards of honesty and integrity.

STUDENT PRIVACY

There are federal laws protecting your privacy with regards to grades earned in courses and on individual assignments. For more information, please see:

<http://registrar.ufl.edu/catalog0910/policies/regulationferpa.html>

CAMPUS RESOURCES:

Health and Wellness

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit U Matter, We Care website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the Counseling and Wellness Center website or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the Student Health Care Center website.

University Police Department: Visit UF Police Department website or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the UF Health Emergency Room and Trauma Center website.

Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

Library Support: Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: Visit the Student Honor Code and Student Conduct Code webpage for more information.

On-Line Students Complaints: View the Distance Learning Student Complaint Process.

PARTICIPATION RUBRIC

Total points for the below categories = up to 5pts. Per category, totaling 20 pts. for 4 categories.

CRITERIA	EXEMPLARY 5-4.1	PROFICIENT 4.0-3.1	DEVELOPING 3.0-2.1	UNSATISFACTORY 2.0-0.0	SCORE
Frequency of Participation	Proactively and regularly contributes to class discussion; initiates discussion on issues related to class topic.	Sometimes contributes proactively to class discussion; asks questions and responds to direct questions.	Rarely contributes to class discussion; seldom volunteers but responds to direct questions.	Never contributes to class discussion; fails to offer relevant responses to direct questions.	
Preparation	Consistently well-prepared with all assignments completed; demonstrated preparation with notes, observations, & questions.	Arrives fully prepared with some frequency; partially prepared at other times; inconsistent demonstration of preparation through notes, observations & questions.	Demonstrates infrequent completion of assignments and readings; often has not completed assignments or prepared notes or observations.	Exhibits little evidence of having read or thought about assigned material.	
Listening Skills	Listens attentively and actively as indicated by comments that often built on others' remarks; contributing to class dialogue	Some evidence of active, attentive listening in remarks	Listens very infrequently and without attention to concept or detail, as indicated by polls & comments that are often loosely related to others' remarks.	Rarely or does not listen to others; did not pay attention while others speak; comments did not contribute to class dialogue, engages in activity unrelated to class.	
Quality and Relevance of Contribution	Comments always insightful & constructive, balanced between general impressions, opinions, & thoughtful analysis; uses appropriate terminology.	Comments mostly insightful & constructive, occasionally too general or not relevant; mostly uses appropriate terminology.	Comments are sometimes insightful & constructive, with occasional signs of insight; comments often general and rarely use appropriate vocabulary.	Comments are uninformed and counter-productive; almost never uses appropriate vocabulary; heavy reliance on uninformed opinion & personal taste.	
				TOTAL	XX/20