

Liverpool John Moores University

Title: The Actors Body 1
Status: Definitive
Code: **4001IAB** (120511)
Version Start Date: 01-08-2014

Owning School/Faculty: Liverpool Screen School
Teaching School/Faculty: Institute of the Arts Barcelona

Team	Leader
Ian Bradley	

Academic Level: FHEQ4
Credit Value: 24.00
Total Delivered Hours: 162.00
Total Learning Hours: 240
Private Study: 78

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	156.000
Tutorial	6.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Animal Studies presentation	20.0	
Presentation	AS2	Acting Movement presentation based around physical transformation (ie Laban)	40.0	
Presentation	AS3	Dance Performance	40.0	

Aims

- 1. The core physical skills required of an actor and the ability to use their body to the full in a free, precise, expressive, balanced, safe and flexible manner.*
- 2. The ability to analyse movement, and understand the potential of the body for the expression of character, emotion and narration through physical performance.*
- 3. The ability to assimilate and commit to memory simple physical / dance patterns*

demonstrating musicality and rhythm.

4. An understanding of how to maintain physical fitness, stamina and prevent injury including a practical understanding of the importance of warm-up exercises

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate an identification of the core creative and expressive physical body and movement skills required for an actor.
- 2 Demonstrate the ability to analyze and utilize the specific vocabulary of movement as articulated within the Laban system (The neutral)
- 3 Demonstrate performance values of fluidity, athletics, expressivity and musicality
- 4 Demonstrate and identify the embodiment of alignment, placement, centring and extension and flexion in sequences and combinations
- 5 Demonstrate the identification of the ability to use physical performance to realize character and develop narrative
- 6 Demonstrate the ability to apply body management and injury prevention through personal awareness and practical application
- 7 Demonstrate the ability to work effectively in ensemble situation

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Present 1	1	6	7		
Present 2	1	2	5	6	
Present 3	1	3	4	6	7

Outline Syllabus

The module is made up of three parts

Body Conditioning and Somatic Practice

Physical fitness regimes will be taught to help the student develop strategies for improving their physical condition (strength, stamina, speed, and suppleness in the body, motor skills, cardio vascular fitness and healthy and safe practice). A working knowledge of anatomy and physiology will be introduced to help the student develop an understanding of their body.

Somatic practices (Pilates, Yoga, Alexander Techniques) will be taught to develop a sense of the psycho-physical unity in the mind-body relationship.

Movement

Students will learn centering principles, and practices to correct alignment, develop placement and increase core stability. In addition student will explore the creative and imaginative potential of physical movement. Movement classes will be delivered across the year so as to enrich the palette of their movement vocabulary. This will

include animal studies whereby they explore animal types which do and do not correspond with their own perception of themselves so as to increase their movement range and explore the potential of physicality in the creation of character in performance. This process will assist the student in breaking down inhibitions and increase boldness, creativity and their capacity to embody character through specific physicality.

An exploration of Laban technique through which the student will begin to find an increased understanding of how to analyze and scrutinize the components of physical behavior and vocabulary. Through working with dynamics, efforts and drives the student will be able to increase and expand their potential to develop and inhabit a wide range of characters in differing context.

Dance

Students will be introduced to a range of dance techniques so that they can develop their skills of assimilating and committing to memory simple dances patterns demonstrating musicality, rhythm, an understanding of space, expressivity, a sense of aesthetic, centre work, floor work, travelling, sequences and combination, extension, flexion and suppleness in the body, control, strength and precision in movement, use of weight and space in relation to tasks, timing, speed and dynamic range

Learning Activities

1. Staff led workshops and classes both in whole group and sub-group situations
2. Visiting master-classes
3. Independent and guided research exercises
4. Video screenings and the watch of live performance
5. Performance sharings

References

Course Material	Book
Author	Darley C
Publishing Year	2010
Title	The Space to Move
Subtitle	
Edition	
Publisher	Nick Hern Books
ISBN	1848420242

Course Material	Book
Author	Todd M
Publishing Year	2008
Title	The Thinking Body
Subtitle	
Edition	
Publisher	The Gestalt Journal Press
ISBN	0939266547

Course Material	Book
Author	Snow J
Publishing Year	2013
Title	Movement Training for Actors
Subtitle	
Edition	
Publisher	Bloomsbury Methuen Drama
ISBN	9781408128572

Course Material	Book
Author	Newlove J
Publishing Year	2007
Title	Laban for Actors and Dancers
Subtitle	
Edition	
Publisher	Nick Hern Books
ISBN	1854591606

Course Material	Book
Author	Morris D
Publishing Year	1999
Title	The Naked Ape
Subtitle	
Edition	
Publisher	Delta
ISBN	0385334303

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